



PREPARING FOR SCHOOL

Starting school is an important life-stage for your pre-schooler, one that takes planning and preparation. Here are a few tips to think about and practice over the next few months to help your child get ready for this big step.

- Familiarise your child with the school by visiting when it is quiet and/or watch students play at lunchtime. Let him/her hear the bell and watch the kids go into class. Go to school orientation days.
- Consider attending an early learning program with your child to socialize and build confidence.

School readiness is about being socially and emotionally prepared as well as having independence, language and motor skills. While being able to read and count is a bonus, these skills are not necessary prior to starting kindergarten. Exposure to books through listening to stories, and craft skills such as cutting, pasting and drawing will set the stage for school readiness.

To download free booklets on getting young children ready for school, visit:

http://www.beststart.org/resources/hlthy_chld_dev/index.html

http://www1.peelschools.org/maltonkids/index_files/Page5103.htm

To find a list of 10 tips that will help get your child ready for school, visit:

<http://www.edu.gov.on.ca/abc123/eng/tips/ready.html>

The importance of good nutrition on the developing brain

Proper nutrition provides the energy and nutrients we need to meet our physical and mental potential. Poor nutrition is especially damaging to children as their bodies move through the different stages of development.

Discuss an appropriate diet with a pediatrician or nutritionist, who can give you specific information about the caloric needs and nutritional requirements for healthy growth. As a parent you can try to ensure that diets are balanced and include healthy fats, whole grains and plenty of fresh fruits and vegetables while keeping processed foods to a minimum.

Eating habits develop early. Most children acquire them from their parents and older siblings. Involve your children in mealtime planning and eat meals together as a family. As children watch what others around them are eating, they are able to make better choices about what they are eating.



Fun in the Sun

Summer is just around the corner! There are many activities and programs offered throughout the Region: summer camps, outdoor and indoor activities, family outings and community events.

Visit the following links for more information on summer events and activities for your family.

mississauga.ca/portal/residents/recreationandparks

brampton.ca/EN/residents/recreational-Activities/Pages/Welcome

ymcagra.org/ed/index.html

caledon.ca/en/live/parks-recreation.asp?page=trails

Turning Regular Routines into Quality Time

Does it seem like you are always ushering your child from one place to another? Does it feel like you're not getting a lot of quality time with one another? Don't worry! Here are a few ways that you can bond and have meaningful interactions with your child every day.

Dressing/undressing: Dressing and undressing can be an interactive time between you and your child. When you are dressing him/her, talk. Talking allows you to describe what is happening, and what will happen next. You can use lots of descriptive words to build on your child's vocabulary. For example, "It's a little chilly

out there today. What long-sleeved shirt would you like to wear?" Or, "After we put on our socks, what should we do next?" Asking questions will get your child talking and contributing to a give-and-take conversation.

Car rides: Talk to your child about the things you pass along the way, the weather, where you are heading and what to expect. Why not sing songs or play games like "eye spy"?

Bath time: Turn bath time into playtime with toys. Have fun!

Mealtimes: Share mealtimes. Sit with your child and model appropriate ways to eat. Have conversations about the food, how it tastes, the texture of it, how it smells, etc. Try letting your child feed him/herself and encourage their efforts!

Litterless Snack



You will need:

1 reusable snack container

Small 1 inch cookie cutters – shapes of star, heart, flower, clover, bat, car, etc.

Ingredients

Your choice of fruits, vegetables, and cheeses

Directions:

1. Wash fruits or vegetables chosen for snack
2. Slice the fruit, vegetable, and cheese into pieces
3. Have children use cookie cutters to cut the fruit, vegetable, and cheese into their choice of shapes
4. Once all the pieces have been made into shapes, place in the snack container and they are ready to go!

Litterless Lunches

We are all conscious of the amount of litter we are producing and the importance of reducing the amount of plastic hitting our landfill sites.

Here are some tips for shopping for your child's lunch supplies

1. Reusable Lunch Bag/Box

- Avoid plastic and paper bags. Instead, opt for a reusable lunch bag/box
- Get your child involved – let him/her help pick out their lunch bag
- Ensure the lunch bag is light weight and large enough to hold all lunch and snack items
- Ensure your child can open and close the bag/box easily

2. Individual lunch containers

- Purchase reusable containers in a variety of sizes (sandwiches, snacks, etc.)
- Ensure they are microwave-safe and BPA free
- A thermos is a great option for left overs and soup

3. Reusable Water Bottle and Utensils

- Invest in a reusable water bottle rather than sending cans and plastic water bottles
- Avoid disposable utensils

4. Buy in Bulk

- Purchase lunch and snack items in bulk to reduce the amount of packaging

Remember to label everything with your child's name. When items are labelled they are more likely to be returned to your kitchen.



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