

All about

# POSITIVE PARENTING

Newsletter for Parents

Summer 2010

## Learning at Home

Playing in sand or water is a favourite activity for many children, one that is both relaxing and educational. Sand and water play offers many opportunities for children to learn math and science concepts, develop skills, communicate ideas and use their imagination.

When playing in sand or water, some of the things children will be working on include pouring and scooping, filling containers and emptying them, measuring how much sand or water they have in a container, predicting how much sand or water they will need to fill a container or space, or predicting what will happen if they mix sand and water together.

You can support your child's enjoyment of water and sand play by providing

opportunities for them at home. Let them play in water



### Things to add to sand and water play:

Buckets/plastic food containers

Scoops/shovels

Measuring cups

Sponges or corks

Twigs or popsicle sticks

Shells or rocks

at the sink, in the bathtub, in a kiddie pool or in a

container or bucket. Add sand to a bucket or container, play in a sandbox or give them a space in your garden where they can dig and explore. This can be a great time for you to talk with your child about what they are doing and even introduce some new words to them.

This type of play can be messy! Have towels ready to help clean up the water and to keep the area safe and dry.

Have a broom and dust pan near to sweep up the sand.

Make sure that your child is wearing clothes that can get wet or dirty.

Have your child be part of the clean up when the play time is over.

### Remember!

Children playing in or around water should always be supervised by an adult.

## Sizzling Summer

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin but remember too much sun can be harmful, so be careful! The sun's burning rays are also called UV rays (UV stands for ultraviolet) UV rays can cause sunburn, skin cancer, eye damage and premature skin aging.

### Safety tips:

- Plan to be outside in the early morning or late afternoon; stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.
- If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.
- Wear sunglasses that provide UVA and UVB protection.
- Use a sunscreen lotion or cream that is SPF 15 or more (SPF means Sun Protection Factor)
- Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the UVA and UVB rays.
- Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.
- Don't forget your lips, ears and nose. These parts of your body burn easily.
- Sunscreen gets washed off by water and sweat, so put more sunscreen on after you go swimming or if you are sweating.

For more sun safety information visit the Health Canada website at: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## For Families



Look for the Family Literacy Program talk.read.play.sing at some new locations over the next few months. The Family Literacy Program includes story time, nursery rhymes, songs and

snacks and are a time for parents and children to learn together.

For more information or to register visit [www.peelregion.ca/children](http://www.peelregion.ca/children) or call 905-791-1585

# Cooks Corner

## SALMON PATTIES

Great for the Barbeque



**Kid tested and approved!**

### What you need:

- 1 can salmon
- 1/4 cup whole grain bread crumbs
- 1 egg slightly beaten
- 2 tbsp grated onion
- Salt and Pepper to taste
- Flour for dusting

### What to do:

Put salmon in a bowl (remove skin). Mash with fork. Mix in the remaining ingredients except flour. Form into 4 patties. Dip each patty in flour and pan fry, grill or broil on both sides until heated through and golden brown.

Serve with a garden salad or vegetables and dip.

For healthy recipes, visit [www.peelregion.ca/health/eating/recipes/](http://www.peelregion.ca/health/eating/recipes/)

# Around Town

Take some time this summer to enjoy the many wonderful parks and trails that are available in your community. The City of Brampton, City of Mississauga and the Town of Caledon all have trail systems that offer a perfect place to walk, hike or bike ride as well as parks that are great for playing or enjoying a picnic. These are all great ways to be active and spend some time together as a family. If you are planning a picnic get your whole family involved in the process. Talk about what foods you would like to eat, what you are going to drink, and what other items you will need such as hats, sunscreen, a ball or Frisbee and a blanket.

Wading pools and splash pads are a great place to cool down during the warm days of summer. There are many located throughout the region; stop by your local community or recreation centre to find out the ones closest to you. Wading pools and splash pads are typically open from June through September (weather permitting) with different hours of operation.

If you are looking for something for your children to do during the summer months, day camps and summer programs are also available.

For more information, visit:



# Let's Read



## Early Reading is Everywhere

When young children are learning to read they are anxious to practice their new skill anywhere and anytime. We love to sit with our children and read books, but did you also know that reading is easy to do without a book?

Very young children can learn to read symbols such as a stop sign, bus stop symbol and sign for school crossings. When you are out for a walk or in the car, point these symbols out to your children and identify their meaning. These pre-reading skills are important to early literacy, as children begin to learn that letters and symbols represent meaning.

Having breakfast with your child can be an opportunity to read too. Leave the cereal box on the table and point to letters and say them out loud. By repeating this each morning children will quickly gain confidence in learning the letters saying each one themselves. Before you know it, your child will be noticing

those same letters in other places and pointing them out to you.

You can also organize your child's room with symbols and words to help identify where toys go when tidying them up. You can take photos of the toys and tape them to the shelf where they belong. As your child gets older you can add the word to support early reading skills and eventually remove the pictures as your child is able to read the words on their own.

Another fun activity is to provide your child with a short list of foods as you go out to the grocery store. Write down 3- 5 familiar items with short words such as milk, cheese and eggs. Help your child sound out the word and let them find the item on the shelf. Or they can match the word to the food themselves. They will be proud of themselves for reading their own list and adding those items to the cart.

Get creative and use the many opportunities while you are out and about with your child and encourage them to read wherever they are. These early reading skills will provide a strong foundation for children to develop their love of reading.

Children's Services



Learn, Play, Care.

Region of Peel  
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