

All about

# POSITIVE PARENTING

Newsletter for Parents

Winter 2010



## Learning at Home

Parents spend a lot of time interacting with their children while involved in daily routines and in their play. This time is very valuable to us and often the best part of our day. As parents we also want to support our children's language and learning development. The good news is we can do both at the same time by having meaningful conversations while we play with our children.

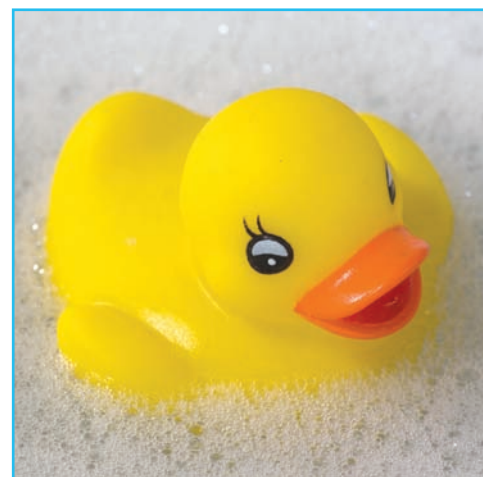
When you ask your child open-ended questions during play you challenge them to think of solutions, to predict what will happen next and to comment on what they see and experience. For example, if you are building with blocks, allow your child to choose what you will build. This way you will be following their ideas and supporting their interest in learning. You can also ask questions such as "I wonder what will happen if we add more blocks here?" or "Can you tell me about this part where you have stacked the blocks taller?" By asking these questions you are providing opportunities for your child to build upon

their language and describe what they are doing and expand on what they are thinking. You can repeat back what your child has said to support their ideas too. "You built that part taller because that is where the elevator will be" or "This building is big and you thought it might need an elevator for people to get way up there." Using comments like these will support your child's ideas and experiences.

Conversations during routines can also be planned so that you can support your child's development. Bath time is the perfect time to explore and talk about objects that sink or float. Bring a variety of toys to the bathtub and watch what they do in the water. Again, open-ended questions and comments are the key. Asking "I wonder why that one goes down to the bottom and this one stays at the top?" Children will always have their ideas about why things are the way they are and by encouraging them to share these ideas we can build on their learning each day. We can also add new words into our

conversation to build upon our child's language in a natural and appropriate way.

So remember to give this a try when you are playing with your child, reading a book or just relaxing together. You are the most important teacher in your child's life and with a little practice you can make the most of your conversations together.



### Celebrations

The Region of Peel is a multicultural community comprised of families who come from all over the world. The cities of Mississauga, Brampton and the town of Caledon are home to more than 93 distinct ethnic groups and 60 different languages. Over the next few

months, several important religious holidays will be celebrated in Peel. By sharing our customs, beliefs and cultures we have an opportunity to create a diverse, integrated community which will enrich our own lives and the lives of others.

	Date	Holiday	Religion
	November 5, 2010	Diwali	Hindu, Jain, Sikh
	November 16	Guru Nanak birthday	Sikh
	December 2-9	Hanukkah	Jewish
	December 25	Christmas	Christian
	January 1, 2011	Gantan-sai	Shinto
	February 3	Setsubun-sai Chinese New Year	Shinto Confucian, Daoist, Buddhist
	March 19	Magha Puja Day	Buddhist
	March 21	Naw Ruz	Baha'i

For more information visit [www.interfaithcalendar.org](http://www.interfaithcalendar.org)

### For Parents

Children born in 2007 are eligible to begin Kindergarten in the fall of 2011. Although that seems a long way off, registration for Kindergarten typically begins in February each year. For Kindergarten registration information, visit the website for the school board that your child will be attending.

Dufferin Peel Catholic District School Board  
[www.dpcdsb.org](http://www.dpcdsb.org)

Peel District School Board  
[www.peel.edu.on.ca](http://www.peel.edu.on.ca)

French Catholic School Board  
[www.csdccs.edu.on.ca](http://www.csdccs.edu.on.ca)

French Public School Board  
[www.csdcso.on.ca](http://www.csdcso.on.ca)

If your child currently attends a child care centre speak with the centre's supervisor as there may be full-day kindergarten options available for you.

For more information on Full-Day Early Learning, visit [www.peelregion.ca/children](http://www.peelregion.ca/children) or visit the Ontario Ministry of Education's Early Learning website at [www.edu.gov.on.ca/earlylearning/](http://www.edu.gov.on.ca/earlylearning/)

## Let's Read

**T**he winter months are a perfect time to snuggle up and read with your child.

Adults are literacy role models for their children. Setting aside a special time to sit and read together will help your child become a better reader and will encourage a love of books. There are many ways that your child can participate in reading with you:

- they can listen to you read the book aloud
- they can help you read the book aloud by reading familiar words
- they can read all of the words in the book to you
- they can tell you a story based on the pictures in the book

### Tips for reading with your child:

1. Have fun! Snuggle up under a blanket in your favourite spot
2. Talk about the book. Ask questions that encourage discussion such as "What do you think will happen next?"
3. Have books available in all rooms of your home
4. Move your finger with the words across the page as you are reading from left to right
5. Let your child choose the book they want to read, even if it is the same book day after day
6. Visit the library. Check out some new or favourite books and find out about the many wonderful programs available for parents and children to participate in together



## Cooks Corner



### HEARTY BEEF AND TOMATO SOUP

#### What to do:

- Brown 2 pounds of lean ground beef with one chopped onion
- Add 1 can of diced tomatoes
- Add 1 small bag of frozen mixed vegetables
- Add 3 tablespoons of ketchup
- Add 1 can of condensed tomato soup and 3 cans water
- Add salt and pepper to taste
- Bring to a boil and simmer for half an hour
- Add a half cup of barley and continue to simmer for another half hour.

Serve either of these great recipes with fresh bread, a garden salad or vegetables and dip.



### EASY MAC

### N'CHEESE

#### What to do:

Preheat oven to 350° F.

Boil 2 cups of whole wheat macaroni noodles, drain and set aside

#### Combine

- 1 can of low sodium cream of mushroom soup
- 1 cup of milk
- 1/2 cup of finely chopped onion
- 1 cup of chopped broccoli or diced sweet red peppers
- 3/4 cup of grated cheese (cheddar or mozzarella)
- stir in the cooked macaroni

Put in an oven proof dish

Sprinkle the top with 1/2 cup of grated cheese and bake for 20 minutes

For healthy recipes, visit

[www.peelregion.ca/healthy/eating/recipes](http://www.peelregion.ca/healthy/eating/recipes)

## Managing Stress

**S**tress can affect everyone in the family and that includes children. Along with their own stresses, children may also be feeling the effects of their parents' stress. If you are able to manage your stress it will benefit everyone in your family.

Here are some strategies to help you manage your stress:

- ✓ Get a good night's sleep - this will help you to feel refreshed and will allow you to deal with the stresses of everyday life
- ✓ Prioritize so that you don't feel overwhelmed
- ✓ Take care of yourself
- ✓ Use your vacation time - everyone needs time off to relax
- ✓ Plan ahead - plan your menu for the week, write down your tasks for the next day
- ✓ Find a balance between work and home
- ✓ Think about three things that you are thankful for each day - this will help you focus on the positive rather than the negative

For more information on stress and how to handle it, visit [www.psychologyfoundation.org](http://www.psychologyfoundation.org) and [www.kidshavestresstoo.org](http://www.kidshavestresstoo.org)

## Around Town

**S**kating, swimming, pilates, jazz, yoga, shinny hockey, pool parties, cooking classes, preschool programs, March Break camps and aquafit are some of the activities available at community and recreation centres. To find out more about the exciting programs and services available to you and your family, visit your local community or recreation centre or visit the Brampton, Mississauga or Caledon websites:

FLOWER CITY



[www.brampton.ca](http://www.brampton.ca)

MISSISSAUGA  
Leading today for tomorrow

[www.mississauga.ca](http://www.mississauga.ca)

TOWN OF CALEDON

[www.caledon.ca](http://www.caledon.ca)

Children's Services



Learn.Play.Care.

Region of Peel  
Working for you