

## Tips for Choosing Quality Child Care

How do you ensure you're getting the highest quality care for your children? Here are some tips:

### Identify your Personal Needs

- Hours of care needed?
- How close does the child care need to be to your home or work?
- Do you prefer home care or a child care centre setting?

### Things to Look For

- Is the Child Care facility licensed? Having a license is a minimum standard. Licences should be posted by the main door indicating if it has passed the last inspection. A graph bar will accompany the licence to indicate the compliance level. You are also able to find this information on the Ministry of Education website [edu.gov.on.ca/childcare](http://edu.gov.on.ca/childcare)
- Does the centre participate in Raising the Bar in Peel. This is a voluntary program that supports best practices in child care. Find out more about this program at [cdrp.com/rtb/raising-the-bar](http://cdrp.com/rtb/raising-the-bar)
- Ask about the staff qualifications and staff consistency. There should be a minimum of one Registered Early Childhood Educator (RECE) in each room. How long have the teachers been employed at the centre?
- Visit the centre to get a first hand look at staff-child interactions, the amount of materials available, state of equipment and cleanliness. What was your first impression?
- Look at the centre philosophy and policies. Are they aligned with your beliefs?

At Child Care Info Peel **905-890-9432** you can speak with someone about available child care centres in Peel. Additional information can be found at [edu.gov.on.ca/childcare/steps](http://edu.gov.on.ca/childcare/steps) and [cdrp.com](http://cdrp.com)



## MARCH BREAK

### Activities in the GTA

March Break brings the promise that nicer weather and sunny days are soon to come! There are many camps and activities offered in and around the GTA. Below are some links to websites that share ideas of things to do with your child.

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

[mississauga.ca/portal/residents/marchbreak](http://mississauga.ca/portal/residents/marchbreak)

[caledon.ca/en/live/recreationprograms.asp](http://caledon.ca/en/live/recreationprograms.asp)

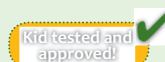
## Quesadilla, Chicken and Cheese

1 cooked, sliced chicken breast  
Cheddar cheese  
Salsa, from scratch or canned  
Whole grain 10" flour tortilla



### Method:

Combine all filling ingredients in a bowl and mix well. When ready to fill tortillas, place one scoop of filling onto one half of a tortilla. Evenly spread the filling over the half to ½ inch from the edge. Fold tortilla over and press to seal.



Your child may be eligible for **FREE MONEY** for post-secondary education.



Get **\$2000** in education money for your child  
Click to learn more about the Canada Learning Bond.



**Yes, Really!**

**Was your child born after January 1, 2004?**

**Is your family income less than \$42,707 net per year?**

If you answered yes to both of these questions, then your child is entitled to receive up to \$2,000 in FREE money provided by the Government of Canada through the Canada Learning Bond (CLB) - Registered Education Savings Plan (RESP). Eligible children will receive \$500 at registration for the RESP, and an additional \$100 annually until they reach 15 years of age. The RESP earns interest and no parental contribution is required.

To enroll, ensure your child has a Social Insurance Number (SIN), and visit a financial institution of your choice (i.e. your bank). Or, watch for an upcoming community event at <http://www.pcyi.org/enrolled-by-six-community-events>, where you can register your child for both, in one convenient place.

The Peel Post-Secondary Strategy: Enrolled by Six is a regional strategy to engage all sectors and partners to enroll every child in Peel for the Canada Learning Bond.

To learn more, visit [www.pcyi.org](http://www.pcyi.org), or call our information line: **905-890-9432** (local), **905-890-8089** (TTY), **1-888-836-5550** (toll-free).

## Workshops and Literacy Program for Families

The Region of Peel works in partnership with many community partners and volunteers to provide Positive Parenting Workshops and Family Literacy Programs for families in our community.



**Positive Parenting Workshops** addresses all sorts of parenting topics, such as behaviour, child development and sibling relationships. Child care is available and a light meal is provided for all participants.

The **Family Literacy Program** includes story time, nursery rhymes, songs and snacks and is a time for parents and children to learn together.

Both programs can be accessed at convenient locations throughout Peel. For more information about the programs including topics, dates, times and locations and to register visit [peelregion.ca/children](http://peelregion.ca/children) or call **905-791-1585**.

## How to help your child with homework

Helping your child with their homework can be a great opportunity for the both of you to spend some quality time together, but it can also be frustrating. Here are some tips to help you positively support and encourage better results when it comes to homework:

- **Establish a consistent routine.** We all know that children thrive on consistency and homework should be no different. Set up a consistent time for homework to be completed – after school, after dinner, etc.
- **Set the stage.** Make sure that the work space is well-lit, comfortable and free of distractions.
- **Organize and prioritize.** Sit down at the beginning of the homework session and discuss what needs to be done - what needs attention first? That way you and your child can set goals and have a plan of action to complete all homework.
- **Encourage independence.** You may start off sitting next to and helping your child but remember don't take over. If he/she is doing alright without you, you might just want to check in from time-to-time and at the end of the session.
- **Make your child feel good.** Acknowledge your child's efforts and make her/him aware of her/his improvements! Take every opportunity to build your child's self-esteem.

Consult your local library for information on "Homework Help" programs and free internet access:

[bramptonlibrary.ca](http://bramptonlibrary.ca)  
[mississauga.ca/portal/residents/library](http://mississauga.ca/portal/residents/library)  
[caledon.library.on.ca](http://caledon.library.on.ca)

For more information on homework guidelines visit [peopleforeducation.ca](http://peopleforeducation.ca)