



All about POSITIVE PARENTING

Newsletter for Parents

Fall 2011

Learning at Home

The value of Role Play
“You be mommy, I will be the baby”
“I want to be a fireman when I grow up”

Sound familiar? Children are naturally drawn to role play—the magical art of imitation and make believe, but it’s also a key component of learning and valuable part of a child’s early years.

Role play helps children acquire all kinds of skills and knowledge, encouraging them to:

- Explore their imagination
- Think in the abstract
- Acquire and build language skills
- Build social skills
- Problem solve
- Understand someone else’s perspective
- Learn essential life skills from adults
- Discover leadership skills
- Safely explore the world beyond them
- Build confidence and a sense of self



Encourage your child’s active imagination by providing materials, space and time for them to explore and discover the wonderful world they live in!

Important: If your child asks you to play with them, follow their lead and try not to take over the play.

For Parents

Parents are often heard saying: “There is not enough time in the day” or “I have no time for me.”

Most parents sacrifice themselves to get everything done and taking time for themselves is often the last thing on their list. By taking the time to implement self-care and reduce stress you will be better prepared to deal with whatever comes your way.

Here are some simple things that you can do to take care of yourself:

- Get enough sleep- adults should be getting between 7-8 hours of sleep at night
- Schedule some “me” time even if its for an hour
- Use your time management skills to form a daily schedule that is effective for everyone.
- Take a long bath after the kids go to sleep
- Order take out once in a while to have a night off from cooking
- Physical activity (i.e.: hiking, biking, walking, swimming or yoga)

- Go to the bookstore or local library
- Lunch, dinner or coffee with friends once every few weeks.
- Take 20 minutes to catch up with a friend
- Volunteer with or without your children, helps your stress level to know you are helping someone else.
- Remember to do breathing or stretching exercises

Parents who find ways to care for themselves feel more refreshed and better prepared to care for their children.



Fantastic Fall



Pumpkins and Peduncles!

What is a peduncle, you ask? It’s the stalk or handle on the pumpkin....and a fun new word to use with your children!

Pumpkins and gourds can be used to teach skills in all areas of development. They are especially good for teaching and learning math and science skills. Here are just a few ideas to get you started!

- Cut the pumpkin open and count the seeds. You can even rinse and bake them for a healthy snack
- Count the “ribs” on the side of the pumpkin
- Use a scale and measuring tape to weigh and measure pumpkins
- Use markers, paint, glue, leaves and other materials to decorate pumpkins
- Cut out items that begin with the letter “P” from flyers and local newspapers
- There are also many websites that offer free colouring pages, worksheets and ideas that may be helpful

The following finger play song is a fun way to learn math and rhyming skills. (Finger play songs are children’s songs that have accompanying hand movements)

5 little pumpkins sitting on a gate,
The first one said, “Oh my it’s getting late!”
The second one said, “There are witches in the air”
The third one said, “But we don’t care.”
The fourth one said, “Let’s run and run and run.”
The fifth one said, “It’s fall time fun.”
Whoosh went the wind, and out went the lights,
And the five little pumpkins rolled out of sight!

Idea!

Remember to always have fun with your child and try to learn and teach something new everyday!

Storytelling

Any book that a child enjoys is a good book. A love of books increases interest in reading and writing, which leads to greater success in school. Books that relate to meaningful events in the child's life and books that fit the age and stage of the child's development are most likely to be books that children will enjoy and read often. Here are some tips to consider when selecting books for children.

Infants and Toddlers (birth to age 2)

- Books with big, bright, colourful pictures of familiar objects
- Durable books made of cardboard, plastic or washable materials
- Books that appeal to their senses ie. fabrics, textures, smells
- Stories told in short simple sentences with pictures that explain text
- Poems and rhymes that are fun for parents to read aloud

Preschoolers (ages 3-5)

- Illustrations and photos that are clear, colourful and engaging
- Simple, fun plots that have some predictability
- Lively rhymes and repetition that children can repeat and remember
- Stories about everyday life that children can talk about
- Stories that review basic concepts; letters, numbers, shapes and colours
- Main characters that the child can identify with; gender, ethnicity, age

Remember – children learn to love books by sharing books with the people they love!

www.education.cam/print/Red_choosing_Good_Books/



Storytelling can make car rides or waiting for appointments an easy way to keep children engaged without any toys.

Around Town

Parents are often busy thinking about how to keep their children active and engaged throughout the year and don't always stop to think about what things they can get involved in.

Once you have things organized for your children take a few moments to think about yourself. Here are a few questions to think about:

- What do I like to do?
- What do I have time to do?
- What can I afford?
- Where is it offered?

The City of Brampton, the Town of Caledon and the City of Mississauga offer a variety of programs for adults to participate in. Stop by one of their many locations or visit their websites to find out more. Talk with family, friends, co-workers and neighbours to see what they are doing for themselves, there may be something that you can do together, the more the merrier!

brampton.ca • mississauga.ca • caledon.ca

Cooks



Kid tested and approved!

Corner

WHOLE GRAIN PANCAKES

- 1 ½ cups whole wheat flour
- ½ tsp salt
- 3 tsp baking powder
- 2 cups water or milk
- 2 tbsp canola oil
- 1 or 2 eggs, lightly beaten

Stir together dry ingredients. Add remaining ingredients, mixing with a wire whisk and let stand 5 minutes. Heat lightly buttered fry pan on medium heat. Cook pancakes on each side turning when edges look dry and golden brown on both sides. Serve with real maple syrup or fruit sauce.

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For more healthy recipes, visit peelregion.ca/health/eating/recipes

Child Care Fee Subsidy

- Are you thinking about enrolling your child in a licensed child care program?
- Do you want to know which child care centres have subsidy agreements?
- Are you looking for more information about child care fee subsidy?

Child care fee subsidy is available through the Region of Peel for those that meet the eligibility criteria. For more information about the eligibility criteria, required documentation and the application process or for an application call 905-791-1585 or visit www.peelregion.ca/children/programs/subsidy.



Children's Services



Learn.Play.Care.

Region of Peel
Working for you