




# Dryden Best Start Hub February 2015

Craft of the week:	Mon	Tue	Wed	Thu	Fri	Sat
Icing Paint on Heart Shapes	2 Gym Time 10:40 - 11:20 New Prospect	3 Tot Time 10:30	4 Roots of Empathy 9:30 St Joseph's School	5 Mother Goose 1:00	6 Moe The Mouse 10:30 Story Time Coffee Break with North Words 11:00	7 Stamping Valentine Cards
 LOVE BUG	9 Gym Time 10:40 - 11:20 New Prospect	10 Tot Time 10:30	11 Roots of Empathy 9:30 St Joseph's School	12 Mother Goose 1:00	13 10:30 Moe The Mouse Story Time	14 10:30 Popcorn & Dance Party
Collage a snowman	16 <b>Closed for Family Day!</b> 	17 Tot Time 10:30	18 Roots of Empathy 9:30 St Joseph's School	19 Mother Goose 1:00	20 10:30 Moe The Mouse Story Time	21 Super Hero Capes & Masks (recycle t-shirts)
Shaving Cream & sand snow plow painting	23 Gym Time 10:40 - 11:20 New Prospect	24 Tot Time 10:30	25 Roots of Empathy 9:30 St Joseph's School	26 Mother Goose 1:00	27 10:30 Moe The Mouse Story Time	28 Water Colour Wonder on canvas 10:30
	Celebrate Family Day! Go for a walk. Paint the snow with tempera paint! Make a snow man and decorate it with treats for birds....					

# Best Start HUB

A Place for Families

Dryden  
Best Start Hub  
February 2015  
Newsletter

Phone: 223-7145  
113 Albert Street  
(Lower Level)

Come & join the fun!

## Hours

Monday—Friday 8:30 - 4:30  
Wednesday 8:30—7:00  
Saturday 9:30 - 1:30



# Programs

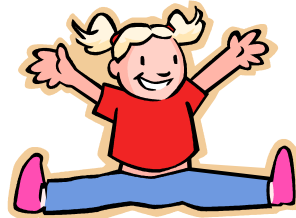


Parent-Child Mother Goose Rhyme Time  
This session is for parents/caregivers and babies. It focuses on songs and nursery rhymes for everyday routines. Geared for birth to 12 months! Thursdays at 1:00.

**Tot Time is an active music program for children 1 to 2. 5 years held every Tuesday's at 10:30.**



Gym Time  
Gym time will be held Monday mornings from 10:40 to 11:20 at New Prospect School.



## Saturday Activities

- Feb. 7: Stamping Valentine Cards
- Feb. 14: Popcorn and Dance Party (music)
- Feb. 21: Super Hero Capes & Masks: bring old t-shirts
- Feb. 28: Design your own masterpiece. On canvas you will create a "Water Colour Wonder" an art work for your room.

## Assisting your Child at Group Time

Role model quiet listening, no adult conversation please. It is very hard for children to listen to a story or participate in a song while a conversation is happening. If your child is having a hard time joining the group encourage your child to sit beside you or on your lap rather than force them. Please join in with us in singing the songs. It doesn't matter what your voice sounds like, it is more the enthusiasm we portray, making eye contact and our participation that engages the children. Let us know if it is your child's birthday, we can sing HAPPY BIRTHDAY and if you wish you may bring in cake or cupcakes that day to share.

## Play Group

**Story Time is a circle time with stories, songs, games & craft. For children 2.5 years & up held every Friday at 10:30. We will be using Moe the Mouse for this 8 week block**



## Alphabet Soup - Family Food Fun

Coming in March on Friday's at 10:30 Food -Family- Fun  
A program for families with preschool children 2 to 5 years. First we have fun together with: rhymes, songs, children's books and food. Then Parents: Have time with other parents to create board games for kids and talk about food ideas for young children. And Children: Enjoy art and activities. **We are limited to 8 families, registration is necessary.**



### Valentine Fun:

**Heart Sandwiches:** Have children use heart cookie cutters to cut heart shapes out of bread, bologna and cheese and create their own sandwich.

**Valentine for the Birds** Children can cut out heart shapes from dry bread. Brush on egg whites then sprinkle on birdseed. Help them tie a ribbon to hang the bird treat on a tree.

**Friendship Tea Party:** Invite some friends for a dress up tea party. Have some dress up clothes, use toy tea pot & cups or china teacups from the 2nd hand store and have children pour "tea" (juice) and make their own sandwiches.

### Winter Fun

**Indoor Ice Rink:** Make a skating rink on the carpet by placing tape on the floor as an outline and then placing wax paper on the children's shoes.

**Instant Snow:** Instant potato flakes can be used as "snow" when it is too cold to go outside and play. Put the flakes in a container; add measuring cups, scoops, funnels and bottles for sensory-math play.

**Warm Rice Play:** A great idea for a cold winter day! Heat some rice in the oven for a short time until it is warm. Put the rice in a container, when the children come in from outside they get to play with some warm rice. They love pouring and measuring the rice and it makes a wonderful sound.

**Indoor Snowman:** Gather snow in a 5 gal bucket. Bring it inside and build a snowman in a large shallow baking pan. Put eyes, arms, nose, buttons and scarf. Place the snowman on the table and watch it melt through the day.

**Shaving Cream Snow Tracks:** Spray shaving cream on a table top and add trucks, to plow "snowy" roads.

### Songs for winter dressing:

"It is Snowing" (sung to tune of "Are You Sleeping")

It is snowing, it is snowing, On my head, on my head.

I need a hat, I need a hat, On my head, on my head.

*(As you sing the name of each body part, let your child put on the correct item of clothing. For example, if you say feet...they would pick boots.)*

### To the tune of Are you Sleeping:

Dance like snowflakes , Dance like snowflakes. In the air, In the air.

Whirling, Twirling snowflakes, Whirling,  
Twirling snowflakes

Here and there , Here and there!

**Snow-Kids:** Take pictures of your child!

Take a close-up picture of each child's face. When developed, use a circle cutter, (or free-hand) cut the facial shot into a circle, attach to 2 other different size white circles, then you have a snow man!

### Marshmallow Igloos

Draw the outline of an igloo with a door with a white crayon on light blue paper. Cut large marshmallows in half with scissors and have kids put them sticky side down inside the outline. Small marshmallows can also be used by just licking and sticking on the paper. Next to the igloo make a snowman using two big marshmallows and one small for the head. Use markers to add details.

**Mitten Math** (adapted from "Snow Daze" by Marcia Arpin)

Here are some fun ways for you and your children to use mittens in your house! Find some different size mittens in your house. Put them in order from smallest to largest or largest to smallest. Make a pattern with your mittens. Try to guess the next mitten in the pattern. Using a matching pair of mittens and an odd mitten, ask your child to tell you about the one that is different and why it doesn't belong with the pair.

Put a whole bunch of mittens and gloves in a pile. Sort the mittens into different piles with your child—you could sort by pattern (with a pattern/no pattern), color (black/colored), shape (gloves/mittens). Talk with your child about why the items go in certain piles.



## TIME TO EAT AGAIN?

### Turn Everyday Events into Language Building Activities

With a little thought, parents can turn everyday routines and boring chores into wonderful language learning opportunities! From cooking meals to going to the grocery store, use the following activities to open the door and build upon your child's language skills.



### Eat Your Way to Stronger Language Skills

Mealtimes are the perfect opportunity to allow your children to strengthen their language skills. At snack time, include your children in the process by sequencing the steps taken to complete the snack and encouraging them to remember what step comes next. Promote descriptive language by allowing your children to describe each item as you use it. (i.e., orange cheese, sweet chocolate syrup, salty crackers, etc.) As you prepare a meal, let them participate by setting the table, naming each item as they place it on the table. Encourage counting skills by allowing your children to gather the correct number of utensils, plates, and napkins for each family member. Develop their ability to follow directions by telling them where to place each object. For example, "Put a fork at Daddy's place, and give your sister a napkin."

### Baking Up Good Language Skills!

Baking makes for another great language learning opportunity for your children. Bake a batch of cookies using coloured candies with your children. Encourage them to help you by spooning the dough on the pan, sorting the candy by color, and counting how many to put on each cookie. This allows your children to actively participate in the chores while strengthening many language skills.

### To Market, To Market, to Build Strong Language!

Turn the task of grocery shopping into a wonderful opportunity to build your children's language skills. Encourage them to notice the different categories of foods (fruits, vegetables, cereals, etc.), the different shapes and colors of foods, and the different packages of food items. Ask your children to explain the different tastes and temperatures of the foods (salty/sweet, hot/cold, crunchy/chewy). Let your children tell you what their favourite foods are and encourage them to tell you why they like these foods. Assigning "duties" for each child promotes a sense of direction and a feeling of independence. Before sending your children to complete their duties, be sure they know where they are going and what they need to get to complete their tasks. With all this talking, you might make going to the store a more enjoyable experience.

by Kelly Faulkenberry Cheek, MSP, CCC-SLP  
& Keri Spielvogle, MCD, CCC-SLP

### **Making a Bedtime Routine**

Children need routines so they know what is coming next. A bedtime routine that is used every night will help your child wind down, and know it is time to go to sleep.

It's a good idea for the rest of the family to have quiet time while your child is getting ready for bed. That way they don't feel like they are missing out. Give older children some choices at bedtime. For example they may choose what story to read or what py-jamas they want to wear tonight.

#### **Ideas for bedtime routine:**

- Bathing
- Brushing teeth
- Cuddle with mom or dad
- Read a story or poem, or make up a story
- Sing a song, or play quiet music

#### **Magic Bubble Bags**

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**Materials:** 5 TBSP cornstarch, half a cup of water, food coloring: 2 squirts each blue and green or red and green, half a cup vegetable oil, freezer-quality zip-lock bag, duct tape  
**Directions:** Place cornstarch, water and food coloring in bag and shake to mix. Add oil. Seal the bag and reinforce with duct tape. Press the bag with fingers and watch colors blend and separate.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, (a penny for your thoughts) an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia

### **Analogy of a visit to a Best Start Hub**

- | Time spent getting your child ready: 15 minutes
- | Time spent driving: 5 -10 minutes
- | Price of program: **FREE**
- | Benefits of play time: ENCOURAGES and ENHANCES
- | Imagination and creative skills
- | Child development skills
- | Hidden Benefits:
- | Children learning to share and play with others
- | End results of play time: SMILES & FUN for EVERYONE
- | Spending time with your child: **PRICELESS**

### **Benefits of Coming to Best Start Hub Parent-Child Programs**

- | Join Mother Goose, Tot Time or Playgroup today, for smiles, laughter and friendship!
- | These are interactive programs that you can participate with your child.
- | Children develop literacy skills through stories, songs, music, and rhyme.
- | We provide a nurturing environment for your child, enabling them to develop the skills necessary for a lifetime. You and your child will make new friends and meet old ones too!

Parents: Remember to model good listening skills for your child during circle time. Your child will be encouraged to participate if he/she sees you singing too! A good singing voice is not necessary, just have fun.



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**Zoo Theme Fine Motor Dig and Discover.**

Hide small plastic "food items" in a ball of play dough. Kids use a magnifying glass and a flashlight for looking. Then use tweezers, clothespins, for pulling out the "food" items to feed the animals. Great practice fine motor skills! Try making a fence with the clothespins.



House of Burke

**Fine Motor Shaving Cream Heart Dig**



**Paper Roll and pom pom sorting! Use tweezers!**

**Sensory Ideas for February**

## Did you know...

...open ended art experiences are very important for your child's healthy development? Open-ended art activities are unique, one-of-a-kind creations that do not have a finished product in mind. Your child will make creations and pictures that are unrecognizable to you and that is ok. It doesn't matter if you don't know what 'it' is. The final product is not the important part...**doing** the activity is the important part.

Open-ended art activities help **all** children...

- ...experience success and build their self-esteem regardless of their abilities—art gives them a 'Wow, look what I can do!' feeling of accomplishment.
- ...express their feelings and ideas with each unique creation they make.
- ...develop hand/finger muscles that are needed for holding a pencil and learning to print.
- ...learn new words like squishy, smooth, zigzag, wavy, diagonal, oval, etc.
- ...learn decision making and problem solving skills—'What colour should I use next?' or 'How will I get the legs to stick on my playdough man?'

When your child makes a creation...

- ...take the time to ask them about it. "Tell me about your picture" or "What do you like best about it?"
- ...do **not** worry about the mess. Put a plastic tablecloth or an old sheet under their 'work' area. Think about all the positive benefits of the art activity. Your child feels successful!

There are few things in a child's life that they have control over—most things are scheduled and decided for them. With art, they have creative freedom to use their imagination and they have total control over the activity. Art puts a child in the 'driver's seat'!

Early Literacy Specialists

