
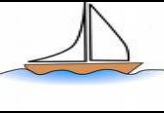
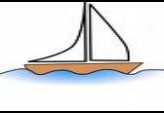




# May 2014

# Mother's Day

Weekly Art	Mon	Tue	Wed	Thu	Fri	Sat
Play dough bird nests to take home.  				1 Mother Goose 1:00 <b>Well Baby Visit by Kathy Bryck NWHU</b>	2 Story Time Playgroup 10:30	3 Open 9:30 -1:30
Card For Mom  	5 Gym Time 10:40 to 11:20 at New Prospect School <b>Make The Con- nection 1PM</b>	6 Tot Time 10:30	7 <b>Closed at 4:30</b>	8 Mother Goose 1:00	9 <b>Mother's Day Tea 10:30</b>	10 Open 9:30 -1:30
Geometric Boat  	12 Gym Time 10:40 to 11:20 at New Prospect School <b>Make The Con- nection 1PM</b>	13 Tot Time 10:30	14 <b>Closed at 4:30</b>	15 Mother Goose 1:00	16 Playgroup on the Road at L'Ecole Catholique 10:30 Lunch provided	17 Open 9:30 -1:30
Fish  	19 <b>Closed Victoria Day</b>	20 Tot Time 10:30	21 <b>Closed at 4:30</b>	22 Mother Goose 1:00	23 Story Time Playgroup 10:30 <b>Infant Nutrition &amp; Baby Food Making 1:30</b>	24 Open 9:30 -1:30
	26 Gym Time 10:40 to 11:20 at New Prospect School <b>Make The Con- nection 1PM</b>	27 Tot Time 10:30	28 <b>Closed at 4:30</b>	29 Mother Goose 1:00	30 Story Time Playgroup 10:30	31 Open 9:30 -1:30

  
**Best Start HUB**  
 A Place for Families

**Dryden**  
**Best Start Hub**  
**May 2014**  
**Newsletter**

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

## Hours

Monday—Friday 9:30 - 4:30

Saturday 9:30 - 1:30

**Come Join The Fun!**

**Dryden**

## Parent-Child Groups

Mother Goose Rhyme Time for parents & babies, focuses on the pleasure of rhymes and songs for everyday routines. Held every Thursday at 1:00.



Tot Time is an active music program for children 1 to 2.5 years held every Tuesday at 10:30.



### Play Group

**Story Time Playgroup** is a school readiness program for children 2.5 years & up held every Friday at 10:30.

## Special Activities

**"Playgroup on the Road"** We will meet at the L'Ecole Catholique Library for a story and craft and then we will move to the gym to use the gym equipment. A pizza lunch will follow. Come out to get to know this school on Airport Road. Please register so we know how much food to provide.



### Mother's Day Tea

A "Tea Party" to celebrate Mother's Day. Join us on Friday May 9th 10:30. Have your child pour you a cup of iced tea and serve you a cookie. Fancy Dress-up optional, but could be fun.

## Parent Workshops

### Breast Feeding Support & Well Baby Clinic

Thursday May 1st at 1:30

Kathy Bryck, Northwestern Health Unit

### Infant Nutrition & Baby Food

Making on Friday May 23

1:30 to 2:30

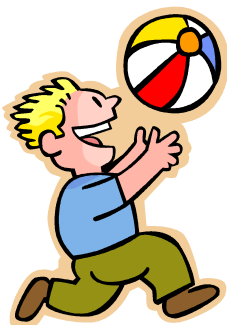
Facilitated by Kathy Byrck, NWHU



### Make the Connection Birth to One Program Workshop Series

**Mondays: May 5 to June 16 at 1:00**

**Please register!**



## Have a ball at the Hub!

We want to hear from all parents and caregivers who come to the Dryden Best Start Hub. During the month of May, parents and caregivers will have the chance to fill out a survey and let us know how our programs and services are working for them. Surveys can be completed on paper and returned to the Hub or online using this direct link:

<http://frp-evaluation.ca/psurvey.php?surveycode=P14-621-G>.

The surveys are completely anonymous and very important to us. Your surveys will help us meet your needs and improve the quality of the programs that are offered at the Dryden Best Start Hub. Please pick up a beach ball as a family thank-you gift for taking the time to complete the survey for our Hub. Thank you!

### Love You Mommy (You are my sunshine")

I love you Mommy,  
My dearest Mommy.  
You make me happy,  
When I am sad.  
I want to tell you,  
I really love you!  
When I'm with you,  
I am so glad!

### Mother's Day Book

Need: Button, tissue, magazines, candy

Directions: You can use this along with a gift you've made as part of a card or make a book.

You sew the buttons on my clothes (glue button on this page)

You gave me a hankie for my nose (Kleenex on this one)

You make good things for me to eat (picture from magazine)

You buy me candy for a treat (glue piece of candy on)

You wash my clothes and mend my socks (picture from magazine of clothes and a sock)

Dear Mother, I love you lots and lots!! (Big heart - can put child's picture in it)

### Mom Book

My Mom is \_\_\_\_\_

She likes to \_\_\_\_\_

She always \_\_\_\_\_

Sometimes she \_\_\_\_\_

But the best thing about my MOM is \_\_\_\_\_

### Only One Mother

Hundreds of stars in the pretty sky,  
Hundreds of shells on the shore together,  
Hundreds of birds that go singing by,  
Hundreds of lambs in the sunny weather.  
Hundreds of dewdrops to greet the dawn,  
Hundreds of bees in the purple clover,  
Hundreds of butterflies on the lawn,  
But only one mother the wide world over.



### **No-Knead Bread**

*There are few things as universally comforting as the smell of baking bread. This recipe is a must try, a very special treat!*

3 cups of all-purpose flour, 1/4 tsp. instant yeast, and 1 tsp. salt

In a large bowl mix above ingredients. Add 1 1/2 cups plus 2 tbsp. of water. The dough will be sticky and shaggy. Cover the bowl with plastic wrap and leave on the counter top for at least 12 hours, preferably 18. Generously flour a tea towel (not terry cloth) and flip the dough out onto it. Fold over the dough once or twice with floured hands. Cover the dough with the tea towel and let rest an hour or two. Preheat oven to 450 degrees along with a heavy casserole with a lid. When ready, remove hot casserole dish from the oven and turn dough into it. Put lid back on and bake for 30 minutes. After 30 minutes, remove lid and bake another 15 minutes. Cool

Necklace for Mom: String Fruit Loops or Cheerios cereal on a pipe-cleaner or wool with the tip reinforced with masking tape.

Parents encourage speech development:

- Speak slowly and clearly
- Avoid talking "baby talk"
- Do rhymes and songs together
- Look at and read picture books

When asking questions allow time for your child to respond. Try counting to 10 before saying anything at all.

## May is Better Hearing and Speech

*Call North Words 223-3301 if you have any speech /language concerns with your child*

### Some Tips

- Avoid correcting. Instead repeat back what your child says using the correct pronunciation. *Child says "Turn wight on". and you say "Okay I'll turn the light on."*
- Put a slight emphasis on the sound or word that is difficult for your child.
- Don't laugh at or allow others to laugh at errors.

### What to do when you don't understand your child.

- Repeat what you think you heard and ask if that is right.
- Ask your child to show you what she is talking about.
- Ask your child to say it using different words.
- Let your child know that what she is telling you is important.

**Signs of Infant and Child Hearing Loss:** Every year in Ontario, approximately 400 children are born with impaired hearing. With the Ontario Infant Hearing Program, all infants are screened for hearing loss shortly after birth. This provides for early detection and therefore, a better prognosis for speech and language development. However, having a baby undergo and pass the screening does not guarantee that hearing loss will not develop later. Parents, caregivers, and teachers may be able to spot signs of a possible hearing loss.

A child may be suffering from hearing loss if he or she:

- ☹ Does not startle or jump at loud sounds
- ☹ Does not babble by the age of 3 months
- ☹ Does not respond to his/her name or turn toward sounds by the age of 7 months
- ☹ Does not respond to simple requests or try to imitate words by the age of 12 months
- ☹ Cannot be understood by most people
- ☹ Often asks for things to be repeated
- ☹ Seems to watch your face closely when you talk
- ☹ Does not communicate as well as other children the same age
- ☹ Prefers the TV or radio louder than others in the family
- ☹ Responds inconsistently to sound
- ☹ Seems inattentive at home or school
- ☹ Often responds to a question with an unrelated answer
- ☹ Has had many ear infections
- ☹ Uses gestures to communicate

**From birth to 6 months your child should:**

- be startled, cry or wake up to loud sounds
- move his/her head, eyes, arms, or legs in response to a noise or a voice
- smile when spoken to
- respond to music

**From 7 to 12 months, your child should:**

- turn or look up when his/her name is called, even if you cannot be seen
- occasionally start or jump when there is a very loud sound
- respond to requests such as "want more" or "come here"
- be able to point to or look at everyday objects on request such as "bottle"

**From 1 to 2 years, your child should:**

- turn toward you when you call his/her name from behind
- begin to repeat some of the sounds you make
- try to "talk" by pointing, reaching and making noises
- recognize sounds like ringing telephone
- point to at least one part of his/her body [eyes, feet, etc.] when asked

**From 2 to 3 years, your child should:**

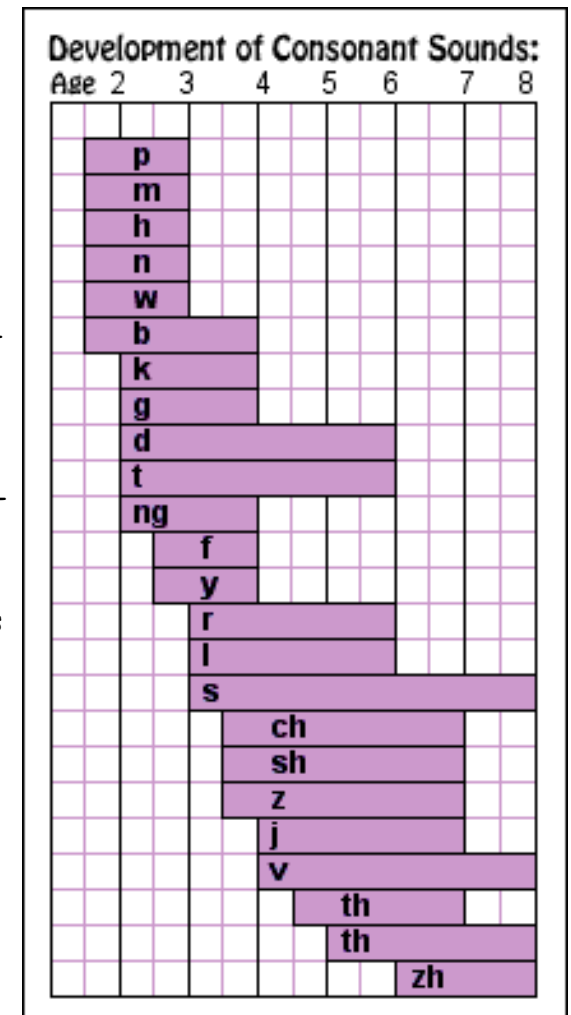
- listen to a simple story
- follow two sequential requests such as "get the ball and put it on the table"
- give you a toy, or put a block on the table or chair, when you ask and without being able to see your lips

**From 3 to 4 years, your child should:**

- hear you when you call from another room or hear a whisper and repeat it
- listen to the television at the same volume as the rest of the family
- answer simple questions
- use sentences with four or more words

**From 4 to 5 years, your child should:**

- pay attention to a story and answer simple questions
- tell a story about himself/herself
- talk easily with other children and adults



This bar graph shows the age that most children are able to say certain sounds. For example, by age 3, your child should be able to say correctly words with p, m, h, n, and w sounds. Taken from northwords.com



**RAINY DAY?? GATHER SOME RAIN.....and  
EXPLORE IT!!**



- Taste it
- Smell outside when it is raining
- Hold your hand out and touch it, what does it feel like?
- Listen to the rain. What does it sound like as it hits different objects?

**Music: Planting Song (Sung To: The Farmer in the Dell)**

The farmer plants the seeds, the farmer plants the seeds. Hi, Ho and Cherry O, The farmer plants the seeds.

The rain begins to fall...., the sun begins to shine....

**Jumping Puddles**

When it is too wet to go outside, jump over puddles indoors! Try jumping over couch cushions or cut out paper shapes representing puddles. Then bring out a hula hoop and practice jumping in and out. Then try walking, running, skipping around the hula hoop. Your child will be getting exercise, developing spatial awareness concepts like in and out, around and over.

**A few parents have mentioned how they love "The Wonder Weeks" App**

It tracks your baby's mental development (during the first 20 months). It is also a handy reminder for new parents when their baby's brain is changing, or "leaping," she is making a significant advance in mental development, and with each step forward comes a drastic change in the way your baby sees the world around him. Because these leaps come so quickly, the "new world" and new abilities can sometimes be scary, and the development may manifest in poor sleep, bad appetite, crying, clinging and crankiness – exhausting and frustrating mom and dad. By knowing what is going on inside the head of your baby, you can help him to make the leap more easily and stimulate his development. The Wonder Weeks app helps new parents by:

- Showing when your baby makes a leap in his mental development
- What your baby can understand & learn after this mental leap
- What your baby can do after this leap and What you can do to help your baby. This app is available for a small fee approx. \$2.00.

**A great free site is [www.babycentre.ca](http://www.babycentre.ca)**

**Water play can be soothing.**

It feels good and it doesn't ask for a "product" to be made. Playing in water can also be the beginning of scientific discoveries. For example, children tend to think that big things sink and small things float. When they experiment, they can learn about different properties of objects. They also understand more about water and how it moves. You can pour it, splash it, trickle or dump it. You can collect it in a container, but if the container has holes in the bottom, it runs out. It's warm in the bathtub, but cold and shocking out of the hose. If you drink it out of a cup, your clothes stay dry, but if you spill the cup, you're suddenly wet. Is it any wonder that children love to play with water?

**Have you tried?**

Using a dishpan of water, experiment with different cooking utensils -- funnels, pitchers, spoons, different weighted objects. See how some objects sink and some float. Stirring water makes currents and swirls. If you leave the water in the dishpan for several days, it will evaporate.

In celebration of occupational therapy month, here are some activities children can do at home to develop their fine motor skills and think spatially. For preschoolers:

- Use tongs or large tweezers to pick up items in a container. Ask how many items will fit in the container.
- Use clothespins with letters on them, and have children form words by clipping clothespins on a surface.
- Pop bubble wrap.
- Play Twister®.
- Use a hole punch to make confetti.
- Use spray bottles filled with water to make letters on the sidewalk.
- Hide small pennies in play dough.
- Encourage children to play on monkey bars.
- Ask questions as you do household chores. For example, "How many oranges can fit in this basket?"



#### For Toddlers:

- Different size Velcro rollers in a basket
- Try painting with water (instead of paint) with large brushes
- Clear plastic shooter cups from dollar store for stacking
- Square fabric or small square scarfs in a Kleenex box
- Muffin tin and paper towel tube cylinders cut up
- Small pringle can with slots cut on lid to drop in jumbo coloured popsicle sticks

#### Analogy of a Visit to The Dryden 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!**

**Mom: You are the best toy your child has. Give yourself a pat on the back for providing this play and learning opportunity to your child.**

**"Cheers to You!"**