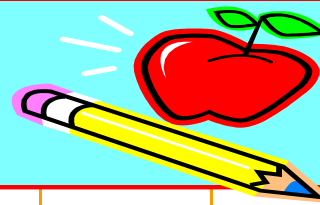


## September 2014 Dryden Best Start Hub



Weekl y Art	Mon	Tue	Wed	Thu	Fri	Sat
Play- dough Bal- loons	Closed for Lab our Day!	2 Closed for PD Day	3 5 PM Super Scientist: Blow up a Bal- loon in a Bottle	4 Mother Goose 1PM	5 Story Time Playgroup 10:30	6 Movement and Music 10:30
Ziploc Bag Painting on the Window	8	9 Tot Time 10:30	10 Baby Food 1PM Making & Nutrition Kathy Bryck School Age: 5PM Feather Weaving	11 Mother Goose at 1:00	12 Story Time Playgroup 10:30	13 Movement and Music 10:30
Paper Plate Birds	15 Gym Time 10:40 —11:15 at New Prospect School Gym	16 Tot Time 10:30	17 5:00 PM School Age Craft: Collage Boxes	18 Mother Goose at 1:00	19 Story Time Playgroup 10:30	20 Movement and Music 10:30
Marsh- mallow Printing	22 "Bounce Back & Thrive" for those registered 1-3 Gym Time 10:40	23 Tot Time 10:30	24 5PM Kids in the Kitchen: Alphabet Cookies	25 Mother Goose at 1:00	26 Story Time Playgroup 10:30	27 Movement and Music 10:30
Truck Painting	29 Bounce Back & Thrive" for those registered 1-3 Gym Time 10:40	30 Tot Time 10:30	Saturdays open again from 9:30 to 1:30. Come drop in and play with Liza, our Satur- day staff and feel free to join in a music circle at 10:30.			

# Best Start HUB

**A Place for Families**

**Drop In Hours**  
Monday—Friday 8:30 - 4:30  
Wednesday 8:30 -7:00  
Saturday 9:30 - 1:30

**Dryden  
Best Start Hub  
September 2014  
Newsletter**

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

**Come & join the fun!**



Drop by on Wednesday after-  
noons from 5:00 to 7:00 for  
**School Age Activities:**

Sept 3: Super Scientist:  
Blow up a Balloon in a Bottle

Sept. 10: Craft:  
Feather Weaving

Sept 17: Craft:  
Collage Treasure Box

Sept 25: Cooking:  
Alphabet Cookies



**September  
Weekly  
Art at the  
Best Start Hub**

# Fall Programming



## Parent-Child Mother Goose Rhyme Time

This interactive session is for parent/caregivers and babies. It focuses on songs and nursery rhymes to help you with your daily baby routines and develops your babies language.  
*Geared for birth to 12 months!*

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



Playgroup is a preschool story hour. It is an interactive circle with stories, songs, games & craft. For children 2.5 years & up held every Friday at 10:30. Please register.

**Bounce Back and Thrive will be offered by FireFly and held at our Hub**

**Mondays from 1:00 to 3:00 beginning Sept. 22 to Nov. 3 and the second part Nov 17 to Dec. 8th**

You will learn skills to:

- Help you and your child bounce back from everyday stresses and hard times
- To relieve stress and calmly solve problems and conflicts
- To help your children handle disappointment, anger and frustration
- To help you children feel good about themselves, confident and hopeful about the future

Firefly has reserved 3 spaces for the Hub and otherwise registration is taken by FireFly at 223-8550

Baby Food Making/Infant Nutrition Presentation

**Wed Sept 10th at 1:00**

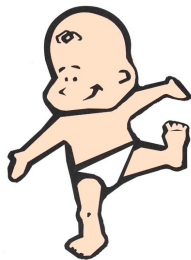
(babies and children welcome)

Includes...

When to add New Foods

Tips on Making Your Own Baby Food

Taste Testing! Presented by Kathy Bryck, Northwestern Health Unit



## Healthy Baby

Northwestern Health Unit Nurse: Kathy Bryck

Will be coming on Sept. 11 at 1:30 after Mother Goose for baby weighing, breast feeding support and your baby questions

**Gym Time:**

**Monday's 10:40 to 11:20 at New Prospect School Beginning Sept. 15th**

## Hints To Help Your Children Relax Before Bedtime

Listen to quiet music.

Listen to a story & tape.

"Wiggling Body Parts" - a child wiggles & stops when you tell them to. This activity helps relieve tension.

Play a quiet game of cards.

Play a quiet board game.

Tell an "Eye-Closed Story". Children love to hear of when you were little or make up a story. When the lights are out tell your story very slowly and in a quiet voice (almost a whisper) just loud enough for your child to hear.

Look at books.

Play "I Spy"

Read a book to your child.

Always follow a routine so that your child becomes used to doing the same types of activities before bed i.e. have a bath, brush your teeth, read a story, go to sleep.

**Helpful Hint:** Have your child help you remember the bedtime routine (which job comes next) to make a fun time out of getting ready for bed. This way your child feels like they are making the decisions.

**Helpful Hint:** Don't insist on your child sleeping, you could say for example: "It's alright if you don't want to sleep, but you must lay here in bed and just rest quietly."

### **A Relaxing Poem: Wiggles**

I wiggle my fingers, I wiggle my toes,

I wiggle my shoulders, I wiggle my nose.

Now all of the wiggles are out of me and I can lay quiet as quiet can be.

## The Three Year Old: Did you know...when I play...

- make -believe, it helps me imagine that I can do many things.
- and pretend to dust, do dishes, play office, I am practicing for future responsibilities.
- outside, it is a good way for me to burn off energy and help me sleep at night.
- simple board games, I am learning about taking turns and sometimes I win and sometimes I lose and that's okay.
- at sorting buttons, shoes or socks, I am learning about big and small. If you use other words to describe like enormous, huge, little, petite...I will learn them too.
- matching games, it helps me prepare for reading.
- with books and you read to me, I learn new words and concepts. Reading before bed helps me relax and is a good snuggle time.

### Leaf Collection

Start a leaf collection together.

Go on a walk to add to the collection.

Compare the kinds of leaves.

How many different ones can you find?

What are some of the colours you can find? Sort your leaves into different

colours. Can you find a leaf with the

most points? **Make a picture with**

**your leaves.**

### Off To School We Go

*Sung to: "A-hunting we will go"*

Off to school we go,

It's off to school we go,

We'll take our lunch and ride the

bus, with everyone we know.

Off to school we go, It's off to

school we go,

We learn our ABC's and more

with everyone we know.



## Routines: Starting The Morning Right

**Organize and prepare the night before.** Include the children in making decisions and involve them in preparations. For instance lay out everyone's clothes for the next day, make lunches, sign permission forms and put backpacks, set the table for breakfast and give children bathes at night.

**Get up before the children.** When you get yourself ready first, your mind will be alert and your hands free to help the children.

**Create a family ritual that signals morning wake-up.** It can be as traditional or creative as you like. A simple kiss on the cheek, play relaxing music or breakfast stories. The children can listen as they munch.

**Plan easy ways to carry personal belongs.** You'll never leave the house without items in tow for everyone. Provide each child with different coloured and labelled backpack or canvas bag. For loose items, such as pencils, crayons etc a clear plastic container works well.

**Set the stage for organization.** Whether it's a cardboard box hand-decorated by the children or snazzy wooden shelf, identify a specific storage area for each child. That's where they should keep personal items that will come and go with them. It can be in their room or near the door. Make children responsible for keeping their space organized.

**Use visual cues to coach children in the routine.** Create a poster listing the steps for smooth mornings. For young children illustrate the list with drawings or actual photographs of the child going through the steps. Ask children to help make the poster. Use to do checklists for each child. Some families use an erasable message board - usually displayed in the heart of the home. For each child, the board lists morning tasks to accomplish. Before leaving check off all items. To do checklists can include: use rest room and wash hands, make bed, eat breakfast, brush teeth, brush hair, put on clothes and shoes, grab coat and backpack. If you have pets assign someone the morning feeding. And don't forget a hug and kiss goodbye.

**Share the load.** Delegate morning tasks according to the child's age and development to pave the way for success. For instance, children can reach their own clothes or backpacks more easily when hung on child height clothing rods or hooks. This helps build self-help skills, independence, and organization.

**Ask older siblings to help younger children.** Older siblings can be in charge of making sure preschooler's teeth are brushed, faces washed and hair combed after breakfast.

**Help children hear deadline cues.** Set timer so children can hear when they have 5 minute to take-off. Some adults think an alarm clock for wake up is too harsh for children, but some children like the adult feel of it, you need to decide.

Establish and consistently enforce consequences of children don't cooperated. Base expectations and consequences on children's age, development, previous experience. Though it's hard, respond to temper tantrums with patience. Your confident, clear and firm guidance will help children manage their emotions better. Logical consequence help keep children on track. Parents with preschoolers have left for childcare with uncooperative dressers still dressed in pyjamas. Once at child care, the parent asks the caregiver to allow the child to privately finish dressing on his or her own. Such matter of fact consequences are rarely needed more than once.





## Did you know...

... young children can learn a lot about math by doing everyday activities? Math is all around us and is much more than numbers—it is also about shapes, sizes, measuring, sorting, and patterns. We may not realize it, but we use math language all the time. When we use the words ‘*more*’, ‘*full*’ and ‘*empty*’ or ‘*big*’ and ‘*little*’, or ‘the ball is *under* the table’, or ‘let’s go to the park *after* lunch’, we are using math talk. Using math talk every day can help our children deepen their understanding of math concepts and help them develop a positive attitude toward math learning.

Here are some ways you can include math talk in your everyday routines and conversations.

### **Understanding numbers:**

Count everything—fingers, toys, forks, and crackers! Point to each object as you say each number out loud.

Sing counting songs and read counting books—“Five Little Monkeys” or “One, Two, Buckle My Shoe”.

Look for numbers everywhere—go on a ‘number hunt’ in your home, on a walk or at the grocery store. Talk about how numbers are used.

### **Understanding measurement:**

Measure items in your house—find things that are longer or shorter than a piece of string or a piece of paper.

Compare and sort items—line up a few cereal boxes or cans in order from shortest to tallest.

### **Understanding geometry and spatial awareness:**

Shapes and sizes—circles, triangles, squares and cones to name a few! Identify things by their shape and size, and talk about how they are the same and different. Go on a shape hunt with your child—“How many circles can we find?”

Directional language—behind, over, under, near, etc. Hide a toy and give your child clues to find it: “The toy is behind the chair” or “The toy is near the couch”.

### **Understanding patterns:**

Look for patterns in books and songs—many books and songs repeat words and lines. Help your child recognize and predict the patterns. “Run, run as fast as you can! You can’t catch me, I’m the gingerbread man!”

Make patterns—use your body to clap, stomp and snap a pattern together. Clap, clap, stomp and have your child repeat the pattern.

Use spoons to make a repeating pattern (up, up, down, up, up, down) and ask your child to extend the pattern.

Find patterns everywhere—in clothing, on toys, in wallpaper, on leaves and flowers. Talk about the patterns and try to find the features that are repeating.

Your math talk today can help your children get ready to be successful in math as they get older. Be sure to learn and have fun together. Remember, math is everywhere!

Early Literacy Specialists  
Kenora & Rainy River Districts



Create a funny face magnet game. Cut and laminate facial features from magazines and put magnets on the back. Use with a cookie sheet.

**Fall Scented Rice Play** Add scents to rice is very easy. Fill each zip seal bag with the desired amount of rice and added a bit of scent along with several drops of food coloring and a bit of water. The water just helps the food coloring color the rice. You want to add enough to make the rice damp but not too wet. Then seal the bags, and let the kids mix them up. Put it on a cookie sheet first to dry. Add: Pumpkin spice, cinnamon, apple pie spice, cloves...



**Ribbon Pull:** Punch holes into the sides and lid of the container and make sure there are corresponding holes at the same level on each side. Then choose a variety of tactile ribbons (velvet, grosgrain, etc.) in a variety of colours and widths. Thread them through the holes coming in one side and out the hole on the opposite side so they can be pulled back and forth. Knot the ends securely. In the lid add a few more so they can be pulled upwards. The lid will need to be take off so they can be adjusted again. Some of the ribbons will make a lovely noise when pulled due to their stiffer material.

