

Toy Bus Newsletter

Opening Doors...Growing Together...Making a Difference



SIDS Awareness Month

SAFE SLEEP TIPS

1. "Back to sleep".

Place baby to sleep on his or her back at all times until the baby can consistently roll over by him/herself, usually between 4 and 7 months of age.

2. Use a safe crib.

Only use a crib that meets current safety standards with a firm mattress that fits snugly inside it. The mattress should be covered with only a tight-fitting crib sheet. Remove all soft bedding and toys from the crib.

3. Wear the blanket.

The American Academy of Pediatrics suggested putting the baby in a wearable blanket or sleep sack instead of using loose blankets to keep the baby warm.

4. Breastfeed.

There is evidence that breastfeeding reduces the incidence of SIDS though the reason for this is not known.

5. Don't dress the baby too warmly.

Keeping a baby from getting too hot while sleeping can reduce the risk of SIDS. Experts suggest keeping the room temperature between 68 and 72 degrees Fahrenheit.

www.empowher.com/parenting/content/october-sids-awareness-month



Learn to Massage Your Baby!



Infant Massage Classes Starting October 4, 2012

Killaloe from 10:00—11:00

Massage is a fun and interactive time for you and your baby. Learn effective techniques to reduce gas and colic, help your baby sleep better, and support their healthy growth and development.

Call the Community Resource Centre for more information
613-757-3108

The Crafty Corner

Pumpkin Mosaic Seed Pictures

Items You Need:

Pumpkin Seeds (clean)
Tempera paint , dark colors work best
Paint brush
Zip Lock bag
Paper towels
Thick paper/poster board
Glue
Pencils
Wax paper
Newspaper

What You Do:

Put the seeds into a zip lock bag. Squirt some paint on the seeds and mix the paint around until all seeds are covered in paint. Do this for as many colours as you need/want.

Spread the seeds out on wax paper and let dry.

While they are waiting for the seeds to dry, your child can draw a picture onto his/her poster paper. Some ideas include masks, fish or wild designs.

You can also take a very basic colouring book and trace a picture from it on to your poster paper. (You can use carbon paper to trace with)

Remind your child to keep it simple. Remember, they will be “colouring in” with seeds.

When the seeds are dry, they can be arranged and glued onto the poster paper in the appropriate areas.

Optional:

You can always use dried beans, lentils, popcorn or other types of seeds for this project. You don't need to use pumpkin seeds. In fact, if you use dried beans, you can leave them in their natural colourful state (black eyed peas, red kidney beans etc).



Kids Healthy Snacks Containing Fruit:

- ☐ Fruit Kabob's: Skewer grapes, banana slices, pineapple chunks, and berries to make a kabob. Dip in low fat fruit flavoured yogurt.
- ☐ Peel a banana. Dip in low fat fruit flavoured yogurt. Roll in crushed low fat granola cereal, and freeze.
- ☐ Grill a peanut butter and banana sandwich in a pan prepared with nonstick cooking spray.
- ☐ Mix small pieces of berries or grapes with 100% grape juice and freeze in popsicle molds.
- ☐ Fruit smoothies: Blend skim milk and/or low fat yogurt with frozen berries.
- ☐ Spread apple slices with almond butter.
- ☐ Add banana slices to instant oatmeal. Sprinkle with walnuts or almonds.
- ☐ Cottage cheese face: Decorate a scoop of cottage cheese with raisin eyes and a banana mouth.
- ☐ Mix lowfat ricotta cheese with cinnamon and vanilla. Stir in pineapple tidbits.



What is **Caring Dads**?

Caring Dads is a program which offers a combination of active group discussions, exercises and homework during the 17 week program.

Through the group sessions, Fathers will gain a better understanding of the following: Skills to cope in healthy ways with frustrating situations; Different Fathering strategies and choices which affect children increased awareness of controlling, abusive and neglectful attitudes and behaviour; Strategies to strengthen the father child relationship

Facts about **Fathering**:

Positively involved **Fathers** enhance their children's academic, personal and social development.

Unfortunately, **Fathers** can also have a negative impact on their children.

This occurs when **Fathers**:

- Do not understand the feelings and needs of their children
- Harshly discipline their children
- Argue frequently with their children's Mother
- Use abusive and controlling behaviours



The Caring Dads Program is provided through a partnership between **Family and Children's Services of Renfrew County** and **Bernadette McCann House**

Fall Session

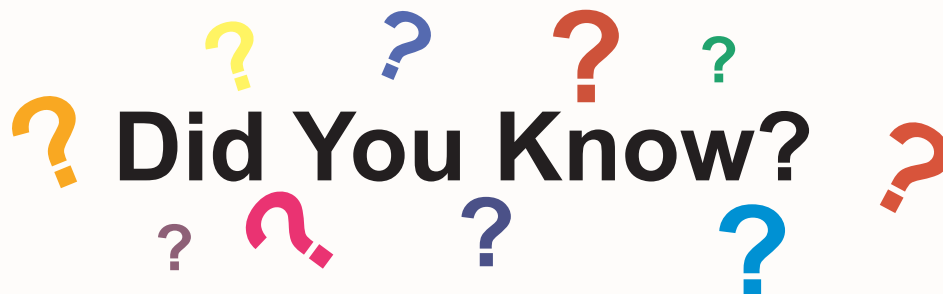
Sept. 25, 2012 to Jan.29,2013 at:
Winning Kids Centre 464 Isabella Street
Pembroke, ON K8A 5T9

Winter Session

February to May 2013
Location in Renfrew to be determined.

For more information about
Caring Dads
OR
to make a referral contact

Bobby Keefe
Family & Children's Services of
Renfrew County
613-735-6866 ext. 2085
or
Sharon Neff
Bernadette McCann House
613-732-7776 ext. 104



Making children finish everything on their plates sends the wrong message. This conveys that hunger or lack of it has no bearing on the decision to keep eating or put down the fork.

Halloween Safety

Costume Safety

Coming up with a creative disguise doesn't mean that safety needs to be forgotten. Here are some safety tips to keep in mind.

- October 31 can be a chilly night so make sure that costumes are loose enough to be worn over warm clothing but not so baggy or long that trick or treaters can trip over their costumes.
- Trick-or-treaters should wear sturdy walking shoes.
- Choose brightly-coloured costumes that will be clearly visible to motorists. For greater visibility, add or incorporate reflective tape into the costume.
- Make-up and face paint are better than wearing masks which can restrict breathing and/or vision. If you choose to use a mask make sure it is one that allows the child to see and breathe easily.
- Swords, knives and similar accessories should be made of soft, flexible material.
- Look for costumes, beards and wigs labelled "Flame-Resistant" -- nylon or heavyweight polyester costumes are best. Flame Resistant does not mean 'fire proof'. Avoid costumes with baggy sleeves or flowing skirts to minimize the risk of contact with candles and other fire sources. Costumes made of flimsy materials have been found to burn more quickly when exposed to fire sources.



The Goodies

The best part about Halloween! But before your children begin to eat their loot, make sure you examine it first. Throw out any treats that are not wrapped, those in torn or loose packages, or any that have small holes in the wrappers. Check toys or novelty items for small parts and do not allow children under three years to play with them.

You might want to offer an alternative to sugar-based treats. Gum should be sugarless. Stickers, multicoloured pencils or beads can be a nice surprise in place or in addition to traditional treats. Ask your children what they think a good treat would be.

Then sit back and enjoy.

Happy Halloween!

For more information visit: Health Canada www.hc-sc.gc.ca



The Parent-Child Mother Goose Program

Enjoy an hour of rhymes, songs,
and stories with your child

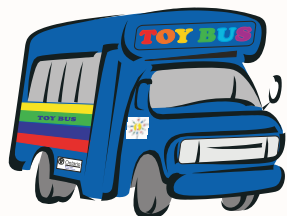
Learn new ways to cope
&
Meet other parents



Barry's Bay & Cobden
Starting in October
For the Fall
10:00 - 11:00.

For more information, please call the
Community Resource Centre
1- 888-757-3108








October 2012



Community Resource Centre 15 Lake St. Killaloe Tel: 613-757-3108 Fax: 613-757-0208

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 No Ordinary Walk Infant Massage	5 Making Sense of Play Part 2	6
7	8 Thanksgiving	9	10	11 No Ordinary Walk Infant Massage	12	13
14	15 Well Baby Drop - In Killaloe Mother Goose Barry's Bay	16 Health Nurse Visits Palmer Rapids	17 Health Clinic Eganville	18 No Ordinary Walk Infant Massage	19 Mother Goose Cobden	20
21	22 Mother Goose Barry's Bay	23	24	25 No Ordinary Walk Infant Massage	26 Mother Goose Cobden	27
28 Halloween Parties Pot Luck Snack	29 Mother Goose Barry's Bay	30	31	 		

Weekly Programs

**Play and Learn Drop-in
10:00 to 11:30**

Tuesdays

Killaloe
Palmer Rapids

Wednesdays

Eganville
Cobden
Whitney

Thursdays

Barry's Bay

Canada Prenatal Nutrition Program

Killaloe
Monday 11:00 - 1:00

Barry's Bay
Thursday 9:00 - 10:00

Call for more Information



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Facebook**