

# The Provider News: Early Learning = Lifelong Learning

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## Upcoming Statutory Holidays:

### Family Day

February 20, 2012

Providers receive these days  
off and the office will be  
closed.

## Office Hours:

Monday ~ Thursday

8:00am ~ 4:30pm

Friday

8:30am ~ 4:00pm



Dear Providers,

Welcome to winter! As I sit here in the office it is -29 with a wind chill of -40. I do hope as you read this newsletter that you are warmer! We always want to remember that even though Winter has set in, it is important to take the children outdoors (when not too cold) and if you cannot take them out, remember that our bodies need gross motor play. This can be as simple as a game of Simon Says or the Head and Shoulders song and movements. Make sure to us part of your day, every day to focus on moving everyone's big muscles. It will not only make the day move forward but your children will also have less of the grumpies and will eat and sleep easier.

Have a wonderful February everyone!

~ Angel

*"Love begins by taking care of  
the closest ones—the ones at  
home."*

~Mother Teresa





## Thumbprint Cookies

### **You will need:**

1/2 cup margarine  
2 cups flour  
1 teaspoon salt  
1/3 cup water  
fruit preserves  
fresh fruit



Make sure to have everyone wash their hands really well.

Mix all ingredients together with the children. Form a stiff dough. Separate the dough into small amounts for each child. Encourage them to roll each little portion into a ball and then use their thumb to make an indent on the top.

Talk about how we each have different fingerprints even if we are in the same family.

Place on cookie sheet. Bake at 350 degrees F. for 8-10 minutes. Make a note of which cookies belong to each child.

Each child adds a 1/2 teaspoon of fruit preserves or some fresh fruit in the thumb indent.

Allow the children to take leftovers home.



## Family of Cookies

### **You will need:**

2 3/4 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1 cup butter, softened  
1 1/2 cups white sugar  
1 egg  
1 teaspoon vanilla extract

Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll out the dough and allow children to help you cut the cookies into the shape of people. Place onto ungreased cookie sheets.

Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

Once these are cool, allow the children to decorate each member of their family, or one special member. They can eat the cookies their or take them home.

## Family Crackers

### **You will need:**

Ritz Crackers  
Cheese (Different Kinds Shredded)  
Veggies & fruit  
Cream Cheese



Give each child a few crackers. Explain how the crackers are going to be the head of each of their family members. Lay out all of the ingredients and encourage the children to design the faces of each of the people in their family. They can also design their pets. Then you can have this for snack.



## Fun Activities



## Dramatic Activity Family Dress-up

Ask your parents a few weeks in advance for some old clothes from their home. Fill up a box with these clothes and when family week starts, you can encourage the children to dress up in the clothes, who are they in a family? A dad, mom, aunt, grandmother. Make sure you have lots of different clothes. Another idea is to visit the second hand clothing store for some in expensive clothes and accessories. Necklaces, ties, glasses are all great things to have. Make sure to set up a mirror so that the children can see themselves.

## Art Activities

### Family Coasters

You will need:  
Paper Squares  
Crayons  
Paint



Encourage the children to draw a member of their family on each square. Somewhere on the square, encourage the older children to write who this person is, for younger ones, help them with this step. Once the children are done each square, laminate them and cut them out. These can be used at their homes as coasters.

### Family Collage

You will need:  
Magazines  
Scissors  
Glue



Give each child a sheet of construction paper. Allow each child to cut out photos from old magazines of people who could be in a family. Allow them to glue these photos to the paper and after the glue is dry, they can colour or decorate it more.



## An Aesop Fable

"A farmer who had a quarrelsome family called his sons and told them to lay a bunch of sticks before him. Then, after laying the sticks parallel to one another and binding them, he challenged his sons, one after one, to pick up the bundle and break it. They all tried, but in vain. Then, untying the bundle, he gave them the sticks to break one by one. This they did with the greatest ease. Then said the father, Thus, my sons, as long as you remain united, you are a match for anything, but differ and separate, and you are undone."

## Sensory Activity

### Family Box

#### **You will need:**

Shoe Box (1 for each child)

Paint

Decorations

Photos

Have a shoe box for each child. Allow each child to paint the box inside and out with their favourite colour or colours. Once they are dry, allow the children to decorate the boxes with all sorts of materials.

Have parents bring some photos in of the each child and their family members (even their pets.) Photocopy the photos and allow the children to keep them in their family box.

At circle time, encourage the children to each share their photos, have them share who each person is and even a little about their family. The can keep their boxes there or take them home when you are done.

## Science Activity

### Family Feely Boxes

Find different objects that a family uses each day, for example: keys, spatula, brush/comb, toothpaste, razor (without the blades), rattle, etc. Put them in boxes and cut holes large enough for a little hand to go into. Allow each child to feel inside the box and try to guess what each thing is. You can also have photos of each thing on a bingo type of card, have each child bingo dab what they think it is. This is very useful for younger children.



## Bulletin Board

### Families

Allow each child to bring in photos of themselves and their families. You can

Make the title of your board, "Families come in all shapes and sizes!" Put the photos all over the board. The children will love sharing the photos with their family at pick up and drop off times. Use the board to explain how each one of our families are different. Explain different types of families to the children.

## Math Activity

### Family Tree Countdown

#### **You will need:**

Large Papers with Tree Outline

Paper Cut in Leaf Shapes

Felt Pens

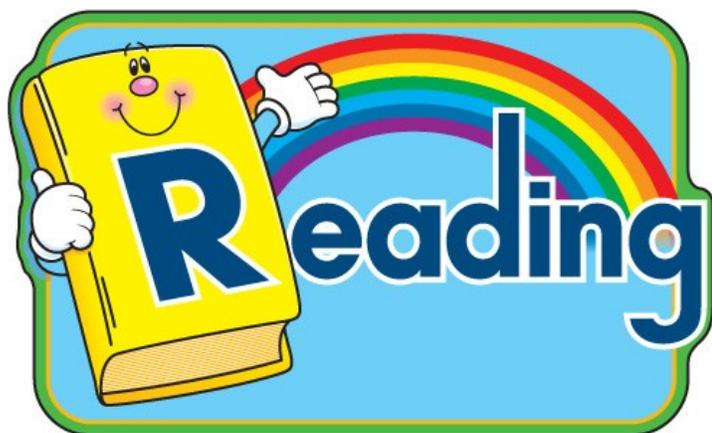


Hand out a large paper to each child.

Each paper should

have the outline of a tree on it. Give each child a handful of leaf shaped papers. For older children, allow them to write out the name and title of each family member on each leaf. You can help the little ones with theirs. For ease, have your parents fill out this info on a sheet, or do this activity at a parent day. Have the children glue the leaves onto tree. After you are done, have

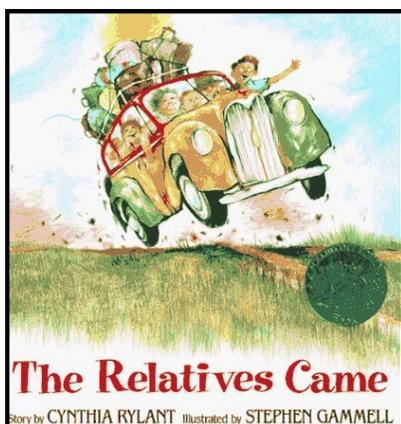




# Corner

## The Relatives Came

By Cynthia Rylant

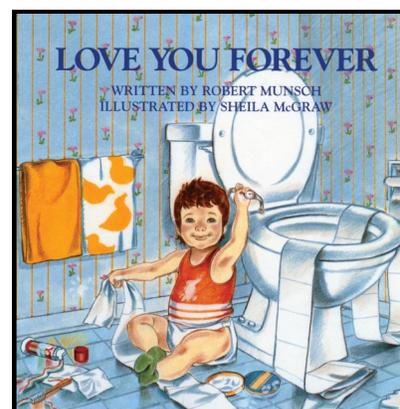


The title of Rylant's exuberant tale is an understatement, for when "those relatives" came, they came en masse and they came for an extended stay. Their anticipation at seeing kin during their long, long drive and finally hugging them "against their wrinkled Virginia clothes" set the tone for this welcome family reunion, a visit that never wears thin. The relatives are depicted as a support system to help a fatherless family with all the things that need to be done in and around their house. In down-to-earth language that harbours strong emotion, Rylant recounts the festive celebration of the relatives' stay and the ensuing sadness when they depart.

## Love You Forever

By Robert Munsch

The mother sings to her sleeping baby: "I'll love you forever / I'll love you for always / As long as I'm living / My baby you'll be." She still sings the same song when her baby has turned into a fractious 2-year-old, a slovenly 9-year-old, and then a raucous teen. So far so ordinary--but this is one persistent lady. When her son grows up and leaves home, she takes to driving across town with a ladder on the car roof, climbing through her grown son's window, and rocking the sleeping man in the same way. Then, inevitably, the day comes when she's too old and sick to hold him, and the roles are at last reversed.



Listed on this page are books that may be found in the Public Library, online or even in our Lending Library. If you have any other books that fit this theme, please let us know.



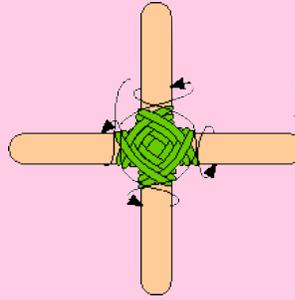
# Outdoor Safety

## Facts

- While freezing winter temperatures keep many adults indoors, children may want to play outside all day. Each year, emergency rooms in the United States treat more than 14,000 children for injuries related to sledding, and thousands more for injuries related to ice skating.
- Exposure to cold without adequate protection can result in frostbite.

## Safe Behaviour

- Dress children warmly. Clothing should consist of several layers and include boots, gloves or mittens, and a hat.
- Set reasonable time limits on outdoor play. Occasionally bring children in to warm up. Provide warm drinks such as hot chocolate.
- Limit the amount of time that infants are outdoors when it is colder than 4 degrees. Infants lose body heat quickly.
- Children should skate only on approved surfaces. Check for posted signs or call local authorities to find out which areas have been approved.
- Children should be taught to skate in the same direction as the crowd and avoid darting across the ice. They should also use a "buddy system" and never skate alone.
- Children should sled on gently-sloping terrain covered with packed snow (not ice). Parents and caregivers should look for terrain that is free of obstacles and far from traffic.
- Sledding equipment should be sturdy and safely constructed. Avoid equipment with sharp or jagged edges.
- Children should be encouraged to sit up while riding downhill. Lying flat increases the chance of head and abdominal injuries.
- Sledding equipment should be easily steered. Avoid makeshift sleds.



## Art Activity

### Valentine's God's Eye

#### You will need:

Popsicle Sticks

Red, white and pink yarn

Glue the two craft sticks together in a cross. Take one color of yarn and wrap it over and around one stick, then over and around the next, over and around the next, and so on. Keep doing that until the color is used up. Tie a different color string onto the old one with a tight knot. Repeat steps 2 + 3 until complete. Take a piece of string for a hanger, cut it, and tie or glue it to your God's Eye.

## Cooking Activity

### Pink Dip

#### You will need:

Strawberry Yogurt

Cool Whip

Fruit



Combine a container of Strawberry yogurt and one of cool whip together and stir until mixed. Cut up all types of fruit and place on a plate around the dip plate. Encourage the children to scoop some dip onto their plates and try the fruit dipped into it.

### Red Soup & Heart Sandwich

#### You will need:

Meat

Cheese

Bread

Veggies



Make Sandwich as normal. Cut each sandwich in heart shapes with heart cookie cutters.

Make Tomato soup to match the colours of valentines.



## Activity

### You've Got Mail!

#### You will need:

Valentines

Stamp

Have each child make a valentine during a craft time. Make sure to have an envelope for each one. Now mix them up and write a different child's name on each envelope (making sure that each child gets a different valentine than their own.) Take a trip to the post office or just the neighbourhood postal box, have each child place a stamp on an envelope and mail it. In a few days the children will be really excited to come home and receive a valentine in their mail box.