

# Ready, Set, Go!

## Early Childhood Newsletter



### Feeding Myths

#### Myth #5: It is not appropriate to touch or play with your food

**False**

Wearing your food is part of the normal developmental process of learning to eat. You can learn a great deal about the foods, BEFORE they ever get into your mouth, by touching them and playing with them first. It is “play with a purpose” that teaches a child the “physics of the foods” before the foods even get into their mouth. Being messy is an important part of learning to eat.



Information from: [http://www.sosapproach-conferences.com/articles/top\\_ten\\_myths](http://www.sosapproach-conferences.com/articles/top_ten_myths)

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### Toileting

#### Visual Schedules for Toilet Training

1



2



3



4



5



There are a lot of steps in learning to use the toilet such as managing clothing, sitting and waiting, wiping, hand washing, etc. Using pictures will help your child learn the steps in the correct order. Your child’s teacher, Triple P or your Occupational Therapist can help you with getting the pictures you need to make a list of the steps for toileting. Using schedules helps build routine.

Photo from Boardmaker Online. Created by Marrina Kaun

### Psychology

#### The Power of Positive Phrasing

The way we speak with children and the way we put words together has a lot of power. We as adults can create, prevent or diffuse many situations simply through our choice of words. By being aware of the messages we are sending, we can increase the likelihood of positive interactions while decreasing argumentativeness and conflict. For instance, avoid asking questions to which your child can easily say yes or no. For example, instead of saying “Do you want to eat dinner?” or “Are you ready for dinner?” Try to give clear statements of the expectation. You could say “It is time for dinner” or “Five more minutes to finish \_\_\_\_\_ then dinner”.



### Occupational Therapy

#### Zones of Regulation: Tips for Handling the Blue Zone

When we are in the blue zone we have low energy. We may feel tired, hungry, sad, sick or bored. Some tips for helping to get back into the Green Zone are:

- Drinking water and/or eating
- Moving.
- Sleeping or resting if sick or tired.
- Listening to fast, lively



music.

- Getting outside for fresh air.

## Speech & Language

### Language

Have your child help you pack or make their lunch. For example, you could choose a meal such as a sandwich that requires only a few steps and no use of the oven or stove. Before preparing the meal, you could have your child repeat the steps aloud, or draw a picture of the steps needed to make the sandwich.



### Play

Through pretend play you can build on your child's language skills. You could set up a pretend grocery store and have your child take on the adult role of "purchasing" the ingredients for meals. You can set up language-building opportunities by having your child categorize plastic foods, for instance, vegetables, fruits, and meats, or healthy vs unhealthy items.



### Literacy

Try creating a meal using ingredients that all start with the same sound (e.g., the sound /f/: Feta cheese, Fish sticks, French Fries, Fruit). You could also help your child build their phonemic awareness skills by talking about the first sound of all the foods on their plate.

Handy Handouts, Super Duper® Publications: <https://www.superduperinc.com/Handouts/Handout.aspx>

## Positive Parenting Program

Children are more likely to misbehave when they are bored, so provide lots of indoor and outdoor activities for your child. For example, building blocks, colouring in cardboard boxes, dress ups, cubby houses, etc.

([www.triplep-staypositive.net](http://www.triplep-staypositive.net))



## Family Oriented Programming (GPPSD only)

### Picky Eaters Parent Night #2

Thursday January 12

5:30-7:00pm @ Crystal Park School



### Swanavon Preschool Cineplex

**\*Specifically for Swanavon Preschool Children**

Thursday January 19

5:30-7:00pm @ Swanavon Preschool Classroom

### Triple P Seminar #1: The Power of Positive Parenting

Wednesday February 1

5:30-7:30pm @ Crystal Park School



### Triple P Seminar #2: Changing Problem Behaviour into Positive Behaviour

Wednesday February 8

5:30-7:30pm @ Crystal Park School

**More Family Oriented Programming (FOP) Sessions are offered at your child's school. To see a list of sessions offered at your child's school, or if you have any questions regarding your child receiving services, please contact your child's teacher.**

## Take Home Tip

### Why is Healthy Eating Important for Young Children?

Healthy eating environments help kids to be their best!

- Healthy eating gives kids energy and nutrition to grow, learn, and play.
- Positive attitudes towards food and eating helps snacks and meal times become enjoyable social times.
- Kids learn healthy eating habits for life!

Alberta Health Services (Healthy Eating for Young Children Resource FAQ):

[www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)

