

Ready, Set, Go!

Early Childhood Newsletter



Feeding Myths

Myth #7: Children only need to eat 3 times a day. *False*

In order to meet their daily calorie requirements, children would have to eat adult sized meals if they only eat 3 times a day. Given their small stomachs and attention spans, it takes most children 5-6 meals a day to get in enough calories for proper growth and development.

Information from: http://www.sosapproach-conferences.com/articles/top_ten_myths



March 2016

Occupational Therapy

Calming Strategies

Does your child have trouble sitting still or paying attention? The following calming and organizing strategies may help your child focus and sit still in preschool/kindergarten/home:

- Soft, familiar fabrics
- Slow, rhythmical swinging (font to back or side to side)
- Slow rocking
- Long, slow stretches
- Blanket wrap
- Movement breaks
- Heavy work
- Snuggling in bean bag chair



Psychology

Executive Functions: Part 2

There appears to be an increase in students' disorganization, a lack of planning and other deficits linked to Executive Function. Why?

- The demands of today exceed the abilities of their Executive Functioning
- There is more competing for their brain's attention than ever before

The good news? Research suggests that all parts of the brain are malleable throughout our lives, and not only during the "critical stages" of infancy! When a region of the brain is stimulated repeatedly – which happens when we practice and use information – the connections between neurons in that memory circuit are strengthened. If these strengthened connections are used consistently, they become long-term memories. Networks of Executive Functions need to be continually challenged for improvements to be seen.

Judy Willis, M.D., M.Ed., Lives in Balance Conference, October 30, 2015

Positive Parenting Program

Set clear limits on your child's behaviour. Sit down and have a family discussion on the rules in the home. Let your child know what the consequences will be if they break the rules.

(www.triplep-staypositive.net)

Toileting Tidbits

Toilet Training Schedule

Using schedules helps build routine. Try planning toileting at times when your child has access to a toilet and when it is most likely to happen, as this will increase the chance of success. For example, kids often need to pee 20 minutes after drinking fluids. Your OT or Triple P provider will have more info.



Family Oriented Programming (GPPSD)

March 2 Power of Positive Parenting Seminar #1 5:30-7:30pm @ Crystal Park School

March 16 Raising Confident, Competent Children Seminar #2 5:30-7:30pm @ Crystal Park School

March 17 Moving To Grade One 5:30-7:00pm @ Crystal Park School

March 18

Bedtime Routines 9:00-10:30am @ Crystal Park School

Philip J Currie Dinosaur Museum 10:00-11:30am or 1:00 –2:30pm @ Museum



Managing Fighting and Aggression 12:30-2:00pm @ Crystal Park School

March 19

Dealing with Disobedience 9:00-10:30am @ Crystal Park School

Hassle Free shopping 12:30-2:00pm @ Crystal Park School

March 23 Raising Resilient Children Seminar #3 5:30-7:30pm @ Crystal Park School

Appy Hour



Toca Kitchen Monsters

Cost: Free

Developer: Toca Boca

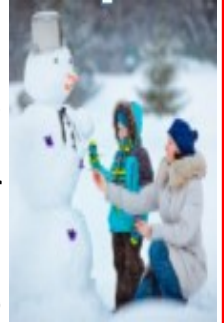
Platform: Apple and Android

Let your children explore the kitchen in a fun interactive way without ever picking up a knife! Children can select one of two characters to prepare a meal for. They will have to select their ingredients from the fridge, then select which kitchen tools they will need in order to prepare the meal. They can slice their food item using a knife and cutting board, fry, boil and even blend their item. The food can be seasoned with salt and pepper to taste. Get your child's imagination going with this visually pleasing game, make pretend play fun, and see if the Monster will eat your creation! Parents can target vocabulary with this game. Explain the different food items and which kitchen tools you would need to prepare it. For instance, why meat needs to be cooked and why the monster won't eat something over seasoned. You can talk about which foods your child likes and dislikes, and if they would eat blended broccoli or if they would prefer it fried.

Speech and Language

Highlight your language while building a snowman!

Help your child learn a new word while you have fun building a snowman together. For example, help your child learn the word "roll" by using the **Four S's**:



Say Less: Use short simple sentences so that your child doesn't have too much information to take in at once (e.g., "Let's roll a big snowball.")

Stress: Draw your child's attention to the important word by stressing it and pausing for a moment before and after the word (e.g., "Let's ...**roll**... the head of the snowman.")

Go Slow: Slow down your speech to give your child more time to understand what you are saying, and give them a chance to say something as well.

Show: Young children learn language best when they can see what you are talking about. So use the word "roll" while you're doing the action together (e.g., "We're **rolling** a big snowball.")

And **Repeat, repeat, repeat** – The more often your child hears the word, the easier it will be for him/her to understand and remember what it means. Repeat the word in many different situations, like when you're *rolling* cookie dough or when your child is *rolling* a ball on the floor.

(Hanen 2011: <http://www.hanen.org/Special-Pages/holiday-tips-from-hanen.aspx>)

Community Corner

Springboard Parenting Seminar: Resiliency

As educators and parents we are all aware that children of this generation are facing some unique challenges that we may feel ill prepared to equip them for. There is a tool that all children need, regardless of the times and the circumstances, and that is resiliency. A seminar called Springboard Parenting, with Dr. Wayne Hammond, a world renowned expert in building resiliency in children, accompanied by Pastor Gary Carter, will take place at Peoples Church, Grande Prairie on March 11-12. This event is too important to miss out on! The cost is only \$10 and includes a delicious lunch. Childcare is available for a small fee. To find out more details about the speaker and the details of the event, or to register online, check out the link below:

<http://peopleschurchgp.com/adult/item/195-springboard-parenting>