

# Ready, Set, Go!

## Early Childhood Newsletter



SEPTEMBER 2015

### Feeding Myths

#### Myth #1:

**Eating is the Body's Number 1 Priority. False**  
*Breathing* is the Body's number 1 priority. When we eat, we shut off our airway briefly with every swallow and our oxygen level decreases slightly, so without good oxygenation, breathing becomes difficult. If you increase your breathing rate to make up for this, you burn off any calories you take in. *Postural stability* ("not falling on your head") is the Body's number 2 priority. Eating is the Body's number 3 priority. If either breathing or postural stability are compromised, eating may be resisted.



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

### Occupational and Speech Therapy

**Occupational therapy** helps your child be more independent in activities that they complete daily such as dressing, toileting, feeding and play. OTs help your child to develop fine motor skills, pre-printing shapes and sensory processing skills.

**Speech therapy** helps your child communicate by targeting goals such as articulation, language, social skills, assistive technology and augmentative communication.

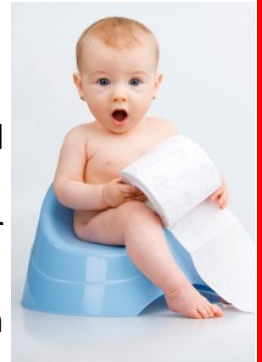


An Occupational Therapist and Speech Language Pathologist will be in your child's pre-school/kindergarten classroom to help your child develop these skills.

### Toileting Tips

We as parents all look forward to the day our child no longer needs diapers. The key to successful training is being patient and having a good routine. It can take many weeks or even months for children to learn all the skills involved. Here are some tips to help with the process!

- ⇒ Choose a day to begin
- ⇒ Use visuals to learn routine
- ⇒ Give your child plenty to drink
- ⇒ Be consistent and follow all steps every time
- ⇒ Use a potty or small seat cover and a step
- ⇒ Stay calm if your child has an accident
- ⇒ Rewards for following steps
- ⇒ If training becomes upsetting wait for a few weeks and try again



### Family Oriented Programming (GPPSD)

#### The Power of Positive Parenting

Seminar 1: **Wednesday September 9th**

Seminar 2: **Wednesday September 16th**

Seminar 3: **Wednesday September 23rd**

5:50-7:30pm @ Crystal Park

School

**Thursday September 10:**

**Picky Eaters info Night & Special Olympics info Night**

5:50-7:30pm @ Crystal Park School

**If you have any questions regarding your child receiving services or to register for a FOP please contact your child's teacher.**



## Positive Parenting Program

When your child wants to show you something, stop what you are doing and pay attention. It's important to spend frequent, small amounts of time with your child doing things that you both enjoy.

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



## Appy-Hour

Studies show that children learn best from interacting with people, not screens. These days, it seems that media is a large and unavoidable part of our lives. The good news is that children can learn from a limited amount screen time as long as parents follow a few important guidelines:

**Content:** If a show is difficult to understand because the content is too complicated or fast paced, this can disrupt your child's ability to pay attention, focus and problem solve. Check out [www.commonsemmedia.org](http://www.commonsemmedia.org) for content reviews of a wide variety of apps, shows and movies

**Context:** Children learn more from media when adults are present and supporting their learning (Lerner and Barr, 2015). Talk about what your child is seeing and seems interested in. Relate the information in the app to your child's past experiences and knowledge. Have children share a tablet and work on an app together.

**Individual Child:** Children learn through exploring the real world, interacting with adults and peers during fun, enjoyable activities and conversations, and play. Make sure that screen time is limited so that your child has time to engage with the whole wide world, rather than just the world-wide web.

Like an Appy-Hour a day!

(Hanan, 2015; [http://www.hanan.org/Helpful-Info/Articles/Creating-Safe\(r\)-Screen-Time-for-Your-Child.aspx](http://www.hanan.org/Helpful-Info/Articles/Creating-Safe(r)-Screen-Time-for-Your-Child.aspx))



## Psychology

### Separation Anxiety:

The first days of school are often tough for both young children and parents. Check out this 3 minute entertaining video showing you how to support your child in making an easier transition to School: [http://youtu.be/r\\_5eiYlo1XM](http://youtu.be/r_5eiYlo1XM)

Quick Tips:

- Don't relay your concern to your child
- Use warmth in your tone of voice
- Use enthusiasm in your words
- Show confidence in your actions
- Remain calm and confident

(AnxietyBC and the UBC Anxiety Projects Lab)

## Community Events

**Parent Information Workshop** with Kevin Mackenzie **Children Making Choices: Building Better Behaviour Self-Regulation and Co-Regulation**

Children make great choices - under the right conditions. When children become dysregulated (emotionally and physically over or under stimulated) their choices become reactive.

*Children Making Choices* teaches parents/caregivers about the basics of neurobiology involved in self-regulation, co-regulation, and environmental regulation, then gives practical strategies for creating a calming, empowering experience for children.

**Thurs Oct 1<sup>st</sup>, 6:30-8:30pm;** Pomeroy Hotel & Conference Centre, Grande Prairie

Cost: \$10.00/person (**prepay by Sept 28**)

**To Register: Call Parent Link Centre at 780-882-8679**

**Early Childhood Conference 2015**

**Fri Oct 2nd & Sat Oct 3rd**

Holy Cross Catholic School (Grande Prairie)

To see the Conference Brochure and Register for Seminars visit <https://nrlc.net/content/early-childhood-conference-2015>