

Kids Bits

May & June Issue

A Message from Lesley

Dear Parents,

We would like to take this opportunity to say good bye to a few of our families. We hope to see or hear from you soon. Thanks for the wonderful cards and thoughtful words, it means a lot to all of us!

Over the summer months we will welcome some new families to our program. We hope you enjoy your stay with us, and we look forward to seeing your child thrive.

May is a new fiscal year for us and the Board will be reviewing the financial statements in the next week. The Board will determine if we will have a fee increase this year depending on the outcome of our year end.

Typically, fee increases take place July 1st. The Board will give you notice so you can budget for any increase that may occur.

The staff are planning summer special events and we hope to have an exciting line up for the lazy days of summer.

With regards to staffing, please note that Tina and Shalane will be our work-study staff for the summer months. Carly, Roger, and Megan will be supply to cover vacation time.

We are pleased to announce that Michelle has been accepted to take her E.C.E. and will be off for 7 weeks this summer. We will see her again in late June. Congratulations!

Sitara will fill in for vacation and supply from May to August 1st and then resume from September to April next year. This will be a change from her full time ECE position at LWCC.

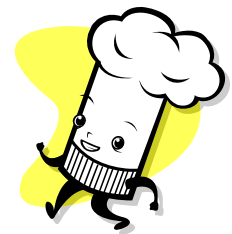
We will be conducting some interviews, and will let you know who will join our team full time. The Lee Wiggins Childcare will be installing a door security system in the coming months. This means that the elevator door that enters into the foyer as well as the front door will be locked at all times. Only staff and parents will receive swipe cards to access the Centre. A policy will be developed to outline the rules around the security cards. Parents will be asked to give a deposit on each card issued and will be returned to you when you withdraw from the Centre. I'll keep you posted on this project via a-mail.

We hope to have a great summer and look forward to spending quality time with all of you!

Thanks, Lesley

Upcoming Themes:

"Little Chefs": May 2nd—May 13th



"Bubbles Everywhere": May 16th—May 27th



"Where the Wild Things Are": May 30th—June 10th

"It's Summer!": June 13th—June 24th

"Puppet Fun": June 27th—July 8th.

Important Dates



Please be advised that the Daycare will be closed from **August 22nd-26th** for registration and cleaning. you would like to join us the fee is \$50.00 and we will provide free childcare. It is from 5:30-7:30.

May 8th: Mother’s Day **June 19th:** Father’s Day

May 23rd: Victoria Day (Closed)

May 25th: The staff are doing our annual First Aid and CPR. If

Staff Vacation Dates:

Lesley: June 20th-27th and July 18th-29th

Carmelita: August 1st-15th

Rita: July 11th-22nd

Cheavon: May 30th–June 10th

Where is Mr. Sun?

The sun seems to be hiding from us along with the spring weather. We look forward to warmer weather in the months of May and June. Our summer solstice is June 21st. Let’s hope that we have some nicer weather so that we can enjoy water activities on the playground. In the mean time, don’t forget to dress your child according to the weather outside since it seems as if we will have sporadic temperatures.



Yummy Desserts from our Kitchen to yours....

Banana-Strawberry Muffins



Ingredients:

- 2/3 cup (150 mL) sugar
- 1/2 cup (125 mL) canola oil
- 2 eggs
- 2/3 cup (150 mL) mashed ripe bananas
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) flour
- 1 cup (250 mL) FIBRE 1* Original cereal, finely crushed
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) finely chopped fresh strawberries

Method:

- Heat oven to 375°F (190°C). Grease or spray bottoms of 12 regular size muffin cups with non-stick cooking spray, or place a paper-baking cup in each.
- In medium bowl, combine sugar, oil and eggs. Stir in bananas and vanilla. Stir in remaining ingredients except strawberries until just moistened. Stir in strawberries. Divide batter evenly among muffin cups.

Bake 16 to 20 minutes or until toothpick inserted in centre comes out clean. Let stand 5 minutes. Remove from pan and serve warm or cool.

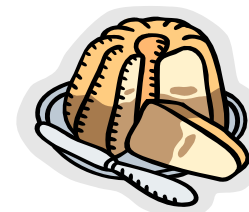
Angel Food Cake with Tangy Fruit Salsa Topping

Ingredients:

- 1 pkg (430 g) Betty Crocker* Angel Food Cake Mix
- 1 1/3 cups (325 mL) large chunks peeled kiwifruit (2 medium)
- 1 cup (250 mL) chopped orange sections (2 medium)
- 1 cup (250 mL) sliced fresh strawberries (or any fresh berries)
- 2 tbsp (25 mL) lime juice†
- 4 tsp (15 mL) sugar†
- 1/2 tsp (1 mL) ground ginger (or 1 tsp/5 mL finely chopped fresh ginger root)

Method:

- Make cake as directed on package.
- Stir together remaining ingredients. Cover and refrigerate



Words that Inspire.....

“Make each day your masterpiece”.

John Wooden

“Reach high, for stars lie hidden in your soul.

Dream deep, for every dream precedes the goal”

Ralph Vaull Starr

“Do what you can, with what you have, where you are.”

Theodore Roosevelt

“Because life is a gift, all of us are gifted.”

Noah benShea

Just a Few Reminders:

Canadian Tire Money:

We are always accepting Canadian Tire Money year round which goes to purchasing items for our centre.



Scholastic: We provide parents with the catalogues and you and your child are encouraged to look through it to find books that are based on your child’s interest. We also get coupons that go to our library to increase our collection of books that your child can enjoy.



Book/Toy Lending: We encourage the children to sign out a book that they are interested in, or likewise the parent to use our sources in order to foster your child’s learn. We also have toys that can be signed out for a day, please be advised that the toys from the “Caravan” does not belong to the daycare and **may not** be signed out.

Labeling: Please always remember to label ALL of your child’s belongings. Some of the children have identical clothing and this helps when we are busily getting them ready for outdoor play. Thanks so much for your co-operation. The following site is great for all things for your child:

www.lovablelabels.ca

A Note from Sitara

Dear parents, children, volunteers, board members, coordinator and my team members,

I would like to express my warmth, and sincere thanks to all of you for having me at the Lee Wiggins Childcare Centre. I was not working here for a long period of time, but in my mind and heart of

feels as if it has been forever because of the love, communication and work satisfaction that I have been having with each and every one of you.

However, I would like to express that I won't be able to work full time at L.W.C.C centre from May 2011. for my own personal reasons. There is a time that we have to make hard choices even though it is difficult to

accept. I will be on the supply list and those of you who know me will see me from time to time. Thank you for your ongoing support, inspiration and smiles.

Best regard, love and respect,
Sitara



Staff Workshops

The staff are constantly attending workshops to improve our skills and learn from other childcare professionals. We have recently been attending other centre's in order to bring in new ideas and grow as professionals. We explore different programs and then share with our team members.

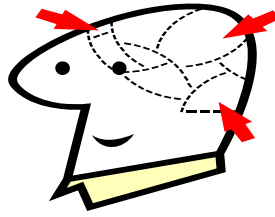


Volunteers

We would like to thank all of our volunteers who were with us for the falls semester. They were very helpful and the children enjoyed seeing them each time they came. We would like o recognizes Rita, Bunki, Josay, Alex, Ariel, and special thanks to Aaron who was with us from 18 months and is now 16 years of age and had decided to volunteer for his 40 hours with us.

The following article is one that may be helpful when sometimes we feel that are options are limited...

Ten Keys to Successful Parenting



It is important that we discipline in a way that teaches responsibility by motivating our children internally, to build their self-esteem and make them feel loved. If our children are disciplined in this respect, they will not have a need to turn to gangs, drugs, or sex to feel powerful or belong.

The following ten keys will help parents use methods that have been proven to provide children with a sense of well-being and security.

1 - Use Genuine Encounter Moments (GEMS): Your child's self-esteem is greatly influenced by the quality of time you spend with him-not the amount of time that you spend. With our busy lives, we are often thinking about the next thing that we have to do, instead of putting 100% focused attention on what our child is saying to us. We often pretend to listen or ignore our child's attempts to communicate with us. If we don't give our child GEMS throughout the day, he will often start to misbehave. Negative attention in a child's mind is better than being ignored. It is also important to recognize that feelings are neither right nor wrong. They just are. So when your child says to you, "Mommy, you never spend time with me" (even though you just played with her) she is expressing what she feels. It is best at these times just to validate her feelings by saying, "Yeah, I bet it does feel like a long time since we spent time together."

2 - Use Action, Not Words: Statistics say that we give our children over 2000 compliance requests a day! No wonder our children become "parent deaf!" Instead of nagging or yelling, ask yourself, "What action could I take?" For example, if you have nagged your child about unrolling his socks when he takes them off, then only wash socks that are unrolled. Action speaks louder than words.

3 - Give Children Appropriate Ways to Feel Powerful: If you don't, they will find inappropriate ways to feel their power. Ways to help them feel powerful and valuable are to ask their advice, give them choices, let them help you balance your check book, cook all our part of a meal, or help you shop. A two-year-old can wash plastic dishes, wash vegetables, or put silverware away. Often we do the job for them because we can do it with less hassle, but the result is they feel unimportant.

4 - Use Natural Consequences: Ask yourself what would happen if I didn't interfere in this situation? If we interfere when we don't need to, we rob children of the chance to learn from the consequences of their actions. By allowing consequences to do the talking, we avoid disturbing our relationships by nagging or reminding too much. For example, if your child forgets her lunch, you don't bring it to her. Allow her to find a solution and learn the importance of remembering.

5 - Use Logical Consequences: Often the consequences are too far in the future to practically use a natural consequence. When that is the case, logical consequences are effective. A consequence for the child must be logically related to the behavior in order for it to work. For example, if your child forgets to return his video and you ground him for a week, that punishment will only create resentment within your child. However, if you return the video for him and either deduct the amount from his allowance or allow him to work off the money owed, then your child can see the logic to your discipline.

6 - Withdraw from Conflict: If your child is testing you through a temper tantrum, or being angry or speaking disrespectfully to you, it is best if you leave the room or tell the child you will be in the next room if he wants to "Try again." Do not leave in anger or defeat.

7 - Separate the Deed from the Doer: Never tell a child that he is bad. That tears at his self-esteem. Help your child recognize that it isn't that you don't like him, but it is his behavior that you are unwilling to tolerate. In order for a child to have healthy self-esteem, he must know that he is loved unconditionally no matter what he does. Do not motivate your child by withdrawing your love from him. When in doubt, ask yourself, did my discipline build my child's self-esteem?

8 - Be Kind and Firm at the Same Time: Suppose you have told your five-year-old child that if she isn't dressed by the time the timer goes off, you will pick her up and take her to the car. She has been told she can either get dressed either in the car or at school. Make sure that you are loving when you pick her up, yet firm by picking her up as soon as the timer goes off without any more nagging. If in doubt, ask yourself, did I motivate through love or fear?

9 - Parent with the End in Mind: Most of us parent with the mindset to get the situation under control as soon as possible. We are looking for the expedient solution. This often results in children who feel overpowered. But if we parent in a way that keeps in mind how we want our child to be as an adult, we will be more thoughtful in the way we parent. For example, if we spank our child, he will learn to use acts of aggression to get what he wants when he grows up.

10 - Be Consistent, Follow Through: If you have made an agreement that your child cannot buy candy when she gets to the store, do not give in to her pleas, tears, demands or pouting. Your child will learn to respect you more if you mean what you say

Citation:

Positive, Parenting. (2011). *Ten keys to successful parenting*. Retrieved from http://www.positiveparenting.com/resources/feature_article_001.html