



ABC and Beyond

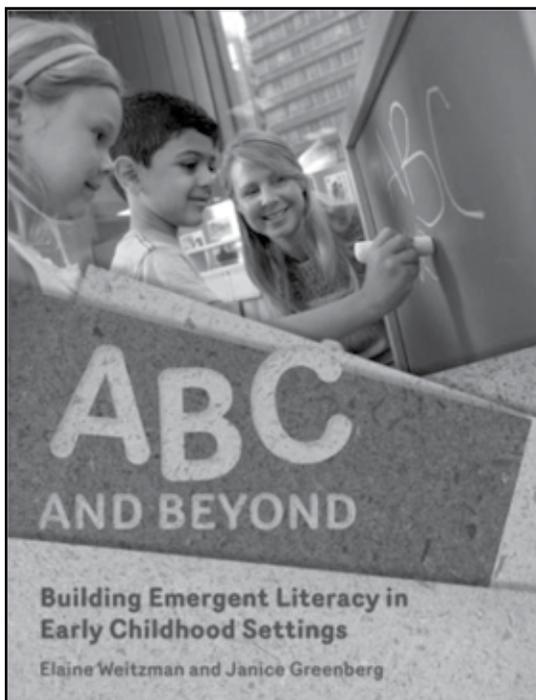
Submitted by: Ontario Early Years Centre: Haldimand-Norfolk

In April 2014, the Haldimand-Norfolk Literacy Team presented a Literacy Forum to Parents and Professionals on the book, "ABC and Beyond". A number of Home Child Care Providers attended this training and learned about the current research on Early Literacy Development and how to implement some of the strategies to make learning literacy fun and natural.

ABC and Beyond identifies six building blocks of literacy and dedicates a separate chapter to each:

- Oral Language – How to engage children in conversations like a ping pong game while reading a book.
- Vocabulary – How to increase children's vocabulary while having fun reading a book.
- Story Comprehension – How to enhance children's ability to understand stories.
- Language of Learning – How to foster complex language that is so very important to reading comprehension.
- Print Knowledge – How to create environments that are rich in print aimed at helping children understand how and why print is used.
- Phonological Awareness – How to build listening skills that enable children to break words into smaller parts and to associate letters with corresponding sounds.

Everyone walked away with new ideas to implement with children from birth to six. If you ever get the opportunity to go to a Hanen workshop, I highly recommend it. They have many books and resources that are well used by parents and other people who work with young children. Check out their website at www.hanen.org to learn more or to order "ABC and Beyond" or any other resources that you might find helpful.



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Thoughts from Home Child Care Providers

Submitted by: Affiliated Services for Children and Youth

Over the past few weeks, I have had the pleasure of speaking with several home child care providers. Some of these caregivers provide care through a licensed child care agency while others provide care independently.

The providers I spoke with shared many reasons for being home child care providers. Some wanted to be able to stay home with their own children and offer companionship and play opportunities to their own child(ren) while also earning an income. Others care for one or more of their grandchildren along with children in their community. One spoke about providing a flexible service for families in her neighbourhood while giving herself a wonderful way to stay busy and make a positive difference in the lives of the children for whom she cares. Another caregiver is able to be home for her school-age children, yet still put her Early Childhood Education training to great use by offering a home-based program for families requiring care.

From everyone's comments, it soon became evident that all with whom I spoke had a vision of providing a well-balanced day where the children in their care had opportunities to explore through free play both indoors and out. Nutritious lunches and snacks were also important to each of them.

I asked the caregivers about the routine of a normal day in their home child care. Some started their day with preparing the lunchtime meal before any of the children arrived. Another starts her day by rising at 4:30 am to greet a sleepy toddler and her parents as they head for early job starts. Each caregiver had a schedule for snacks, lunch and rest times. Some had a specific time for free play, outdoor play, sensory or art activities and group time (books, songs, etc.) Others spoke to the fact that because they were home based, it allowed the freedom to be more flexible in their daily schedule based on the children's needs and interests. If the children were interested in activities during free play, the free play time could easily be extended to allow for more inquiry into those interests. If the weather was

extra nice, more time could be spent outdoors. Lunch could be postponed a little while if the children were not getting hungry.

At the same time, the caregivers who spoke about flexibility also spoke of a need for younger children or children new to the home child care setting being able to get used to a routine and anticipate what would happen next in their day. Flexibility in the schedule happens when it is easy for all the children to adjust to it. They also mentioned the need to think about the temperaments and developmental needs of each of their children as some children can adapt to a change in the routine more readily than others. One explained that being in a home setting with only a few children allowed for flexibility as there aren't other groups of children to worry about sharing certain space or having to be ready for lunch with everyone else in the child care centre.

I asked each caregiver about the best part(s) of their day. One indicated that she felt she had more opportunity in a home setting to meet the needs of any particular child who might have more needs on a given day as she is the only caregiver that child sees for the entire day. She enjoys taking the lead of the children and builds upon their interests. She loves the times she can step back and observe as this gives her insight as to what to plan or materials needed to help the children explore and grow.

Several caregivers spoke of the joy it gives them to see children progress in various areas such as fine motor and language development.

One caregiver enjoys group or circle time when everyone is together. She feels she has done a worthwhile job when parents indicate that their children want to come to her home.

We also spoke about the most difficult times of caregivers' days. A few spoke about drop-off and pick-

continued on Page 3

Thoughts from Home Child Care Providers (continued)

up times being a challenge. If parents dropping off or picking up children are late, it can affect getting the caregivers own children to school or evening activities on time. This affects the balance of work and home life.

Pick-up time is also a time when everyone is tired. While one caregiver likes having parents linger to have a chat about the day, most are anxious to have a quick conversation with the parent/grandparent picking up and then saying goodbye for the day so they can see to the remaining children or their own family's needs.

Many caregivers expressed one of the most difficult times being when two children or they and a child clash or when they have a child who cries if the caregiver is not directly by their side. The temperaments of the caregiver and the children can be a major contributor to how smoothly your day goes. Please refer to the article "Temperament: A Factor in Determining Who We Are" from Issue 2, 2014 Quiet Times. This article referred to the nine temperament traits which affect how we react and behave. They include first reactions to anything new, the regularity or irregularity of a person's daily routine, how easily we adapt, how distractible we are, whether our mood is generally sunny or grumpy, our intensity of reactions to events, our sensitivity to foods, clothing and temperature, our activity level, and our ability to persist at trying things. Those with varying temperaments may clash throughout the day and provide challenges in your daily interactions. It is important to remember that children act the way they do based on their temperamental traits. The above-stated article gives suggestions on how to deal with clashing temperaments.

Home child care providers in many communities have opportunities to network with each other. Please check the insert included in this mail-out for a list of workshops or networking opportunities in your area. Getting together with other providers allows you a chance to talk about your days providing care. Ideas can be shared and tips for some of those difficult times can be found by talking to others who do similar work.



Home child care providers offer a service that allows parents to have choice in their child care arrangements. As in any service-oriented profession, there can be a variance in the quality of the care that children receive from home child care providers.

I would like to give a great big thank you to those home child care providers who took time out of their busy lives to share their thoughts on home child care. The home child care coordinators from each community love to hear how things are going for all those providing home child care. Please take a moment to chat with them or send them an email.



Advertising and Marketing your Home Child Care Business

Submitted by: Early Childhood Community Development Centre

In speaking with home child care practitioners, there seems to be a common topic that keeps coming up. “What can I do to attract new clients to my home child care business?”, “How can I fill my spaces?” and “How can I make my home child care business stand out among so many?”

A first step would be to connect with your area coordinator (listed on the last page) to see if their agency offers a registry listing for home child care professionals. It could be a listing available on a website where parents who call in looking for child care are directed to an online or phone-in registry or a binder/package the agency has on-site which is passed along to parents looking for care. These registries are a great way to get your information out to a wider audience.

Connecting with a Home Child Care Network could be useful as well. Whether it is a formal network facilitated by an agency or a group of home child care professionals who connect informally, the more people who know you are operating a home child care business the better. The networks also serve as great places to connect with others who are doing the same job as you and, therefore, can help answer questions you may have.

For home child care professionals who are more tech savvy, social media is an excellent, cost-effective way to advertise your home child care business. Sites like Facebook and Twitter are free to set up and have a wide range of users. Facebook, in particular, has a type of page designed specifically for businesses which provides users with different insights and statistics regarding the activity of their pages. With more than one billion users on Facebook and Twitter and many users accessing these sites with their mobile devices, clients will easily be able to read updates and learn more about your home child care business. Please note new anti-spam legislation has come into effect. Check how this affects your business at <http://fightspam.gc.ca/eic/site/030.nsf/eng/00235.html>.

Another great and inexpensive way to promote your home child care business is by creating a website or blog. There are online services that offer free templates to create your own website or blog. A popular one among

home child care professionals seems to be www.weebly.com but a simple Google search pulls up a variety of options. You can add photos and information you feel are important to share with those looking for care. It is important to update the information when needed so it is always current and reflective of your business.

And, what better way to advertise your business than by creating your own professional looking business cards, postcards and flyers? Many computer programs such as Microsoft® Office or Microsoft® Publisher have templates you can use to create marketing materials and print them as needed. There are also online printing services such as Vistaprint or Staples where you can customize your marketing materials and, for a fee, they will print and ship them directly to you. When you take into consideration the cost of purchasing the paper and ink to print your materials at home, it may be more cost effective to utilize one of these online services. Your area Professional Resource Centre may offer design and print services for a fee as well, so you may want to contact them to see if this service is available to you. Once you have these marketing tools in hand, there is no limit to what you can do with them. Some examples include:

- Posting flyers in community areas such as libraries, family resource programs, aquatic centres and grocery stores; any place parents and families may frequent that is in your neighbourhood.
- Give a selection of your marketing materials to families and friends to hand out. You never know who may know someone who is looking for care.
- One home child care professional added her business card to the treat bags she handed out at Halloween the first year she was in business.

Advertising and marketing are very important, so investing your time and money will help you to have a successful home child care business. Be creative and don't be afraid to stand out!

****Please note: if you plan to use photos of the children in your care on your website, blog or on any marketing materials, it is important to get written permission from parents before doing so.*

Transitions

Submitted by: Affiliated Services for Children and Youth

Transition can be defined as change. Transitions are a necessary part of everyone's life. In home child care, transitions occur often and can be initiated by the caregiver or a child.

Transitions made by children occur spontaneously when they move from one activity to another. Infants make transitions as they sit with a few toys. They transfer their attention from one toy to another or from a toy to looking around the room, by their own choice. Infants' and toddlers' transitions occur frequently as they have not yet developed long attention spans.

Most preschoolers and school agers increase the amount of time they choose to spend with an activity as they grow. The amount of time preschoolers and school agers spend will differ from individual to individual based on their interests and temperament.

Child-choice transitions go smoothly if there is no one to interfere with a child's next choice. Sometimes, however, a child will act unsafely or choose to try to play with someone else's toy; then an adult needs to help redirect them. Children may be resistant to adult-initiated changes whether they are for changes whether they are for behaviour as noted above or in order to keep to the routine of the day..

Adult-initiated transitions happen to keep children safe, to keep peace and to meet the needs of all the children. Caregivers need to design a schedule that allows for long periods of uninterrupted play, outdoor time, toileting, snacks, meals and rests.

Some children are very adaptable at moving from one activity to another. Others have great resistance to change. A consistent routine will help those who resist change. Consistency allows children to learn to expect what comes next.

A warning of some kind is helpful for all children. Telling children they have five minutes left to play before a transition gives children notice a change is coming.

The use of a song, hand clap or bell to indicate change gives children a cue to stop and listen. Some caregivers use a special puppet or toy to indicate transitions. This



item only comes out at transition times and can help the children with change.

While transitions are necessary, it is very important to make sure children are occupied during these changes. Keep a bin of books or quiet toys for children who dress for the outdoors more quickly than others. Singing while they are tidying up, dressing or washing hands also keeps children occupied. Quiet activities before rest time help calm children.

Try to allow long blocks of play time so children can pursue their interests. You can interact with them or observe to see where you might want to plan next. You can do this by combining some of your transitions. For example, have snack prepared for children as they get up from rest. Combine toileting, washing and snack instead of having snack later. Look at your schedule and see if there are ways to lessen the number of adult-initiated transitions.

If you have children arriving after school, you will need to allow snack for them at a later time. School-aged children can help gather and clean up their snack. This allows younger children to continue playing.

Transitions help prepare children for life so they are important but so are long, uninterrupted periods of free play indoors or outdoors. Try to make a balance that works for you and the children for whom you care.

Sources:

- Simple Transitions for Infants and Toddlers
Karen Miller, Gryphon House Inc. 2005
- Transition Magician
Nola Larson, Mary Henthorne, Barbara Plum, Redleaf Press 1994



Handling the Difficult Situations and People in our Home Child Care Programs

Submitted by: Ontario Early Years Centre: Brant

“I CANNOT believe that John’s mom said that to me! I’m here doing the best that I can for her son and she is giving me a hard time at every turn. I just do not know what to do!” If you have ever felt that way in your home child care program, it’s good to know that you are not alone. Just as in life, it is common to deal with difficult situations and parents during your home child care career. How you handle these stressful times helps set the stage for your future relationships with the families in your care. It’s best to be prepared so when they happen, you know what to do. Here are some strategies that should help you to handle those difficult times ahead:

Be Proactive

It’s been found that you can deal more easily with any parent if you can build a relationship with them before a difficult situation arises. One of the most impactful ways to do this is to demonstrate to the parents that their child’s well-being and care is your primary concern. If the parents are on your side, then you typically will be able to do your job more effectively.

Choose Your Moments

When parents confront you and you are busy in your program, it is not always the best time to talk, especially in front of the children and other families. Tell them that this conversation is important to you and ask if you can telephone them or talk to them later so you can give your full attention to what they are saying. Set a time together when this discussion can happen so that everyone is able to share openly.

Be Open-Minded

Most parents who complain genuinely feel you do not understand their situation or that your care of their child is somehow not what they expect. Although our first reaction is often to try and defend ourselves and our actions, it is necessary to have an open mind and to listen to what they say so you fully understand their position. Give them a few moments to vent and then provide the best explanation you can. Understand that

you aren’t always going to make them happy but it will help if you can prove to them that you will take everything they have to say into consideration. Make sure you are totally honest about the situation and try to come to a mutual understanding about how each other feels. It is from this point that you can begin to problem solve and come up with solutions that are mutually acceptable to everyone.

Be Prepared

It is wise to be prepared for handling confrontations with parents as this is common in child care environments where parents and educators are working together for the betterment of the children. You may have angry or frustrated parents and you have to handle it without getting emotionally wrapped around it. When a parent comes in in this manner, it is wise to ask them to leave and tell them you will call them later when they can have a calm conversation. You do not want the children to witness this kind of behaviour and you cannot be expected to provide quality care when you are dealing with an aggressive parent.

Understand Difficult Personality Types

Most of the time, parents are very supportive and pleasant to work with. There are some who are often difficult during their time with you but even the best parent can be difficult at times. Here are some personality types and suggestions and strategies on handling:

The Aggressive Parent

- This person is very intimidating
- This person will often use bullying behaviour with you when they are upset about something they feel is not right or something you have done
- They are quick to raise their voice to you during a confrontation
- They are very critical and blame everyone else when something goes wrong

Handling the Difficult Situations and People (continued)

Strategies and Suggestions on Handling the Aggressive Parent

- Don't fight fire with fire... remain calm at all times
- Let them vent
- Acknowledge their feelings
- Use the count to 10 rule so you don't give an emotional response back
- Don't allow them to speak over you or intimidate you
- Clarify by asking questions
- Anticipate, plan and practice a response

The Backstabbing Parent

- Tries to sabotage you, your program and your reputation to other parents in your home child care centre or the community
- Spreads rumours and gossip
- Neglects to keep you informed about things so you will look bad in front of others

Strategies and Suggestions on Handling the Backstabbing Parent

- Confrontation is absolutely imperative!
- Backstabbing is opportunistic and a habit and will continue to bring you and your program down if it is not stopped!
- This parent must always be confronted in private as they can turn their comments around and make themselves appear the victim instead of you.

The Complaining Parent

- Exaggerates everything as being unfair. This parent may often be late or in arrears with payment but blames you and your practices.
- Rarely seems content with what is going on

Strategies and Suggestions for Handling the Complaining Parent

- Counter the negativity by finding the positive in everything you can
- Acknowledge by paraphrasing to be sure you are on the same page
- Ask for their opinion for a solution... "What would you suggest that might make this better?"
- Encourage source-to-source communication at all

times

- Do NOT TOLERATE repetition!

Good Tips and Ideas for a Positive Outcome:

- Private conversations are best. Allow the parent to vent and then when they begin to repeat, you can start to explain your point of view
- Approach the situation as an opportunity to learn how the other person is feeling and what the person may think about the issue
- Assume that you DO NOT KNOW what the other person's motivations are as you likely don't
- Keep facts and feelings separate
- Look for solutions, not blame
- Realize that difficult conversations are a natural part of life when working in childcare; they aren't going to ever go away and they become easier when you practice a good approach

It is important to remember every family you support during your career comes with both highs and lows. The highs are what motivate us to continue the important work we do and the lows remind us that there is always room for improvement and an increasing awareness of family uniqueness and diversity. When we take the time to work through difficult situations with families towards a positive resolution, this will help to solidify and build our relationship for the future. You are each partners in the care and well-being of the children you support. The positive outlook begins with you!



A Balancing Act: The Art of Being Both a Parent and a Home Child Care Professional

Submitted by: The Early Childhood Community Development Centre

Parents thinking about operating a home child care business often envision it as an opportunity to watch their own children grow and develop while interacting with other children in the comfort of their own homes. It is a way to earn an income without sacrificing valuable time with their children.

Although it seems like an ideal scenario, I wondered what happens when your child doesn't seem to be adjusting to your home child care environment? How do you balance being both a home child care professional and a parent?

What happens when your child doesn't seem to be adjusting to your home child care environment?

I spoke with a home child care provider who has been providing care for just over a year. She has two children, ages four and two. She wanted to open up a child care business in her home, even before having her own children. She liked the idea of having her own program with low numbers and a more "easy going" schedule.

When preparing her oldest for her home child care business, she spoke about how Mommy was going to have a school at home. Since he had attended a licensed child care centre in the past that she referred to as "school", this was a familiar concept to him. She explained that Mommy was going to be the "teacher" and that other children would be coming to "school" at their house. He was excited to help set up the playroom. In spite of this preparation, he continues to struggle with adjusting. Most of her clients are younger and do not share his interests or skill levels. He doesn't appreciate having the other children at his house taking away Mommy's attention. He doesn't understand why he has to participate in the "school routine" and can't just do things he wants in other rooms.

Some strategies she has tried to encourage his participation have been planning activities and outings that he likes and seeking out a client his age so he would have a playmate. She has connected with another home child care professional who includes him in her outings and activities, when her ratios allow, as her clients are

his age and older. This gives him time to be around other children who are developmentally at his level as well as learn from the older children. Although he is hesitant about going and "leaving mommy", he usually returns happy and ready to share stories about his day.

How do you balance being both a home child care professional and a parent?

Another home child care professional has been providing care for eight years. She has three children. After having her second child, she noticed that her commute and workday only allowed her to have a few hours in the evening with her children. Working in the early learning and child care field, she felt it didn't really make sense for her to be teaching other people's children while she sent her own children to be taught by someone else. This is when the idea of opening a home child care business began.

When she opened, her youngest were 5 years and 11 months old. To prepare her children, she spoke to them about how Mommy would be staying home to spend time with them and that they would have some new friends to play with.

One of the challenges she faced was helping her children learn to share her with the other children. They struggled with sharing their toys and home. To support her children, she allows them to choose if their "special toys" will be shared with the other children. If not, they are expected to keep those items put away when the other children are there.

When asked how she balances between being a parent and a provider, she said that she always has "off" time and that she doesn't overbook her daycare time. She also strives to be more relaxed and less scheduled with her own children when the home child care is closed.

If you provide home child care and would like to share strategies on how to balance between being a parent and a home child care professional, please contact your area coordinator (see page 12). You may see it shared in a future issue of "Quiet Times".

Understanding and Responding to Children Who Bite

Submitted by: Ontario Early Years Centre: Brant

The children in your care are enjoying a morning of fun and sunshine in your backyard when suddenly you hear an ear piercing scream from one of your preschoolers. It is at that moment you spot one of your toddlers with her teeth embedded into his arm. You rush over to discipline the sharp-toothed tyke---but what is the best way to deal with this situation?

In order to deal with biting situations, it is important to first understand why the behaviour is happening.

First, did you know that biting is a normal part of childhood development? Many children between the ages of 1 and 3 go through a biting phase which they eventually grow out of.

There are many different reasons why young children bite.

- **Pain:** When babies bite, typically they are teething. Biting relieves the pain of their swollen and tender gums.
- **Exploring their world:** Toddlers learn about their world through their senses. Biting might be a way to find out what an object or person feels like.
- **Looking for a reaction:** Toddlers might bite to see what effect he/she has on others.
- **Frustration:** Many young children bite out of frustration. Often they do not know other ways to express strong feelings. Biting might send a message like, "I don't like that!" or "I want that toy!"
- **Monkey see, monkey do:** Young children, especially toddlers, will often imitate the behaviours of other children.
- **Uncomfortable feelings:** When a child is hungry, tired, bored or even anxious, he/she may be less able to cope and might resort to biting.

While biting is a typical behaviour for young children, it doesn't mean it is acceptable. Biting can cause angry feelings, fear, discomfort and, in some cases, even serious injury.

So what can you do to deter biting? The most important thing to do is to OBSERVE the child and watch for what is going on before the child bites. Once you understand why and when the child is likely to bite, you can try to change the situation in order to prevent it.

Here are a few ways you can respond to biting once you know what is causing the behaviour:

- **Biting when frustrated:** Say, "You are frustrated. You want that toy." Teach the child simple words such as "mine" or "no".
- **Biting because they are overwhelmed:** Try sitting with the child and joining in the play and coaching him/her in the play. Some children need guidance to learn and practice how to take turns, share and communicate with other children.
- **Biting to see what happens:** Calmly let the child know that biting hurts. Be sure to keep your reaction neutral and non-emotional.
- **Biting because of teething:** Give the child a teething ring. Chilled teethers also soothe sore gums.
- **Biting when tired:** Provide increased opportunities for the child to rest. Minimize stressful or stimulating activities when the child is tired.
- **Biting when hungry:** Try to offer more frequent, healthy snacks.
- **Biting out of boredom:** Ensure you are offering interesting toys to explore and play with. Rotate toys more often or try changing up your routine.
- **Biting because the child is anxious:** Talk to the child about any changes he/she is experiencing. Try to keep confusion and uncertainty to a minimum by talking about transitions, plans, etc.

Dealing with biting is uncomfortable for everyone involved but if you remember to take the time to OBSERVE and understand what is happening with the child, you will be able to respond effectively.

Sources:

"Understanding and Responding to Children Who Bite"

naeyc for families

<http://families.naeyc.org/learninganddevelopment>

"Responding to Your Child's Bite"

The Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University

<http://csefel.vanderbilt.edu/resources/family.html>



Caregiver Asks: The Pros and Cons of Using Facebook with Your Home Day Care

Submitted by: Ontario Early Years Centre – Haldimand-Norfolk

As with any other form of communication, there are pros and cons involved in using social media. In Issue 3, 2012, I wrote about “Social Networking – Friend or Foe?” in which I pointed out some simple tips for using Facebook with your home child care business. Specifically today, I will look at Pros and Cons of using Facebook.

A Marketing Tool

Pro: It’s a great way to get your name out there for people who may not know you. Advertising on local baby and buy and sell sites gets your name out to many people. People can “like” and “share” your posts with their friends, thus giving you lots of exposure. You will reach a greater audience.

Con: For whatever reason they have, people may comment and provide feedback that could be detrimental to your business.

Solution: Careful monitoring of what is said on those sites. This can be time consuming.

Pro: It’s free. No cons there! You can post as much as you want, as often as you want.

Pro: It’s easy. It might only take a few minutes depending on your post.

Con: It can also be time consuming. You must always be monitoring it and be prepared to deal with any feedback you receive in a diplomatic manner or you might lose business!

Pro: You can custom design your page. Add in pictures of your playrooms, your back yard, your lunch table or anything else that would highlight your program. It is strongly recommended that children are not in the pictures. Written consent from the parents would be required. This way people viewing your page can focus on what’s in the pictures.

Con: Custom designing a page can be time consuming as well, and it needs updating so people don’t become bored with it.

A Communication Tool

You can have a separate Facebook group page for the families who are in your centre. Be sure that everyone has provided written consent prior to posting pictures.

Pro: You can communicate with everyone at once. It’s easy to send out notices to everyone at once. You

can see who saw your message. Parents can read it and reply easily.

Con: Remember everyone in the group can see this and private messages need to be delivered privately.

Pro: Parents like to see what their children are doing throughout the day. They can see that they are learning and having fun. They may not really think about this but they are aware of the value they are getting for the money spent on childcare. It’s probably easier to be at work knowing your child is happy and well cared for.

Pro: As parents respond positively, you are also reaping the benefit of knowing you are appreciated. It also keeps you connected with the outside world and other adults throughout your day, perhaps leaving you feeling a little less isolated.

Pro: This works wonderfully as a documentation tool with your families. They can be kept up to date and current on what their children are doing and learning. You can add pictures easily throughout the day with very little effort and time.

Con: It’s easy to get caught up in this and lose track of time, thus removing you from the business of engaging with the children and being present in the moment with them. This is a big Con and you must always remember this! Stay present with the children. They are your priority.

Solution: Have them help to document. They can narrate the story for you to write for mom and dad, thus building language and literacy skills.

Managing two Facebook pages or groups (one for marketing and one for a group), plus your own personal one can be time consuming and overwhelming but can have a big payoff. You might not need one for Marketing if you are already established since word of mouth remains the best marketing tool. And, I believe face-to-face communication with parents is always the best way to make them feel valued.

Did you know that anti-spam legislation came into effect on July 1, 2014? It includes all electronic communications including e-mail, Facebook and Twitter. See <http://fightspam.gc.ca/eic/site/030.nsf/eng/00235.html> for further information.

Sparkle Up Your Day

Ontario Early Years Centre: Haldimand-Norfolk

It's all about having fun with food and the Canada's Food Guide in this issue.

Did you know Canada's Food Guide has been updated and now includes child-friendly portions?

Check it out to see what else has changed. Do you notice it's now called Vegetables and Fruit... any ideas why that change occurred?

Cooking with kids will encourage them to be adventurous with tasting new foods.

Children like to sing about food. This is one of my favourite songs that is sure to get the kids singing along.

Apples and Bananas Song (an easy to learn and fun to sing song) Good to go with an apple-pie-making activity or while cooking a delicious batch of apple sauce.

I like to eat, eat, eat apples and bananas (x2)

I like to ate ate ate apples and bananas (notice the "hard A" sound) (x2)

I like to ite ite ite apples and bininis, ("hard I" sound) (x2)

I like to eat eat eat epples and beeneenees ("hard E" sound)(x2)

I like to oat oat oat opples and bononos ("hard O" sound) (x2)

I like to ute ute ute uples and bununus ("hard U" sound)(x2)

To hear the song, go to: You Tube and look up Raffi sings Apples and Bananas Song.

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.



Professional Resource Centres

ASCY

Resource Library & Program Support:

JAN SMITH
(ext. 222) library@ascy.ca

REGISTRY INFORMATION
(ext. 222) hccss@ascy.ca

Affiliated Services for Children and Youth
526 Upper Paradise Rd., Unit-A, Hamilton, ON L9C 5E3

Tel: 905-574-6876
Fax: 905-574-8843

www.ascy.ca



ECCDC

JENNIFER MOSHER
Early Learning and Child Care
Resource Consultant
jmosher@eccdc.org

Early Childhood Community Development Centre
3340 Schmon Parkway, Thorold, ON L2V 4Y6

Tel: 905-646-7311
Fax: 905-646-2692
Email: eccdc@eccdc.org

www.eccdc.org



OEYC: Brant

JUDY BAILLIE
jbailie@eycbrant.ca

Ontario Early Years Centre: Brant
30 Bell Lane, P.O. Box 25040
Brantford, ON N3T 6K5

Tel: 519-759-3833 ext. 107
Fax: 519-759-0173

www.eycbrant.ca/oeyc



OEYC: Haldimand-Norfolk

KAY HOLMES
kholmes@hnreach.on.ca

H-N R.E.A.C.H.
12 Colborne St. N.
Simcoe, ON
N3Y 3T9

Tel: 519-429-2875
1-866-463-2759



An Informal Caregiver Is:

In the province of Ontario, you may provide care for up to 5 children under 10 years of age in addition to your own children at any given time in your home.

Example 1: If you provide care for 1 infant plus 2 preschool children during the day, you may also provide after-school care for 2 school-age children in addition to your own.

Example 2: If you provide care for 1 infant, 2 toddlers, and 2 preschool children during the day, you are at your maximum number of children; hence you cannot care for any additional school-age children after school. Should you wish to care for more than 5 children plus your own at any given time in your home, you would require to be licensed under the Ontario Day Nurseries Act and meet all of its regulations.

*The Professional Resource Centres are sponsored by different agencies in each of the four communities. Affiliated Services for Children and Youth (ASCY) in Hamilton, the Early Childhood Community Development Centre in Niagara and the Ontario Early Years Centres: Brant and Haldimand & Norfolk provide these services in their respective communities.

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We are interested in hearing your comments. Your input is important to us to ensure we are providing information that is useful to you. Please feel free to contact us.

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