

Understanding the Early Years Project

Understanding the Early Years (UEY) is a research, planning, and development project that enables community members to better understand the needs of young children and families. This national initiative will help strengthen the capacity of the community to use quality local information to help Mission make decisions to enhance children's lives such as determining the best programs and services to meet the needs of Mission's families.

Information is gathered regarding the readiness to learn of kindergarten children, family and community factors that influence children's development and availability of local resources to support young children and their families.

Parents, teachers, key decision makers, and others interested in the well-being of children in Mission can then work together to address issues identified by this information.

The UEY project is hosted by Mission's Early Childhood Development Committee which consists of various community partners throughout the community who are concerned with the growth and development of all children in Mission. We welcome community partners and participants to support and shape the short and long-term interests of our community's children.

Contact Us

Contact the ECD Committee by telephone at 604 826-2295 or email us at ecccommittee@shawbiz.ca. You can check us out at the web at: <http://www.missionecdcom.shawbiz.ca/Home.html>

Oh Baby!

Round and Round the Garden with your baby...
Round and round the garden
(Circle your finger on your baby's palm)
Like A Teddy Bear
One step, two step,
(Let your fingers walk up your baby's arm)
Tickle you under there
(Tickle under arm)



Committee Updates

Through research and action, some of our accomplishments for Mission's families to date include:

- ~A Developmental Guide (First Steps and Beyond)
- ~Parent Resource Quarterly
- ~Success by 6 car raffle
- ~Participation in magnificent community events
- ~Maps of local parks, green-spaces and social risk index
- ~Community Grants such as:
- Library storytelling kits
- Car seat safety clinics
- Future 4 Nations kindergarten readiness program and Nobody's Perfect program
- Lady Bug Community Kitchen
- Early literacy program at West Heights Inclusive Neighbourhood Project
- Alphabet Soup newspaper articles
- Family Place



Family In Focus Mission Early Childhood Development Committee Newsletter

October to December 2006

Welcome...

To the first edition of Family In Focus. This newsletter is created to provide Mission's community members with information and inspiration regarding early childhood development as well as fun and creative ideas to develop and nurture a positive family environment. Keep reading to find out more!



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Tips and Tools

You are your child's first and favorite playmate. Set aside time to play, laugh, and enjoy each other's company. Family In Focus has many ideas to inspire the creation of positive, fun moments with your child.

Upcoming Events

October 31st, 2006 Come in costume down to the Leisure Centre for Halloween Hoot! A fun day for kids aged 0 to 6 from 10 am to 1pm. There will be fun games, activities, face painting, crafts, and prizes. On **November 20th, 2006**, please come out and help us celebrate National Children's Day from 10 am to 1pm at the Leisure Centre. Activities include face painting, games, prizes, and crafts for families with young children.

December 1st, 2006 will be Mission's Candlelight Parade. Watch for the Early Childhood Development Committee's Float!

To The Tune Of B-I-N-G-O

I know a fruit that grows on trees. An apple is it's name
Oh. A-P-P-L-E, A-P-P-L-E, A-P-P-L-E,
An apple is it's name.
In summer and in early Fall, it's time to pick an Apple.
Chorus

Preschool Programs

Head to your local elementary school and take part in LITTLE READERS; a drop-in early literacy program for your preschoolers.

Christine Morrison
Elementary starting Friday, Sept. 29th from 8:25 am to 9:30 am and runs every Friday until June. Call 604 826-6528

Hillside Elementary,
Wednesdays 9 to 10 am.
Call 604 826-4187

Durieu Elementary,
Wednesdays 9 am to 10 am
Call 604 826-8155



The Mission Early Childhood Development Committee and the Understanding the Early Years Project needs your help! We are conducting a parent perspective survey and want to hear the voice of parents and caregivers in Mission regarding the barriers families face in accessing programs and services. We will be outside of local grocery stores, the Leisure Center, and the food banks asking parents what they need the community to provide to raise healthy children. It only takes a couple of minutes and we have colouring pages and crayons to entertain your children. Please participate and let your voice be heard.

After all, it takes a community to raise a child!

Look for our posters in various locations around the neighbourhood. If you would like some for your business please contact us! We have bookmarks available as well. Also, don't forget to check our popular Parent Resource Quarterly for upcoming events, resources and supports.



Reading Room

Books for BC Babies



Are you curious about what books are age appropriate for your baby or toddler? Here are some suggestions....

0 to 6 months:

Counting Kisses by Eric Hill
Hush Little Baby by Silvia Long

6 to 12 months:

Grow Babies! by Penny Gentieu
Peekaboo morning by Rachel Isadora
Who said Moo? by Harriet Ziefert

12 to 24 months:

Quack and Count by Keith Baker
Ten, Nine, Eight by Molly Bang
Dear Zoo by Rod Campbell

Books for BC Babies is a community based literacy program focusing on the importance of reading to newborns. Research clearly shows the importance of talking, singing, and reading to newborn babies in regards to children's growth and development.

Health and Wellness

Kids and Breakfast

It is especially important that kids eat breakfast. Missing the most important meal of the day can cause health problems and harm children's growth and development. Kids who don't eat breakfast have a greater chance of getting lower grades, having learning and behavioural challenges, and may develop nutritional deficiencies. Kids who regularly skip breakfast are more likely to have problems with obesity as well as tooth decay. Busy lifestyles make it easy to skip breakfast, however eating breakfast with your kids sets a good example. Keep meals simple in the morning and stick to the basics. Serve simple foods that are nutritious yet quick.

Here are some tips for breakfast in a hurry.

- *serve instant oatmeal on cold mornings
- *buy a variety of whole grain cereals which are low in sugar
- *cheese sandwiches, scrambled egg burritos and other finger foods can be eaten quickly on the go
- *encourage kids to drink a glass of milk if they skip their cereal
- *fruit and yogurt smoothies can seem like a treat and not breakfast
- *spread some cream cheese or peanut butter on toast or a bagel
- *pre-cut fruit the night before and have a yummy and nutritious fruit salad drizzled with yogurt in the morning
- *eggs are packed with nutrition whether they're boiled, poached, scrambled or fried
- *Although sometimes it may be unavoidable try to get your kids to eat breakfast while sitting down instead of on the go.



Ready Set Learn

A new way to help preschoolers get ready for elementary school. At this free drop program, children receive a copy of 'Animachines' and parents will receive a booklet filled with easy ways you can contribute to your child's readiness for school. Call your elementary school for dates and times. For more information visit: www.acheivebc.ca

In Focus

Are you looking for something to do with your kids? If you haven't already, try a family drop in centre. Visit either of the following centres and meet new friends! Don't miss out on these opportunities!

Mission 4 Kids Family Place

A warm, caring place for children from birth to 6 years and their families. Play groups, Crafts, snack, story times, theme nights, hot lunch and parent information drop ins are offered. Also available are a clothing exchange, resource library, and rental space. 7369 James St. 604 826-3323

Family Tree House

A gathering place for children aged 0 to 6 and their families to share information, exchange ideas and have fun. Playtime, Crafts, songs, circle time and hot lunch are offered. Call for schedule. 604-826-8799 or 604-556-1206 9224 Stave Lake St.



Playing Around

Here are some activity ideas...

For a Toddler aged 1 to 2: Iceberg in a cup
What you'll need: yogurt container and a plastic toy or car

1. Plan this surprise a day ahead. Fill the container with water (food colouring too if you wish) and place the toy inside the cup then freeze it in your freezer.

2. The next day, provide your child with a container holding lukewarm water and some water toys like spoons, measuring cups, colander, etc as well as the big ice cube containing the toy! As he plays with it, the toy will gradually emerge!



For Preschoolers aged 3 to 4: Placemats.

Use a large sheet of construction paper and let your child decorate them as they wish. You can also pre-cut shapes for them before you start. Pick a theme if it is near a holiday. Glue the shapes on, use glitter, let their imaginations go wild. They look great on your table and if food spills on them, oh well! You can make another one tomorrow! Laminate the keepers!

In The Kitchen

Fabulous French Toast

- *1 egg
- *1/4 cup of milk
- *dash of vanilla
- *1 tbsp butter
- *2 pieces of bread

Beat egg in medium sized bowl then mix in milk and vanilla extract. Heat butter in a frypan on medium heat. Dunk each piece of bread in the egg mixture. Cook the bread on low heat until the underside is brown (5 min) then flip over and cook again for 5 min. Serve with maple syrup, cinnamon or fruit! Yum!

FYI

What children learn when they play...

- *How things work
- *The nature of materials
- *Concepts
- *Rhythm
- *Words and Ideas
- *How to cooperate and socialize with others
- *How to solve problems
- *How to use their imaginations
- *To be creative
- *How to use their bodies
- *That they are capable individuals



Rhyme Time

Try these rhymes outside on a windy day...

Kites

Five little kites flying high in the sky
Said, "Hi" to the cloud as it passed it by.
Said, "Hi" to the bird, said "Hi" to the sun,
Said "Hi" to an airplane - oh what fun!
Then whisk went the wind,
And they all took a dive:
One, two, three, four, five.



Kites Go Up

The kites go up, the kites go down,
In and around, all over the town
The children run and jump and play,
Because they love a windy day.