



Best Start Child and Family Centres and Parry Sound/Muskoka Ontario Early Years System

Happy New Year to Our Early Years Families!

Jan. - Mar. 2017

Best Start Programs & Early Years Programs

Special points of interest:

J Child's Behaviour

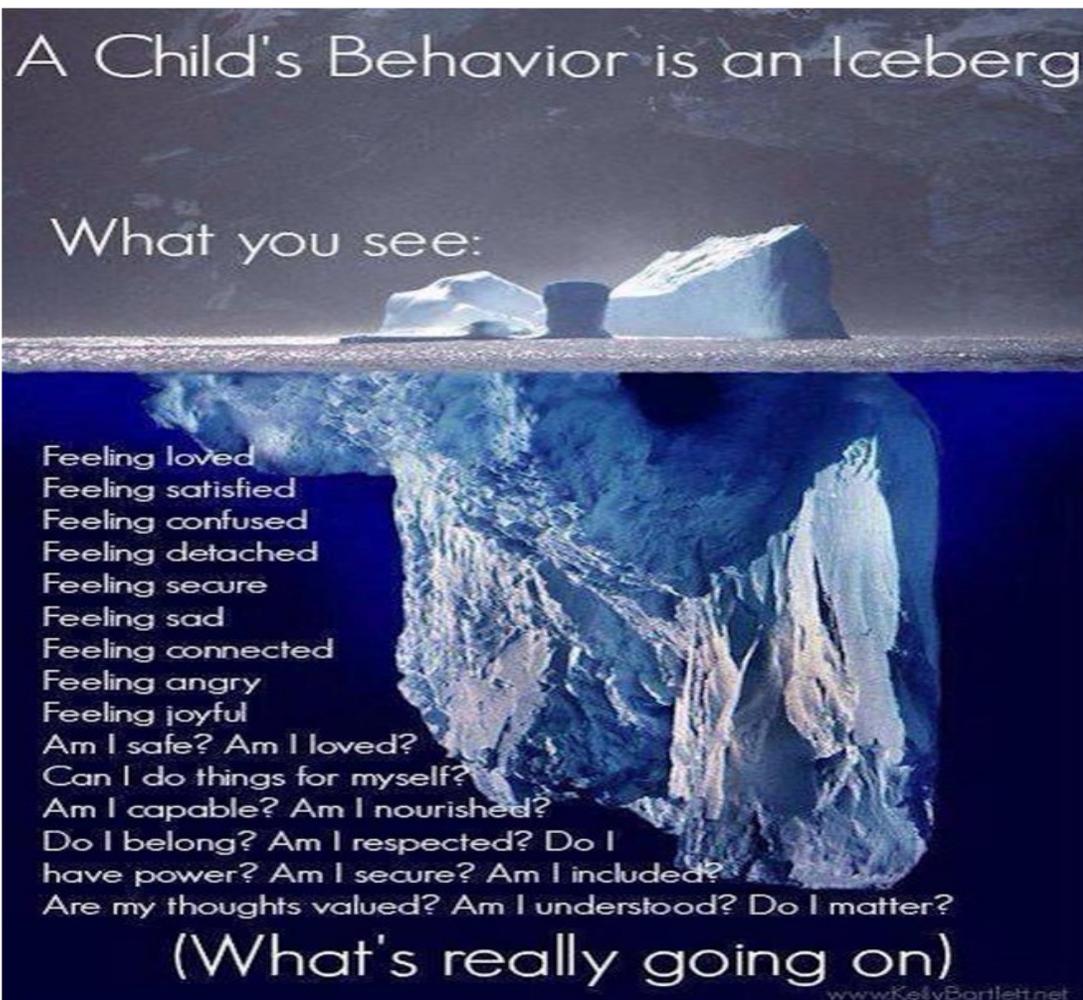
J A B C Food Facts

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A B C Food Facts?

Apricots

are rich in vitamin A, which is good for your eyesight and helps prevent diseases. They also contain iron for your blood. Dried apricots are even better than fresh.

Blueberries are a great source of vitamin A, which is good for your eyesight

and for your brain. They have more antioxidants than other berries and more than most other fruits and vegetables.

Carrots are an excellent source of vitamin A and C. Other orange and yellow fruits and vegetables, such as mangoes, apricots, yellow peppers and corn are also high in these vitamins.



Something to Ponder

STRONG-WILLED CHILDREN
BECOME ADULTS WHO CHANGE
THE WORLD AS LONG AS WE CAN
HANG ON FOR THE RIDE AND
RESIST THE TEMPTATION TO
"TAME" THE SPIRIT OUT OF THEM.

www.sarahstogryn.com



If I Had My Child to Raise Over Again

If I had my child to raise all over again,
I'd finger-paint more, and point the fingers less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.

I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.

I'd do more hugging and less tugging.
I'd build self-esteem first, and the house later.
I would be firm less often, and affirm much more.
I'd teach less about the love of power, And more about the power
of love.

by Diane Loomans

Upcoming Community Events— East Parry Sound

Burk's Falls: Story Time at Library,
3rd Friday of the month. 10:30 -11:30

Family Literacy Fun Day - Sat. Jan. 21st
at Young at Heart Seniors Centre 10 -
12

Sundridge: Story Hour at Library every
Wednesday 10:30 - 11:30 **Lego Night**
1st Wed. night of each month 6:30 -
7:30

Family Day Celebration - Sun. Feb. 19th
at the SSJ Arena 1 - 4

South River: Tales for Toddlers at Li-
brary Tues. 9:45 Jan. 27 Litera-
cy Day - Family PJ Story time at 5:30

Winterfest - Sat. Feb. 25th at South
River -Machar Arena - 5:30

Trout Creek Winter Carnival - Feb. 18th
& 19th at Community Centre.

Powassan: Toddler Tales at the Library every
Tues. 10:30 - 11.



This month's healthy recipe : **Pea and Ham Omelette**

Ingredients

- 1 onion
- 2 med. Potatoes
- 4 oz. diced ham
- 3/4 c. peas fresh or frozen
- 5 eggs
- 2/3 c, low-fat milk
- 1tbsp olive oil
- 1 tbsp. water
- 1 tbsp. chopped parsley

- a 8-9 inch ovenproof dish **Direc-
tions**

Preheat oven 350 **Cook** 45 minutes

1. Dice onion and cut potatoes in small cubes. In a fry pan add oil, water, onions & potatoes, cook over low heat 10 min.
2. Cube ham 1/2 in. Add ham, peas and parsley to pan, stir together and heat through. Wipe oil on inside of baking dish
3. Beat eggs in large bowl with milk. Then layer mixture into dish and pour eggs over ham and vegetables.
4. Bake 45 min. until set and golden brown



Jumping I

Inclusion Support Services - *Babies Need Laps Not Apps!*

Baby animals like frogs, fish, lizards and turtles can all survive on their own, however human babies cannot. Human babies need to be cared for to create the secure attachment that is necessary for optimal growth. Healthy attachments contribute to healthy relationships later in life. Unhealthy attachments early in life may contribute to unhealthy relationships and mental health problems later in life.

Attachment to fellow humans builds brains via 'Serve and Return'. 'Serve' means the baby does something e.g. babbling and the 'Return' is the responsive caregiver providing a response and giving attention. The brain circuitry then builds itself. Over exposure to technology does not build brains.

More and more studies show that using electronics can be unhealthy for brain development. Prior to 2010 there were no iPads. Already we are getting early reports of children and youth showing signs of addiction to technology.

Early studies have shown that music is good for the brain. Not surprising then, many childcares and homes have chosen to play children's music in the background. However, newer studies show that background noise (whether TV or the radio) may impair the early learning environment. Unless listening to music is the primary activity, it would be better to turn off the background music. Studies on nature suggest that if you are going to have background noise, it should be nature based "pink noise", e.g. birds singing, water running, etc.

Great Beginnings Parent/Child Program

Pregnant women of any age or mothers with infants up to 6 months of age are eligible to attend the **Prenatal Program**. Parents with children 6 months and up are eligible to attend the **Growing Up Program**. The programs are available to support mothers and families who experience social isolation, financial hardship, limited education, lack of knowledge about available resources, domestic abuse, history of substance abuse, medical history of high-risk

pregnancy, children with special needs and a need for additional support.

Great Beginnings East Parry Sound: please call 705-384-5225 x 2211 to register with Lori.

Great Beginnings West Parry Sound: please call 705-746-4293 x 4205 to register for the program with Val.

Check us out on Facebook! Hand-
sTheFamilyHelpNetwork.ca

Great Beginnings East Parry Sound/
West Parry Sound

Program Information

For more information about many of our programs and services please visit our website at:
www.foreverychild.ca

January 2017

Topic of the Month: Healthy Meals and Snacks

Word of the Month: Appreciate

Remember you are
your child's BEST
TEACHER!



