



The Tool Box

INTERGRATION SUPPORT SERVICES ~ SUMMER 2012

School is Out for Summer

Summer vacation is fast approaching. What do you have planned for your family this summer? Playing in the sprinkler? A picnic at the park? A get together with family and friends? Whatever it may be, the Resource Teachers are using this issue of the Tool Box to provide you with some tips to get through the summer with ease.

There are so many

things that can be done in the summer that is easy on the budget and are so beneficial for you and your family.

If your child is entering into school in the Fall of 2012 please ensure that you have registered him or her with the appropriate school. If you need some assistance with this, please contact your Resource Teacher. They will be glad to

help you. If you or your child have any growing fears about entering school in the Fall, we encourage you to talk to your Resource Teacher. They can assist you with preparing your family for school entry.



I.S.S. East Parry Sound

16 Toronto Ave

South River, ON

P0A 1X0

1-800-563-4201

I.S.S. West Parry Sound

64 Waubeek St

Parry Sound, ON

P2A 1C6

1-866-850-8855

Water Safety

“It should go without saying but we’ll say it anyway: Never leave kids alone near the pool, no matter what their ages or swim capabilities are. Parents can and should take precautions around home pools, in addition to closely supervising kids while they swim.

Wearing a personal floatation device while boating can save your life! Be sure it has a snug

fit -- snug enough to stop a child’s ears or chin from slipping through.”

MYTH: Pool parties are safe as long as adults are around.

FACT: Many drownings happen when adults are close by. The problem is too much commotion. Have a designated adult watching the water. The pool should be free of excess toys that can obscure the view.

MYTH: Floaties keep little ones safe in the water.

FACT: Floaties are designed for fun, not safety. They give a false sense of security, can deflate and can slip off. Check to see if your floatation device is Coast Guard Approved.



What Are Your Children Wearing This Summer?

Summer is here, and since summer means that your children are outside a lot more, it is important to keep them safe while they have fun in the sun. Now that the snow is gone we say goodbye to sweaters, jackets, snow pants, mittens, and winter hats and say HELLO! shorts and t-shirts. As you look for summer clothes for your children, try to find cotton clothing that is tightly woven, or have SPF built in. The brand Columbia has released a line of clothing called OMNI-SHADE. The OMNI-SHADE clothing is stated to, “block Damaging UV (Ultra Violent) rays from reaching your skin, allowing for more carefree hours in the sun. Its like sunscreen, but you do not have to reapply it.” Columbia makes shirts, hats, shorts, swim suits and other SPF 50 sun blocking clothing for men, women, and children. Columbia OMNI-SHADE is sold at SportChek stores located across Canada. Walmart also carries a couple brand name lines of swimsuits that have SPF built in. When taking our children’s safety into account, it is important to remember that the sun’s rays do not always come from above. They can reflect off of the sand, water, and other reflective surfaces in



our environment. Sunscreen is an important team member in sun safety, but there are a couple of other items that help children stay protected from the sun’s damaging rays.

Sunglasses

Too much unfiltered exposure to the sun’s UV (Ultra Violent) rays have been proven to damage the lens of the eye, increasing the risk of your child developing cataracts in the future. Cataracts happen when the lens of a person’s eye is cloudy and out of focus. Cataracts are a leading cause of blindness. When choosing sunglasses, find a pair that block and filter UV light. Sunglasses with large lenses and wrap around the sides to block the sun are beneficial.

HATS

Choose a hat with at least a 3-inch brim all the way around it. A baseball cap covers your eyes, but leaves your ears and neck exposed to the sun.



Bug Protection

Lastly, Have you, or anyone you know ever said, “Sorry, we are not going outside today because the bugs are too bad.”? The sun’s rays are not the only thing to look out for this summer. Mosquitoes and other insects may carry different diseases that can be transmitted through their bite. Mosquitoes for the most part come out at dusk, so while out at that time wear long sleeve shirts and long pants to block them from finding areas to bite. Bug spray is an option, but if you choose not to use bug sprays, another option is to purchase a bug jacket. Bug Jackets are sold at many stores in Ontario, one is Canadian Tire, and is priced anywhere from \$19.99 to \$39.99.



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn ??mower is broken. - James Dent

Play Time

Let Them Use Their Imaginations: Researchers Catherine Garvey at the University of Maine and Kenneth Rubin at the University of Maryland agree that play should be pleasurable and enjoyable. It should be spontaneous and voluntary too with no goal or objective. It also should incorporate make believe, fantasy or imagination in some way. So many parents lose sight of this, especially over the summer and feel the need to buy more toys or commence in more and more activities whereas if they just let their children use their imagination, they would be so much better off.

For younger children and babies, it is true that children love novelty. Normal household items such as plastic bowls, plates or plastic kitchen utensils are toys to a baby or infant. To further the experience even more, engage with your baby. You will see that while they play, babies watch parent’s reaction. Make your gestures obvious with laughing or giggling. **Spend uninterrupted time getting to know how your child responds to you,** how s/he handles stress and how s/he expresses themself when s/he is happy, frustrated, bored or fascinated. If you are playing a game and your baby starts looking away it is

probably because s/he has had enough. If you continue, out of sync, baby will become frustrated and cry. **Interact with Your Children Regularly:** It’s so easy to do, even on a tight schedule. Engage your children. When you talk, point objects out. Get them to follow your gaze. This is real interaction that is effective. If you run errands explain everything – what can be seen out the car window and items in the supermarket. Children pick up far more than you would imagine. This summer spend more quality time with your children and see what a positive effect it can have on them

Summer

P	M	A	C	A	E	U	Q	E	B	R	A	B	S	F
U	W	Y	Y	A	R	D	S	A	L	E	N	S	R	T
T	S	U	G	U	A	U	Z	V	S	V	O	S	O	P
T	I	U	S	G	N	I	H	T	A	B	L	U	O	O
U	S	H	G	D	G	O	B	C	W	N	L	N	D	P
F	A	U	R	N	L	N	A	I	O	R	E	S	T	S
T	I	E	N	I	I	T	I	I	K	C	M	C	U	I
Y	S	S	D	F	I	E	T	E	O	E	R	R	O	C
S	L	A	H	O	L	A	E	A	O	K	E	E	S	L
O	Y	U	N	I	X	O	S	S	D	N	T	E	L	E
E	N	U	J	A	N	T	W	O	T	P	A	N	A	B
K	B	A	L	I	E	G	H	E	C	H	W	C	D	E
I	C	E	C	R	E	A	M	O	R	C	G	L	N	A
H	R	S	A	N	D	C	A	S	T	L	E	I	A	C
L	L	A	B	E	S	A	B	S	W	I	M	R	S	H

AUGUST	BARBEQUE	BASEBALL
BATHINGSUIT	BEACH	BIKE
CAMP	CANOEING	COASTER
FISHING	HAT	HIKE
HOLIDAY	HOT	ICECREAM
JULY	JUNE	OUTDOORS
POPSICLE	RELAXATION	REST
SANDALS	SANDCASTLE	SIGHTSEEING
SOCCER	SUN	SUNDRESS
SUNFLOWER	SUNSCREEN	SWIM
VACATION	WATERMELLON	YARSALE

Tips for Shopping for the Appropriate Sunscreen

- Looking for a “chemical-free sunscreen”...look for one made with zinc oxide or titanium dioxide. If you are using a sunscreen with chemicals it is best to test it out to see if your child shows skin irritation or any allergic reactions by the next day. Chemical sunscreens absorb into the skin while zinc oxide and titanium dioxide sit on top of the skin, forming a barrier against the sun’s rays. Zinc oxide and titanium dioxide also starts to protect as soon as you put it on while chemical products need to be slathered on 15 to 30 minutes in advance.
- Using sunscreens that have a bright coloured tint helps to see where you missed placing the sunscreen.
- “Broad-spectrum” products protect against UVA and UVB rays. Any sunscreen that contains zinc oxide or titanium dioxide will do this.
- Sun protection factor (SPF) should be at least 15, but you generally do not need to go higher than 30. Experts believe that these high SPF sunscreens don’t provide that much more protection.
- Reapply sunscreen often. Waterproof sunscreens may be slightly harder than other products, but don’t trust a label that promises to protect for eight hours. That’s only if your child stays perfectly still for the rest of the day! In the real world he’ll need more sunscreen every two hours or every time he gets wet or is dried off with a towel.
- Try to avoid sunscreen with the ingredients labeled oxybenzone, DMDM hydantoin and triethanolamine. Oxybenzone is known to damage cells and DNA with free radicals, DMDM hydantoin and

If you want your children to turn out well, spend twice as much time with them, and half as much money.

ABIGAIL VAN BUREN
www.TheSilverPen.com

triethanolamine are allergens that forms cancer-causing chemicals.

- Some recommended chemical-free sunscreens are Badger, Green Beaver and Newco. These can all be purchased at your local natural food store such as Zak’s in Sundridge, Applause and Great Vine in Huntsville, Georgian Bay Whole Foods in Parry Sound and Bins and Bins in North Bay. Badger uses the mineral zinc oxide with NO oxybenzone, octisalate, octinoxate, avobenzone, or added Vitamin A. It is Broad Spectrum protected from UVA & UVB rays and is water resistant for 40 minutes and is biodegradable.

collected from Patricia Treadwell, pediatric dermatologist; Environmental Working Group; David Suzuki Foundation



Bubble Snakes

All you need is an empty water bottle from your recycling, duct tape, a sock that is missing its match (which we seem to have an abundance of), dish soap and some food coloring.

Start by cutting the bottom of the water bottle off. Next slide the sock over the bottom of the bottle. We used colorful duct tape to secure our sock, but you could use a rubber band as well.

Pour some dish soap into a shallow container with a little bit of water and gently mix. Dip the sock covered bubble blower into the solution and gently blow.

Cool idea when needing to refill your smaller bubble container.



Things to Work on This Summer

- Look for and point out different shapes and colours at home, at the park or while shopping.
- Give dimension to these shapes by using words like: round, curved, flat, arch, cube, cylinder, corner, pyramid, etc...
- Describe things using attributes like: long, short, heavy, light, rough, smooth, hard, soft, fast, slow, empty, full, etc...
- Use more abstract adjectives such as: pretty, beautiful, huge, petite, colourful, etc...
- Describe daily events in a sequence: first - you put on your pyjamas, next- Mommy or Daddy read you a story, next/last – you go to sleep, etc...
- Basic literacy: recognizing and reading street sign (STOP) ; labels on cereal boxes and other food items ; store signs
- Help your child learn to recognize the letters in his/her name and the sounds they make. Look for the same letters in day to day print (see above) and in books, newspapers and magazines. Look for things that start with the same sound.
- Read to your child as often as you can. Have your child make up their own stories while looking at the pictures.
- Nursery rhymes, finger play rhymes, songs, rhyming stories, finding everyday items that rhyme: cat-hat, dog-frog, dish-fish, book-hook, bed-red, pan-can, spoon-moon, etc...
- Use positional words such as first, last, closest, farthest, in the middle of, between, beside, next to, etc...
- Make two piles of...anything... Ask your child which pile has more or less ; many or a few, the most or some
- Basic Math: sorting, matching and counting socks, silverware, plastic containers and lids ; folding face cloths, dish cloths, small towels and pillow cases.
- Cut...cut...cut... straight lines, curved lines, zig zag lines, shapes..... Remember to keep your elbow down and thumb up. Start with narrow strips of heavier paper, such as old greeting cards and Bristol board
- Draw...draw...draw... copy pre-printing lines and shapes: vertical, horizontal, circle, cross, diagonal, X, curved lines, c, u, h, n,
- m, snakes, S, zig zag lines, M, W, Z, etc.... draw pictures of your family, pets, relatives, trees, flowers, etc....
- Colour...colour...colour... encourage creativity and expression through art. It doesn't have to necessarily 'look' like anything. Ask your child to tell you about their picture. Comment on the colours used,
- Encourage a firm tripod grasp when holding a crayon, marker or pencil. If your child is having trouble, get rid of the pencils and markers and use small pieces of chalk or crayon. The smaller the piece the easier it is to establish and maintain a proper tripod grasp. Try wrapping an elastic band around the bottom of the crayon or pencil to give them something to grip with their thumb and first two fingers. Have them hold a coin or small pebble in the palm of their hand with their baby and ring fingers, therefore isolating these fingers and leaving the thumb and first two fingers to grip the pencil in a tripod grasp. Put a dot near the tip of the crayon or pencil and have your child place their pointer finger on the dot.