

# Early Years Connection

A newsletter of the  
Ontario Early Years Centre, London West  
519-473-2825

JANUARY/  
FEBRUARY  
2010

## At the Centre...

January and February sometimes feel like long months of being cooped up at home. We see more people visiting our playgroups, looking for something fun to do inside. We add extra staff to some of our community playgroup programs to accommodate more participants. We also offer drop in playgroups at our main centre on Tuesday and Thursday evenings and Saturday afternoons. These groups are a great chance for families to spend time playing and learning together. The evening groups go from 5:30 – 7:30pm and the Saturday group is 1:00 - 4:00pm. This February, we will be hosting a Family Game Night on Thursday, February 11, 2010 from 5:00 – 7:00pm, to celebrate the Family Day long weekend. Please watch for more details and join us for fun, free family activities!



### Peanut Free Zone

We strive to ensure that the main centre playroom and all community playgroup locations are peanut free zones. Please check that any foods you bring into playgroups are peanut free.



The London Regional Children's Museum  
21 Wharnccliffe Rd S

Offers **free admission** every  
Friday evening from 5:30-7:30pm.

Join the Ontario Early Years Centre - London West  
there on January 8 and February 12.



## Community Connections



Please see the white community calendar for playgroup locations.

### Community Visitors

#### Librarian Visits

Westmount Library- January 7

Medway Community Centre- January 22,  
February 19

Elmwood Ave Church- February 23

Byron Library- January 12, February 9

#### All Kids Belong

Holy Family Church- January 12

Westmount Library- February 11

#### Tyke Talk

Elmwood Ave Church - January 12

Byron Library - January 19

### Community Playgroup Closures

**All London West Community Playgroups will be  
CLOSED December 14, 2009 to January 3, 2010.**

#### **Program cancellations:**

Are posted on our website ([www.lcc.on.ca](http://www.lcc.on.ca)) and listed on our voice mail system at 519-473-2825.

Changes to children's programs are listed at extension 222.

Changes to parenting programs are listed at extension 223.

Changes to programs at our main site are listed at extension 444.

Cancellations due to poor weather conditions will be announced on AM 980 ([www.am980.ca](http://www.am980.ca)).

## Playgroups at the OEYC, London West Session 1 (January 5 to January 30)

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b> Circle of Friends 9:30-11:30 Family Math 1:00-3:00 Drop In 5:30-7:30	<b>6</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>7</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>8</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00 Baby & Me 1:00-3:00	<b>9</b> Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
<b>12</b> Circle of Friends 9:30-11:30 Family Math 1:00-3:00 Drop In 5:30-7:30	<b>13</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>14</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>15</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00 Baby & Me 1:00-3:00	<b>16</b> Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
<b>19</b> Circle of Friends 9:30-11:30 Family Math 1:00-3:00 Drop In 5:30-7:30	<b>20</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>21</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>22</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00 Baby & Me 1:00-3:00	<b>23</b> Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
<b>26</b> Circle of Friends 9:30-11:30 Family Math 1:00-3:00 Drop In 5:30-7:30	<b>27</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>28</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>29</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00 Baby & Me 1:00-3:00	<b>30</b> Men Can Play Too 9:30-11:30 Drop In 1:00-4:00

### Program Descriptions

Baby and Me Infants birth to 6 months. Registered. No drop in.

Caregiver Stay & Play Children birth to 6 years. A group for home child care providers and the children in their care. Registered with limited drop in.

Circle of Friends Birth to 6 years. Registered with limited drop in.

Circle of Little Friends Birth to under 3. Registered with limited drop in.

Drop In Birth to 6 years.

Family Math Math is everywhere! Enjoy games and activities to develop math skills and concepts with your 3 to 6 year old. This is a 6 week registered program.

Le Royaume des Copains Enfants âgés de 0 à 6 ans.

Men Can Play Too Children, birth to 6 years, and the men in their lives.

Walk and Roll Infants 6 to 18 months. No drop in.

### Registration Guidelines:

- Please call or drop in between December 1-19 to choose one program for either January or February.
- Those who have been randomly selected will be contacted and offered a spot in one program.
- Our next registration period will be February 2-20 for programs in March and April.
- **If you are registered for a playgroup or parenting session and are unable to attend, please call to let us know.**

**All of our programs are  
free of charge!**

If you would like to receive the newsletter by email, please contact Amanda at [oeyclondonwest@lcc.on.ca](mailto:oeyclondonwest@lcc.on.ca).

# Playgroups at the OEYC, London West Session 2 (February 2 to February 27)

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Caregiver 9:30-11:30 Family Math 1:00-3:00 Drop In 5:30-7:30	<b>3</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>4</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>5</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	<b>6</b> Men Can Play Too 9:30-11:30 Drop in 1:00-4:00
<b>9</b> Caregiver 9:30-11:30 Family Math 1:00-3:00 Drop In 5:30-7:30	<b>10</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>11</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Family Game Night 5:00-7:00	<b>12</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	<b>13</b> CLOSED
<b>16</b> Caregiver 9:30-11:30 Drop In 1:00-3:00 Drop In 5:30-7:30	<b>17</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>18</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>19</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	<b>20</b> Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
<b>23</b> Caregiver 9:30-11:30 Drop In 1:00-3:00 Drop In 5:30-7:30	<b>24</b> Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	<b>25</b> Circle of Friends 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	<b>26</b> Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	<b>27</b> Men Can Play Too 9:30-11:30 Drop In 1:00-4:00

## OEYC, London West Hours

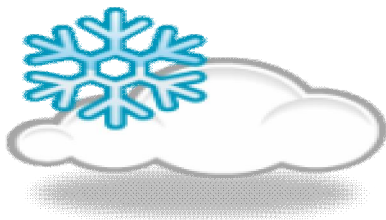
Monday	CLOSED
Tuesday to Friday	9:30am-4:30pm
Tuesday and Thursday Evening	5:30pm-7:30pm
Saturday	9:30am-12:00pm
Saturday	1:00pm-4:30pm

## Playroom Hours

Tuesday to Friday	9:30-11:30am, 1:00-3:00pm
Tuesday and Thursday	5:30-7:30pm
Saturday	9:30-11:30am
Saturday	1:00-4:00pm

## Holiday Closures:

- Saturday, February 13 and Monday, February 15 for Family Day.



One little snowflake with nothing to do,  
 Along came another and  
 Then there were two.

Two little snowflakes laughing with me,  
 Along came another and  
 Then there were three.

Three little snowflakes looking for some more,  
 Along came another and  
 Then there were four.

Four little snowflakes dancing a jive,  
 Along came another and  
 Then there was five.

Five little snowflakes  
 having so much fun,  
 out came the sun  
 and then there were  
 none!

**Trace 5 of these  
 snowflakes and share  
 this story with your  
 child!**



For more information on our drop in community programs, please see our community calendar.

# Parenting Corner

## How Can I Help My Overweight Child?

One-third (34%) of Canadian children 2-17 years of age are overweight or obese. Many parents don't realize their child may be at an unhealthy weight. Research shows that the longer a child remains obese, the more likely he or she will be an obese adult. If you are unsure if your child's weight is unhealthy, check with your doctor or a registered dietitian.

### Should my overweight child go on a diet?

Following strict diets, skipping meals or omitting entire food groups can be harmful to a child's growth and body development during a time of rapid growth. The best way to manage weight is through healthy eating and physically active lifestyle. Rather than dieting, your goal should be to help your child "outgrow" their excess weight by letting their weight grow into their height.

### What's the best way to help my child?

Parents should work as a team with their whole family to create healthy eating and exercise habits. Offer plenty of vegetables and fruit, and a variety of whole grain foods, lower-fat milk products, and lean protein foods like lean meat, fish, poultry and vegetarian proteins such as tofu, beans, lentil and nuts. Try to keep "treat" foods and sugary drinks to a minimum.

You don't need to be making special meals for your children-your whole family can choose from the same healthy foods. Don't use food as a reward with your children; instead, you might offer an active family outing like swimming or cycling. Let your children decide how much food is enough for them - some days that will be less and other days it will be more but let them be in charge. Restricting food can cause children to be preoccupied with food. Enjoy family meals together at least once a day!

Source: Dietitians of Canada

[www.dietitians.ca](http://www.dietitians.ca)

Submitted by: Ginette Blake BAScRD

Public Health Dietitian

Middlesex-London Health Unit

Go to [www.healthylivinginfo.ca](http://www.healthylivinginfo.ca) for some great recipes and ideas on staying active!



## Home Child Care Facts

Community Home Child Care, London Children's Connection

[www.lcc.on.ca](http://www.lcc.on.ca) 519-471-4300



Did you know that ...

- caregivers can provide home child care in their home on their own or with a licensed program?
- all caregivers are legally allowed to care for a **maximum number of five children**, other than their own, at any given time?
- the Ministry of Community and Social Services: Ministry of Children and Youth Services makes visits to caregivers' homes if they are found to be caring for more than five children other than their own?
- licensed programs can assist and support caregivers in following the requirements of the Day Nurseries Act?
- caregivers, in licensed programs, are visited with both scheduled and unscheduled visits?
- caregivers, in licensed programs, feel supported and less isolated with the regular visits by qualified Home Child Care Coordinators?



London Children's Connection

519 471 4300

[www.lcc.on.ca](http://www.lcc.on.ca)