

Early Years Connection

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

SEPTEMBER-
OCTOBER
2010

At the Centre...

We all want our children to have a safe, happy childhood and grow up to be caring, creative and responsible adults. It is our goal at the Ontario Early Years Centre, London West to provide the services and supports families want to help make their job of parenting as positive as possible. There are many ways you can share your ideas about the services, programs and supports you would like us to offer. You can talk to our staff, complete our feedback surveys or join our Program Advisory Committee. The Committee meets three times each year from September to June. It's a great way to connect with other parents and community partners, and share your experiences to guide our program development. For more information, please ask one of our staff.



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.

Join us for our birthday celebration at the Children's Museum on Monday, October 18, 5:30-7:30 pm!



The London Regional Children's Museum offers **free admission** every Friday evening from 5:00 to 8:00pm.

The Ontario Early Years Centre, London West will be at the museum on September 10th.



Parking Lot Safety: Watch for young children. Never leave unattended cars running.



Community Connections



Please see the white community calendar for playgroup locations.

Community Visitors

Dental Health

Elmwood Presbyterian Church - October 5
Holy Family Church - October 27

Librarian Visits

Byron Library - September 14, October 12
Medway Community Center - September 24,
October 22

tykeTALK

Byron Library - October 5
Westmount Library - October 7

All Kids Belong

Elmwood Presbyterian Church - October 19

Literacy Specialist

Holy Family Church - October 13

Nature Collage Activity



A super simple way to get young kids involved with nature and creating art at the same time. Collect a bunch of fall objects on a walk, like leaves, small sticks and acorns. Have the child glue them onto a piece of paper to make a collage! Your child can also create an object using all of the collected nature items. Let his/her imagination take over. Your child could also sort the found items in different ways. Things that are the same colour, smooth, bumpy, warm, cold.



There are so many different ways to sort. Most of all, have fun!

Playgroups at the OEYC, London West Session 9 (September 7 to October 2)

Tuesday	Wednesday	Thursday	Friday	Saturday
7 Circle of Friends 9:30-11:30 Letter Fun 1:00-3:00 Drop In 5:30-7:30	8 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	9 Circle of Friends 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	10 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	11 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
14 Circle of Friends 9:30-11:30 Letter Fun 1:00-3:00 Drop In 5:30-7:30	15 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	16 Circle of Friends 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	17 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	18 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
21 Circle of Friends 9:30-11:30 Letter Fun 1:00-3:00 Drop In 5:30-7:30	22 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	23 Circle of Friends 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	24 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	25 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
28 Circle of Friends 9:30-11:30 Letter Fun 1:00-3:00 Drop In 5:30-7:30	29 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	30 Circle of Friends 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	1 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	2 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00

Program Descriptions

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 A play based program for children birth to 6 years and their parents/caregiver. Registered with limited drop in.

Circle of Little Friends A play based program for children birth to under 3 years and their parents/caregiver. Registered with limited drop in.

Cooking With Kids Children 3-6 years. A cooking program that includes reading, counting and science activities. Registered with limited drop in.

Drop In A play based program for children birth to 6 years and their parents/caregivers.

Letter Fun A literacy program for parents and their children, aged 3-6 years. A wide range of alphabet based activities are introduced. No drop in.

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

Men Can Play Too A play based program for children, birth to 6 years, and the men in their lives.

Walk and Roll A play based program for infants, 6 to 18 months, and their parents/caregiver. No drop in.

Registration Guidelines:

- Please call or drop in August 10 - 28 to choose one program for either session 9 or 10.
- Those who have been randomly selected will be contacted and offered a spot in one program.
- Our next registration period will be October 5 - 23 for programs in November and December.
- **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 email us at oeyc.lw@lcc.on.ca.

Playgroups at the OEYC, London West Session 10 (October 5-October 30)

Tuesday	Wednesday	Thursday	Friday	Saturday
5 Caregiver 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	6 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	7 Cooking With Kids 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	8 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	CLOSED
12 Caregiver 9:30-11:30 Circle of Friends 1:00-3:00 Drop In 5:30-7:30	13 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	14 Cooking With Kids 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:00-7:00	15 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	16 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
19 Caregiver 9:30-11:30 Circle Of Friends 1:00-3:00 Drop In 5:30-7:30	20 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	21 Cooking With Kids 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	22 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	23 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00
26 Caregiver 9:30-11:30 Circle Of Friends 1:00-3:00 Drop In 5:30-7:30	27 Le Royaume des Copains 9:30-11:30 Drop In 1:00-3:00	28 Cooking With Kids 9:30-11:30 Limited Drop In 1:00-3:00 Drop In 5:30-7:30	29 Circle of Little Friends 9:30-11:30 Walk and Roll 1:00-3:00	30 Men Can Play Too 9:30-11:30 Drop In 1:00-4:00

OEYC London West Hours

Effective September 7, 2010

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

Community Closures

All community playgroups will be closed
 August 23-September 3.



Program Cancellations

Program cancellations are posted on our website (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 our main site are listed at extension 444. Cancellations due to poor weather conditions will be announced on AM 980 (www.am980.ca)

Holiday Closures

Our main centre as well as our community programs will be closed:
 Saturday, September 4 and Monday, September 6 for Labour Day.
 Saturday, October 9 and Monday, October 11 for Thanksgiving.

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



Making a Quality Child Care Choice

When looking for quality child care for your family, there are a number of important questions to ask yourself and any potential child care provider. Below are helpful questions and qualities to help you make an informed choice.

Questions to help clarify your needs and priorities:

- ◇ Do I need full or part-time care?
- ◇ Do I need care for more than one child?
- ◇ What can I afford to pay each month?
- ◇ Am I eligible for child care fee subsidy?
- ◇ Do I prefer centre or home-based care?
- ◇ Do I want a program that is close to school, home or work?

Qualities to look for in an early childhood educator/caregiver:

- ◇ Warm, affectionate, responsive, open and informative
- ◇ Understands how children grow and learn
- ◇ Provides a stable and stimulating environment
- ◇ Supports my child's emotional, social, intellectual and physical well-being
- ◇ Seeks out community resources and support
- ◇ Willing to develop common goals with me for my child

Characteristics of a quality child care setting:

- ◇ Clean, safe and secure, both indoors and outdoors
- ◇ Appropriate number of children with each adult
- ◇ Space for quiet and active times, indoor and outdoor play
- ◇ A balance of interesting activities
- ◇ Flexible yet predictable daily routine
- ◇ Variety of easily available toys and equipment

For information about licensed home child care, call Community Home Child Care at 519-471-4300.

For a listing of all licensed child care programs in London, ask an OEYC staff for a "Child Care-Early Childhood Education in London" brochure, or visit www.familyinfo.ca.

Sleep and Bedtime Routines

Sleep! Before having children, sleep is a given for most people. In general, you could control when you went to sleep, where you slept, and when you woke up. All that changes with the arrival of a baby! Suddenly someone else is very influential on your personal sleep time.

This is one of the major lifestyle changes that comes with starting a family. Parents often have questions about how many hours a baby or child should be sleeping, how to get children to sleep and keep them sleeping, the impact of napping on night time sleep, and many more...

We are offering a parenting session called Sleep and Bedtime routines on Thursday, September 30, from 6:30 to 8:30 pm. Our workshops are very informal and friendly! You will have lots of opportunity to ask questions and share your experiences with other parents. A good night's sleep is important to the health and well being of child and parent. Please call 519-473-2825 to sign up. Some child minding will be available, please ask when you register.

