

March/April 2023 Newsletter



Alpha Child Care Ltd.



WORD FROM THE OFFICE

Top of the mornin' to you all!!!! Happy St Patrick's Day. Will March come in like a lion and out like a lamb? Or in like a lamb and out like a lion? I hope it is the first one as I am really excited for the arrival of spring and its lovely warm weather.



Recently, you've received a copy of your child's progress report indicating what skills your child has mastered and goals that the Educators will be working on with your child. If you would like a personal interview with your child's Educator, please let me know and I will set aside some time when it is convenient.

Shivana, myself and your child's Educator will meet with you on a one to one basis.

March 20th – 24th has been designated as Parent Appreciation Week here at Alpha. We will be honouring all our great parents for all their support and contributions.

On Monday, a virtual Parent Survey will be sent to your email, and we ask you to answer honestly and give us feedback on what Alpha can

do better, or add anything you would like to see Alpha further invest in. Your opinion matters and we appreciate your comments.

On Friday, Alpha will provide a continental breakfast, so please stop by my office and enjoy a little snack that has been especially made for you! Watch our bulletin boards for further details through the week!

Please help me in welcoming Padmini aka "Shivana" Seedeyal into the office as Assistant Supervisor. Patricia Andrade has stepped into the Manager Role/Supervisor, and Mary

Soundy will be officially retiring July 7th, 2023. Ipsita Mukerjee BA, RECE has moved into the Preschool 3 classroom, Niketta Panchoo RECE has moved into the Int. Toddler

classroom, and we have a couple of new hires to fill in positions throughout the centre. Please welcome Rupinder Kaur RECE in the Sr. Toddler, Simran Simran RECE in the Jr. Toddler room, Anamika Kaur RECE in the Pre/Kinder class and Kiranpreet Kaur RECE Program Float Educator. We

look forward to all the great ideas these Educators have to offer and wish them well in their new positions!

Most recently, I have sent out Alpha's Kindergarten registration forms. If you could please return them as soon as possible, if you have not already done so. This information will help me in planning for the upcoming school year in September.

Until next time, my door is always open.

Patricia Andrade RECE
patriciaa@alphachildcare.ca

We're on the web visit
www.alphachildcare.ca



DATES TO REMEMBER

Tues March 7th – Picture Day (Infants, Sr, Todds, Jr. Pre, Pre/K)

Wed March 8th – Picture Day (Jr. Todds, Int. todds, Sr. Pre, Pre 3)

Thurs March 9th - *Virtual PAC Meeting 6:15pm – 7:15pm*

Sunday March 12th - *Daylight Savings Time: Clocks "Spring" Forward 1 hour @2AM*

March 13th – 17th (March Break Fun Week)

Sat Mar 20th – First Day of Spring

March 20th – 24th - Parent Appreciation Week

Tues Mar 21st – World Down Syndrome Day (wear Mix Matched Socks)

Thurs Apr 6th - Alpha's annual Easter Luncheon at 11:15am

Fri April 7th - Good Friday Alpha Closed

Sun April 9th - Easter Monday

Wed Apr 19th - Potluck Dinner at 6:15m – 8pm

Sat Apr 22nd – Earth Day

INFANTS

Hi Infant classroom families, we hope you are just as excited as we are for the spring weather! It is a great time to take advantage of the outdoors to promote gross motor skills, especially walking! As the children can begin transitioning into their spring outdoor attire and out of their thick, heavy, and often restricting winter jackets, boots, mitten, hats, scarves, and even sometimes sweaters, they have more freedom and flexibility in their movements outside. This is especially beneficial for our young ones, as they are just beginning to develop their gross motor skills and learning how to sit, crawl, walk, and run!

There are many ways we can help our infants utilize the outdoors to promote walking! Several techniques are:

Going for a Nature Walk - These walks do not need to be elaborate excursions that require hours of your weekend at a fancy conservation park. When we look through the lens of a child, each moment is filled with exciting new information that we are taking in and processing. Therefore, even a walk in the front or backyard, or up and down the street is an exciting adventure! Follow your child's lead as they will show you which of the endless outdoor stimuli are capturing their attention! By stopping and taking breaks, it allows your child to focus on their interests while still learning to become experts at walking. It allows for experiences to be a positive which encourages them to want to engage in the experience again, as oppose to the experience being a stressful and unpleasant one for both your child and you. Your child may want to stop to listen to a dog bark, feel the wind blow, watch a squirrel or airplane go by, observe an insect's activity, or touch a flower, tree, or plant! Enjoy discovering your Infant's skills and interests as well as the outdoors with them!

Utilize Props - If you find that while standing, your child tends to reach out for your hand in order to take a few steps. You can encourage them to walk independently by giving them something to hold, like a ball or soft toy, so that their hands are occupied and their attention will be required to

maintain their balance.

A Trip to the Park - The park is a fun and exciting environment to learn! Not only will your child have other children role modelling the behaviour (ie. walking), but they will have access to many interesting structures to hold on to and give them support as they learn how to walk.

Bubbles - Bubbles are a fascinating aspect of nature! Not only do they float, make perfect spheres and interesting irregular blobs, have a magical shine and sparkle to them if caught at the right angle, but also pop and disappear when made contact with! Blowing bubbles can motivate your child to both exercise and strengthen their gross motor muscles needed to stand and eventually walk, as well as the muscles required to coordinate, balance, and move their body forward!

Other general tips for promoting walking:

- Hold your child by their waist or under their armpits instead of by their fingers! This supports them in learning to use their arms and hands to balance their weight instead of relying on others to do that for them. This also prevents them from leaning their body weight forward, which throws their body weight off balance, and is what infants tend to do when we hold them by their fingers.
- Use a favourite toy or your hand to extend out to your infant to motivate them to take a step! Extending a toy/your hand out far enough that they have a reason to move their body forward, but close enough that they feel that they can realistically reach it. This is a key consideration in using a toy/your hand as an incentive to walk.
- Celebrate small wins with your infant! Praise is very encouraging! Children learn a lot from our body language, facial expressions, tone of voice, and even words. Sometimes we don't think of these more subtle cues and forms of expression as learning tools, but they are definitely forms of information that is



communicated to your child.

- Using push toys, such as trollies or riding toys, help to develop coordination, balance, and strength needed for walking. These toys generally have a handle or bar that can be pushed/pulled and wheels at the bottom of the toy that allow movement.
- Encouraging your child to stand and play, then eventually cruise, are stepping stones towards learning how to walk! By placing preferred items/toys on higher surfaces like a table, chair, sofa, ottoman, counter, jungle gym, or play kitchen set, can encourage them to practice their standing while playing! By gradually moving these items at a slightly out of reach position, will motivate your child to begin cruising (walking while holding on to furniture for support)! Playing your child's favourite song as they stand, can even encourage them to dance while using these surfaces for support. Again, building on muscles and skills needed for walking!
- Incorporate practicing walking into your child's daily routine can help provide that safety of expectations that young children benefit so greatly from. This does not need to mean adding in a separate time to practice walking, but rather, using a part of the routine that is already in place (eg. going to the nursery to take a nap/sleep for the night or to the washroom for a bath) and utilizing this time to practice walking in place of being carried to their destination. Your child then knows that this is the time that we practice this gross motor skill and also ensures you that you have incorporated this time into your day at least once. With each opportunity it moves you and your child towards more independence!

We hope that these strategies, ideas, and tips have been helpful and we look forward to watching your child(ren) and you enjoy the joy of learning!

Kind regards,
Areanna RECE, PJ RECE, Fowsio RECE, SmiledEEP RECE and the Infants

INTERMEDIATE TODDLER

Hello again to our Intermediate Toddler families. We've made it through Jan/Feb! With that said, Spring is right around the corner!

The Intermediate Toddler team have compiled a list of experiences that could be done with your little ones for the months of March and April.

Easterfest: April 1,2,7,8, & 9: Join the Easter Bunny at the annual Easterfest at Downey's Farm. There will be activities such as wagon rides, baby farm animals, egg hunt and of course the Easter Bunny. More information could be found



on the Downey's Farm website.

Family Storytime: Take your whole family to an interactive story time at the Brampton Library where you can play and sing together to promote early learning. Different locations offer different times slots, which can all be seen on the Brampton Library website.

Paint the Town: In partnership with Peel Art Gallery Museum & Archives (PAMA), Visual Arts Brampton, and the Brampton Arts Organization (BAO), Paint the town is returning to the Brampton Library and is wonderful opportunity to paint, learn, and socialize with other

participants. More information could be found on the Brampton library website.

Indigenous Celebration: Beading Session with Katie Longboat;. learn traditional beading techniques from Katie Longboat, an Indigenous bead artist, who finds inspiration through the natural world, her travels and her family. More information could be found on the Brampton library website, along with more wonderful Indigenous experiences to discover.

Hope to hear some great feedback! Until next time,
Niketta RECE, Janice Support Educator, Harjit RECE and the Intermediate Toddlers

JUNIOR TODDLERS

Hello again everyone! We have had a very busy winter welcoming new families and Educators to the Jr. Toddler classroom. In late January we welcomed Simran, who is a recent graduate from the Early Childhood Education Program at Fanshawe College. Simran is very much looking forward to working with you and learning more about the children and their wonderful families.

After a long, snowy winter, spent indoors due to the cold, we are so excited to welcome spring and warmer weather. We are eager to get outside to play and explore all that winter has left behind. Outdoor play is a beneficial part of our daily curriculum and as per Ministry guidelines we are required to have 2 hours of outdoor play each day.

Playing outdoors allows children to explore nature and use their senses to learn more about the environment that surrounds them. We learn about birds and the sounds they make and we often get to see squirrels looking for food and materials to make shelter.

The children also show an interest in the vehicles they get to see and hear, such as school buses dropping off children after school, garbage trucks lifting large bins, fire trucks and ambulances with their sirens on in a hurry.

The children enjoy sensory exploration using sand, dirt, wood chips and their imagination to create mud pies and all

kinds of masterpieces.

Outdoor play also promotes exercise, physical activity, well-being and the development of muscle strength and coordination as well as gross motor skills such as running, jumping, kicking, catching and riding. The outdoors is a learning environment just as the classroom indoors and the Educators encourage participation from all the children even on the rainy days ahead. So let's put on our rain boots and coats and let's explore the outdoors!

See you next time,
Ana RECE, Komal RECE, Simran RECE and the Jr. Toddlers



SENIOR TODDLERS

Hello Family and Friends. We hope everyone is doing well, enjoying the weather and are keeping warm and safe.

In the Sr. Toddler room, we are encouraging the children to share every day with their peers. We have also been redirecting behaviors when it comes to children using their hands. Dancing is a part of our daily routine, your Toddlers have some cool moves! Movement is such an amazing way to help strengthen their gross motor skills. Jumping, walking, running, are all other ways to strengthen their skills as well, but the list



doesn't end there! Your Toddlers are learning to tidy up after themselves when playing with toys. All parents know this is a great benefit in your household!

Now that the weather is going to get warmer, going outside twice a day for an hour each day is another part of our daily routine. Holding hands and using their walking feet is a really great way to keep the Toddlers still for a moment when getting ready. Walking feet is always a reminder in the room because these Toddlers are always on the go but at Alpha, we know safety comes first.

(Continued on page 4)

SENIOR TODDLERS CONT'D

Here are some fun activities you can do with your children during spring outdoors:

- Blow bubbles outdoors
- Fly a kite (Choose an open field and run around with the children and try to get the kite up in the air)
- Make a bird feeder together and place it outdoors together.
- Ride a bike
- Enjoy the cherry blossoms! (April showers bring may flowers! With the snow melting away, there will be plenty of



beautiful cherry blossoms to observe and admire).

- Feed the ducks (It's migrating season! All the ducks and other birds are heading back home, so bring a bag of bread to a pond near you and feed them!)
- Visit a Farmers market near you. (Pick out fruits or vegetables with your children to have for snack later!)
- Get gardening! (Now is the time to start **planting flowers** in the yard. Your little ones will love getting messy in the fresh soil and being on garden hose duty.

- Go for a hike! (What better way to explore the fresh outdoors than to go on a hike through a forest or trail? Try to stay quiet as you venture through to see if you can hear (or see) the animals coming out of winter hibernation.)
- Wash your Car! (Choose the warmest day to get the kids to help you out with cleaning up your family vehicle (s) on the driveway.)

Until next time:

Chau RECE, Ankita RECE, Rupinder RECE and Senior Toddlers

PRESCHOOL 3

Hello Preschool 3 parents. We hope everyone is doing well. The long winter is almost over, and we are sure that everyone is looking forward to spring.

Our Preschoolers have been working incredibly hard to identify their numbers from 0 to 20, fundamental and complicated shapes, as well as their letters and associated phonetic sounds. We will be concentrating on printing and recognizing the letters in their names throughout the course of the following few months. In order to help them with their printing abilities, we will also concentrate on improving their pincer grasp. The children will practise printing the letters independently before moving on to tracing them as we move towards printing.



Outdoor play is a fantastic method for kids to burn off some energy, develop basic mobility skills, increase muscle

strength, and improve control and balance. They will learn to be more active thanks to this. It is a fantastic approach to discover nature and grow in love with it. Due to the ability to extend indoor learning outside, children can also learn about these ideas like colours, shapes, numbers, and letters.

These are some enjoyable outdoor activities you can do with your child as the spring approaches:

Hop-scotch: On the driveway or sidewalk, play your own version of hopscotch with sidewalk chalk. Have them collect stones to roll on the number you need to move to.

Go on nature scavenger hunt: A scavenger hunt would be a great way for children to learn about new plants and animals they haven't seen in a while as all the wildlife emerges from their long winter's nap. For example, insects, birds, leaves, and so on.

Build a kite: A fun way to welcome the warmer spring breeze is to fly a kite. The process includes all aspects of making a kite. Utilizing popsicle sticks, tissue paper, construction paper, wooden dowels, string, yarn, stickers, glue, tape, scissors, and any other household materials; On a windy day, you can help your child construct a kite and then test fly it.

How to decorate Flower Pots: Why not get the kids involved by decorating flower pots since the season offers opportunities for planting? By making crafts with paint, glitter, stickers, googly eyes, pom-pom balls, glue and other household materials; You can assist your child in decorating garden flower pots.



Until next time

Harneet RECE, Ipsita RECE and the Preschoolers

SHEILA'S KITCHEN

Healthy eating at home and childcare centre adults and children each have a responsibilities.

While Canadian food Guide requirements are an important part of our healthy eating there are many others healthy eating factors that help build healthy eating habits in children.

Adults and children each have a

responsibility when it comes to feeding and eating. Allowing the children to make decisions about the food helps them build healthy eating habits that will last a lifetime.

The adult responsibilities are to decide:

- What food is to be offered
- When it is offered and
- Where it is offered

Offer meals and snacks at a regular time every 2 to 3 hours. Offer nutritious and safe foods. You can provide pleasant meal and snack times by eating at the same table with your children and eating the same food.



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SENIOR PRESCHOOL

Hooray! We survived winter! Here's to hoping that we will not be seeing anymore major snowfalls as we are all looking forward to the warmer spring weather for March. And let's all hope that the ground hog was right and spring comes early.

Here's an update on how we are doing in the Senior Preschool classroom!

The Senior Preschoolers would like to welcome Austin, Anayesha, Bhvtik, Aveera and Eknoor, along with their families to our Alpha Family. We are super excited to have you all join our classroom. Over the last few months, the Senior Preschoolers having been working really hard on their self-help skills. We are happy to report on our success as the majority of the children are now able to put on their outdoor clothing, and get themselves fully undressed independently with little to no assistance from their Educators. Way to go, friends! We are super proud of you all! The Educators are continuing to encourage this to be done at home as well, as it will allow consistency, which in the end will lead to their success in getting themselves dressed and undressed while here at the centre, and while at home.

Now on to the good stuff!

Since spring is just around the corner, we thought of a few fun activities for you to do at home as a family, that will help keep not only you, but also your child busy and occupied while at home during the warmer months to come!



Coffee Filter Butterflies:

All you need is coffee filters, markers, a small spray bottle with water, pipe cleaner and pony beads. Have the children colour 2 coffee filters with markers any way they would like, then have your child(ren) spray the coffee filters with the spray bottle with water. Wait for the coffee filters to dry before fan folding the two coffee filters. Then tie them together with a pipe cleaner in the middle 1/3 from base. Leave 1/2" loop in the middle for the butterfly head and leave antennae straight. Open and fluff out wings of the butterfly, pinch at the ends to retain the folds. At the end of the antennae place a ponybead and curl into a swirl. See website below for more detailed instructions

<https://www.organizedisland.com/how-to-make-coffee-filter-butterflies/>

Handprint Easter cards

All you need is different coloured construction paper, cottonballs or pompoms and googly eyes. Have the children trace their hands on a piece of construction paper, if they are old enough have them cutout their handprint from the paper or you



(parents) can trace and cut it out for them. Then have them decorate their hand print using the pompoms/ cottonballs and googly eyes for the eyes. Visit the website below for more detailed instructions.

<http://lattesilacsandlullabies.com/21-easy-easter-crafts-for-kids/>



Spring Tree Thumbprint craft

All you need is construction paper, blank white paper, scissors, and pencils and paint.

Parents can trace the child's hand and arm on a piece of construction paper with the pencil, cutout the arm and hand as this is the tree template, then have rolled tape ready for the children to put on the back of the tree template, they will put their tree onto the middle of the blank paper. Once that is done the children will then put their thumb into green paint and on the bottom of the paper to make grass, use pink/red paint for the children to dip their thumbs into to make cherry blossoms around the fingers of the tree template and then use blue paint for the children to dip their thumbs into to make the sky. For more detailed instructions visit the website listed below.

<https://www.adabofgluewilldo.com/spring-fingerprint-tree/>

See you around the centre. Until next time.

Harnoorpreet RECE, Theresa Support Educator and the Senior Preschoolers!

SHEILA'S KITCHEN cont'd

(Continued from page 4)

Be a role model for a healthy eating. Offer foods that you may not enjoy or prefer. The children can decide whether they want to eat them or not. Give children enough time to eat - 15 minutes for snack 30 minutes for a meal. Avoid television, toys and other distractions when eating. At the end of the meal or snack remove any food not eaten food without comment.

The children's responsibilities are to decide.

- Whether or not to eat
- How much to eat

Adults need to respect the child's choices. It helps children develop positive feelings about food and mealtimes.

Let the children decide how much to eat, even if that means leaving food on the plate not eating at all or asking for more food. This this will help to listen to the hunger and fullness cues and eat the amount that's right for them and their individual growth pattern.

Pressuring children to eat can have negative consequences. Some children respond by eating less and some

children eat more to please their parents or caregivers.

Respect their appetites by avoiding these comments:

Just take one more bite to please me

- No dessert until you eat your meat.
- Good boy you ate all your peas.
- No more bread until you eat some meat.
- Finish your milk it's good for you.
- How do you know you don't like it unless you try it?

Hopefully these notes will be helpful.
Chef Sheila

SPECIAL EVENTS

Welcome families to the months of March and April.

Picture this Image will be returning to take Spring Photos of your child(ren). On Tuesday March 7th the



photographers will be taking photos of the Infant, Sr. Toddler, Jr. Preschool and Pre/Kinder classroom. On Wednesday March 8th Jr. Toddlers, Intermediate Toddlers, Sr. Preschool and Preschool 3 will be taking their photos. If you have more than one child at the centre the photographers will take photos of the siblings on the youngest sibling photo day. Please have your child dress up in bright spring colours for the best quality of photos. Your child's Educators will be sending you a reminder closer to the date.

Thursday March 9th is Alpha's Virtual PAC Meeting at 7pm for all members to discuss current issues, events and concerns within Alpha and the childcare community. If you have any additional concerns, please pass them along to your representative to have your concerns addressed.

On Sunday March 12th, it is daylight savings time, so don't forget to set your clocks 1 hour ahead.



March 13th – 17th is March Break for the school boards and Alpha will be open during the week. Stay tuned for special events during this week so the children can have fun and participate during the break.

The week of March 20th – 24th is Parent Appreciation Week: Classrooms will be prepping special surprises throughout the week for parents. Keep a lookout for more details to come. On Monday a parent survey will be available by email to all family members. Please be honest and tell us how you feel. If there is something for Alpha to improve on let us know. What can we do better to make us a 10? We thank you in advance for taking the time to fill out the survey online.

Tuesday March 21st, Alpha will be supporting World Down Syndrome Day! Please help us celebrate the uniqueness of the triplication of the 21st chromosome which causes Down Syndrome, by wearing mix matched socks!

On Thursday April 6th, we will be having Alpha's Annual Easter luncheon in the atrium. Chef Sheila will be serving a scrumptious turkey, potatoes, veggies and of course options available for children with food

allergies and restrictions.

Just a reminder Friday April 7th, Alpha will be closed in lieu of Good Friday and will reopen Monday April 10th for Easter Monday.

On Wednesday April 19th Alpha will be hosting a Potluck dinner at 6:15pm – 8pm. Each classroom will be responsible to bring in a dish (family serving size) to the centre for all those attending to enjoy. Stay tuned for postings outside your child's classroom door to see what you will be responsible for to bring in, to ensure there is a variety of food served, but please feel free to bring anything you want to share.

On Saturday April 22nd we ask families to help the environment for Earth Day by turning off all non-essential electric lights, for one hour, from 8:30pm – 9:30pm as a symbol of commitment to our planet. This would be a great opportunity to light up candles around the house engage in meaningful family time, maybe set up a fort with flashlights etc. Let's be a part of helping our beautiful Earth!



Until next time my door is always open!
Patricia Andrade RECE
Supervisor

Junior Preschool

Hello once again from the Junior Preschool room. We hope that March comes in like a lion and out like a lamb because we want the winter weather to be over soon so that we can enjoy the warmer weather and welcome Spring.

The Junior Preschool children's attention span is increasing more and more each day as the children are sitting longer during our academic circles. The children seem more focused on the different topics we discuss each week. The children enjoy learning new Jolly Phonics letters, letter sounds and the jingle that accompanies each letter every week. They



like to learn about different math concepts such as patterning, counting with one-to-one correspondence, learning about prepositions and spatial awareness and the difference between less and more. Plus they like to play simple games like "I spy" using the different shapes and colours we see around the classroom.

The Junior Preschool children love to be physically active and explore the natural playground. They enjoy shovelling the snow, filling the big dump trucks with snow and pushing them up the hill, pulling each other on the toboggans and going down the slide to see who goes down faster. There are many outdoor activities that you can do

as a family to help you stay fit and have fun.

Here are some ideas:

- Go for a nature hike/walk with the family and look at all the different nature items you see. Make a list of the different items and then when you get back home draw pictures of the different items you saw.
- Go on an Easter Egg hunt in the backyard. Place different easter eggs around the backyard and then later on go outside and have the children try to collect them in their easter basket/bag.
- Go on a scavenger hunt around the neighbourhood, or in your backyard.

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Junior Preschool cont'd

(Continued from page 6)

- Clean up the backyard and garden to help get them ready to plant seeds in the garden. Give the children a pair of gloves, rake to get them to help you rake up the lawn put any garbage in a plastic a bag. Or let them rake the garden up and turn up the soil to help prepare it for planting seeds in the garden.
- Go for a picnic at



the local park in the weather is warm enough and it is a nice day.

- Make your own kite and decorate it. Then once it is dry and ready to fly take it out in the backyard or to the park and try flying your kite to see how high it will soar.
- Go for a family bike ride around the neighbourhood.
- Make your own bird feeder and hang it up in the backyard and see what different kinds of birds visit the feeder. Record and chart your

findings of how many different birds come to the feeder.

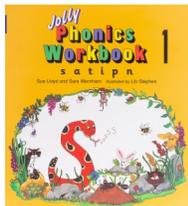
Until next time,
Lynda RECE, Kelly Support Educator, Sandeep RECE and the Junior Preschoolers

Like Us on Facebook

PRESCHOOL/KINDERGARTEN

Hello again to our Preschool/Kindergarten families, this year is going by so quickly and we are looking forward to experiencing some spring weather very soon. Just a note as the temperatures warm up, our playground can be very wet and slushy to please make sure that your child has extra socks, pants and mittens to change into when they get wet. Unfortunately our supply here at the centre is very limited.

Our class has been doing very well with the curriculum, we have recently introduced the Jolly Phonics program to the children and they are being very successful in



learning the various sounds. We start with all of the single letter sounds and then move onto the double letter sounds. This program is introduced in other classroom as well but in the Preschool/Kindergarten program we really focus on blending the sounds together for reading and the printing aspect of the program. Some of the children are beginning to read simple words as well.

We also recently celebrated our 100th day of school. Thank you to our families that participated and sent in pictures of your children counting their 100 items at home. Everyone really enjoyed looking at the pictures during our celebration. We also had fun

counting all the way up to 100 and doing a 100 day dance.

Our Guelph Humber ECE student Samantha made a 100 link chain with the children. Everyone worked hard at



decorating the links and helped to put the chain together. Our next steps will be counting by 2's and 5's and making groups of 10 as well as continuing to count past 100. We have included some fun ideas that you can try at home to help your child develop their skills in mathematics.

1. Incorporate math into conversations whenever possible.

Use math vocabulary such as shapes, numbers and measurements. For example "I see 3 birds on the lawn." Or "Can you bring me 4 cups and 4 plates." Involve your child in cooking activities, following a recipe and using litres and cups.

2. Math is everywhere and counting is a fundamental math skill.

So count with your child whenever possible, count the number of steps to the door, you can count together on your way to school. Sing songs with numbers such as 5 Little Monkeys, 6 Little Ducks etc. count objects in groups such as the number of buttons on their shirt, their fingers and toes etc..

3. Inject fun into the learning, use games and play to practice math

skills. Play simple games such as I Spy for numbers, simple card and board games are all fun ways to practice math without realizing it.

4. Practice patterning with your child.

The ability to identify patterns is important in helping children become more familiar with letters and numbers. Look for patterns around the home or in the environment such as wrapping paper, clothing or bricks in a wall. Encourage your child to make their own patterns, this will also develop their fine motor skills.

5. Arts and craft activities can also be beneficial for developing math skills.

Children can make collages with different shapes. They can also use beads to make necklaces or bracelets practicing their counting or patterning skills as well.

Hopefully you find these suggestions helpful. The best learning always happens when your child is interested and having fun. If you ever have any questions or concerns about your child's development please feel free to approach us, we would be happy to help you.

Until next time:
Jacqueline RECE, Anamika RECE and the Preschool/Kindergarten class

WORD FROM THE MANAGER

Alpha Child Care Ltd.

900 Peter Robertson Blvd.
Brampton, ON
L6R 1A2

Phone: 905-458-4884

Email:

patriciaa@alphachildcare.ca
shivanas@alphachildcare.ca

How is it we are in the month of March already; it seems January just started not to long ago and we are now 3 months into the new year waiting for the arrival of spring!

Over the winter months Alpha has overcome the cold virus through both locations which have caused parents to keep their sick child at home to ensure a clean and healthy environment upon returning. Parents often fell it's the cold temperatures that make children sick. It is a myth that cold temperatures bring on sickness but in fact, respiratory viruses tend to spread much faster during the winter months, and a lot of it has nothing to do with the temperature. What can cause sickness is people being indoors and being in situations that are more conducive to the spread of the virus such as gatherings over the holidays, and if we don't see a spike in flu cases over the colder months, Doctors say to expect one to happen shortly after spring break in March and April. There also may be other reasons people tend to get sicker when it's cold outside. The ultraviolet of the sun can help kill viruses, but in the winter, the days are shorter, the sun is not as high in the sky, so we have less of that and tend to get sick more often. People also tend to get less vitamin D in the winter, which affects your immunity. With that said, it's common to get a runny nose when you're out in the cold, but that doesn't necessarily mean you're getting sick. It is true that exposure to cold air makes your nose run, but that's a normal reaction that the upper airway and mucosal membranes in our nose have to cold weather. Which is not the same thing as getting a viral infection. So, once we get back into a warm and



dry environment, that should go away. In the meantime, lets continue to keep ourselves safe, wash hands as often as possible, and cover your cough or sneeze!

On February 17th, parents found alternate care for their child, so the Educators could attend a Region Wide mandatory Professional Learning Day for all Educators in the Child Care field. A variety of sessions were presented to the Educators of their choice and a lot of information was shared to foster their learning in child development.

Some professional development topics included were

- **Fostering Young Children's Engagement: Supporting Self-Regulation and Relationships**, presented by Dr. Stuart Shanker and Dr. Susan Hopkins
- **Social-Emotional Skills: Supporting Children's Mental Health & Well-being**, presented by Tania DaSilva
- **Beyond Books and Baby Dolls**, presented by Ijuma Jordan
- **Reclaim Your Joy**, presented by Erin Ramsey
- **Stress Management 101**, presented by Natalie Royer
- **Why Does Diversity, Equity, Inclusion Matter? Why Do We Care?: An Honest Conversation with the Early Years and Child Care Sector** presented by Sharon Douglas and Anne Marie Coughlin
- **Un curriculum, ça se nourrit!**, présenté par Sylvie Charron et Jessica Longonya
- **From Observation to Interpretation: The Process of Pedagogical Documentation**, presented by Diane Kashin.

These were all very informative sessions that will be implemented in the classrooms! Alpha Child Care and the Ministry of Education also see the importance of professional development and at some time this year another day will be scheduled for all Educators to attend another day of professional development. Please be prepared to have alternate arrangements when the

closure day is announced. As soon as Alpha is made aware of the closure date, families will be notified via email, in person and signage posted on the walls as a reminder.

I would also like to remind families, to please use the parking spots available to park your vehicle when picking up or dropping off your child(ren). At both locations, parking near the wall, blocks the entrance to the building and must be cleared in case of an emergency. Emergency vehicles need a clear passing to get to and from the centre. This also blocks other drivers in their parking spot, delaying their arrival to work or home. Please consider others and park in the designated areas.

It has been brought to my attention that children have not been buckled up in their car seat appropriately and I just wanted to go over the importance of having your child buckled up safely when transporting in a vehicle. As a driver, you are responsible for wearing your seatbelt and making sure every person in your vehicle has their own working seatbelt, passengers under the age of 16 wear their seatbelts properly in your vehicle and children are secured in an appropriate child car seat or booster seat.



Here are some seatbelt safety tips: You are more likely to survive a crash if you wear your seatbelt properly. To do so: wear your seatbelt so that it crosses your chest and your lower hips — these areas of the body are better able to resist the force of a crash, make sure the seatbelt is not twisted anywhere, the shoulder strap should never be under your arm or behind your back. If you're pregnant: sit as upright as possible, wear both the lap and shoulder belt, wear the lap belt low so it pulls downward on your pelvic bones and not across your stomach. Most families live close to the centre, but always remember to be safe and buckle up, as anything could happen!

Until next time, my door is always open!

Patricia Andrade RECE
Supervisor
patriciaa@alphachildcare.ca