



EDEN DAYCARE NEWSLETTER FALL-WINTER 2023

Eden Newsletter – President’s message

Hello Parents of Eden Daycare,

Summer is over, Fall is here, and soon Winter will be upon us. I know this to be a fact because my mechanics calendar is fully booked for the next few weeks putting winter tires on cars. If I remember Winter as a kid, it was a lot of fun. Building snow men, playing road hockey, snow football, tobogganing at a local hill, or even making snow angels!!! Don’t take the fun out of Winter for your kids. Make it fun for them and they will enjoy the season as much as the next. As a kid all I needed was the proper clothing, and I was good to go. Winter is a beautiful season in Canada, and I believe you should try to get outside and take in the experience before it is over. So go ahead....and let you kids shovel that driveway (and maybe the neighbours too!).

I would like to show our appreciation to all the parents and staff that took the time to fill out their surveys. We had a 75% increase in responses from Parents. Both these surveys are important to Eden because they reveal the areas where we can improve and the areas where we are doing well. All questions have a purpose and show us where we have improved from previous years. Plus, we love to hear all the great comments about our staff. We are continually looking to stay current, improving the service and programming as we move your children through the stages of their early development.

Here at the Daycare, it is business as usual, and our teachers are helping your children to live and learn each day. We have great staff at Eden that are well tenured. They bring energy and life with them to the daily activities planned with your kids. Please let them know that they are appreciated for what they bring to

your child's daily lives. I know we at the Board do. Without them, Eden Daycare would not be the same.

From time to time, we look for new "Parent" board members to replace the ones leaving. If you are interested in becoming a member of the board, please let your wishes be known to one of our Daycare Staff. We as a Board strive to continue to help the Management staff in their efforts to make Eden Daycare one of the best places in Peel to receive quality childcare.

Now let's all go ahead.... take advantage of the nice days, get outside with our kids, and have some Fall and Winter fun!

Cheers,

Simon P. Bottone

President, Eden Daycare

INFANTS : FALL/WINTER OUTDOOR TIME

Winter is just around the corner. We live in a country that has beautiful seasons of fall and winter. They can be cold and chilly. It is important for children to dress appropriately, especially for outdoor playtime. In such cold weather, it is recommended to put three layers of clothing on. First is the BASE LAYER which has long sleeved top and long John's bottom made of synthetic fibre, wool, or silk fibre (non cotton), and non cotton socks. Wool is the best. Second layer would be an INSULATING LAYER which has a sweatshirt, sweatpants or fleece jacket, pullover, or fleece pants. The third and the OUTER LAYER is a water-resistant snow suit which is again non cotton, a hat or a toque, tube neck warmer and waterproof mittens. Do not forget to put warm waterproof boots. Now once dressed, children can enjoy their outdoor time and have fun in the snow. Posters are a good reminder for parents about how to dress their child for all winter conditions. They are posted all around the centre.

During winter we have so many fun activities for children, both inside and outside. We read books about winter, snow and as spring approaches, birds chirping, buds on the trees and all the different animals we see at this time of year. Music is always a big part of our program no matter what time of year it is.

We also like to bring the nature elements into the classroom from outside, and we integrate it into our daily program. The children love to collect the leaves in the fall from the playground, so we gather them and bring them inside to further explore. We glue our leaves to some paper and then label them by the color. There is a great sensory benefit to playing with and exploring nature items such as those leaves, pinecones and even grass. In the winter, it snows. We bring clean snow from the playground and the children use it in different ways. The children get to use all their senses, by smelling, feeling, hearing the crunchy sounds the leaves and the pinecones in the fall make and visually discriminate the different properties of them.

The teachers continue to incorporate the elements of weather into their programs. The children learn about warm and cold weather which goes right back to sensory learning through feeling those different temperatures. We continue to read books, which now are about winter, snow and the cold, and we sing songs about this too.

No matter what the season, we also have fun in the infant room learning about all the weather conditions that make Canada so special.



JUNIOR TODDLERS : PICKY EATERS

To have a good and healthy relationship with food, the best practice is to never force feed a child. Have set times for meals so the children are hungry when meals are served. Have all the food groups at the table and let them choose what they like. We should always follow Canada's Food Guide for age-appropriate portions of food groups for children. Don't give in to grazing before meals as it will waste your efforts of preparing a meal and children will not be as hungry as they should be. While giving snacks to the children choose healthier options like a vegetable or a fruit of their choice on the side. Let children experiment with different foods and cuisines. Have meals with the children and role model appropriately. Picky eating affects a lot of children and families. Please don't hesitate to talk to your doctor if you have concerns that your child is not eating enough nutrients.

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

Discover your food guide at
Canada.ca/FoodGuide

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SENIOR TODDLERS : FALL ACTIVITIES

Here are some ideas with a chance to go on fun family dates together and enjoying some of the activities that will interest you as a family.

1. Apple picking: you can enjoy apple picking any day at “Downey’s strawberry an apple farm” from 9:30 AM to 5:30 PM. This apple orchard is located very near to Mississauga, in Caledon. There is no admission fee to enter this farm. The relaxing environment allows children to experience the colours of fall and the calming effects of nature.
2. Do a fall craft with the children. At Eden we do a lot of amazing artworks. Families can also do that at home with the children. All you need is to draw a tree on a piece of paper, attach clothespins to three pom poms, boar paint in a little paper cup. Then invite your little one to dip the pompons into the paint and decorate the tree.
3. Camping in the backyard: children would love to read books under a tent you could also plan a scavenger hunt.
4. Parents can also make pumpkin pies with the children. They always enjoy playing with the food in our drama centres so let them be your little helpers.
5. Exploring nature by going on nature walks is another great experience. You could carry a nature bag for them to collect colourful leaves or stones.
6. Just remember to take it slow and take steps to help set them up for success!





PRESCHOOL : TOILET TRAINING

Preschool room is all about toilet training. We try our very best to toilet train children, with the consistent help of the parents and as we see signs that they're ready.

1. Timing: start when your child show signs of readiness, such as staying dry for longer periods, expressing discomfort in dirty diapers, or showing interest in the toilet.
2. Create a routine: establish A consistent bathroom routine. Encourage your child to sit on the potty at specific times, like after meals or upon waking in the morning.
3. Use a potty chair: introduce a child sized potty chair as it can be less intimidating and more accessible for your child.
4. Celebrate small wins: celebrate every success, even if it's just sitting on the potty without results. Positive reinforcement goes a long way.
5. Offer independence: encourage your child to pull down their pant, sit on the potty, and flush the toilet themselves. Independence builds confidence.
6. Choose the right clothing: dress your child in easy to remove clothing, so they can quickly get the potty when they feel the urge.
7. Stay patient: expect accidents and stay calm when they happen. Avoid showing frustration, as this can make the child anxious.
8. Use incentives: some children respond well to small rewards like stickers or a special treat for successful potty trips.
9. Role modeling: sometimes, watching a trusted adult use the toilet and motivate a child to do the same.
10. Stay consistent: consistency is key. Stick to the routine even when there are setbacks. And remember, every child is different; some may potty train quickly while others may take more time.



INTERMEDIATE: WINTER ACTIVITIES

- Nature scavenger hunt: going on a scavenger hunt can be an exciting winter outdoor activity. This activity allows children to observe and appreciate nature in the winter. For the scavenger hunt, create a list of things that you could see as you go for a walk or hike. These could include pinecones, animal tracks, a frozen puddle etc. As children find the items, let them cross them off the list, and they can even take pictures off the items as well.
- Create a snow maze: this winter activity can be done in the backyard or at a park. To create the maze, children should stomp down the snow to create multiple pathways. Children should be encouraged to make a lot of dead ends in the maze. Once they have completed the maze, mark the beginning and the end. The entire family can make their way through the maze.
- Go tobogganing: this is a great winter activity for the children to enjoy as this speed down a hill through the snow. If you don't have a toboggan, you can make one at home using cardboard, a black garbage bag, and duct tape. Use the cardboard to create a base attach the garbage bag to the underside of the base using duct tape. Making a homemade toboggan is a lot of fun, hands on activity, an because it is made of cardboard this makes it light and easy for the children to carry as they go up the hill.
- Go to the zoo: visiting the zoo during winter offers a different experience for children. There are some animals that are happy to be out in the cold weather. If the children become cold while observing the animals outside, there are heated indoor exhibits available. One advantage of going to the zoo during the wintertime is a possible price reduction on the tickets.
- Go ice skating: children can go skating at an outdoor or indoor rink. Ice skating helps to build muscles and improves balance this is a great activity that the entire family can enjoy.

- Host a family Olympics: this is an exciting physical activity that will get everybody moving. Children can participate in making paper medals, banners and researching different countries. As a family, you can create different games for the Olympics. Several games could include, relay races, playing catch, and playing tag. You can divide into teams or play individually. Come up with a way to keep score and have fun doing these games.

Source: <https://childrenfirstCanada.org/blog/10-winter-activities-for-kids/>







KINDERGARTEN : the importance of arriving on time for the program

Arriving on time for the prekindergarten program helps the child with a smooth transition every day. It also ensures that the child does not miss out on important learning activities that happened in the morning. Snack time starts at 8:15 AM and goes on till 8:45 AM... it is not mandatory but the child can decide whether he or she wants to sit in have snack with their peers. Early morning is when children are most alert. We are setting children up for the future success when they arrive on time each day.

Arriving on time every day makes children feel good about themselves. It also teaches them discipline and gives them a head start for success in life.

Another benefit of arriving on time is the chance that the child gets to connect with the adults and other children in their environment. During the window of time that was dedicated to arrival, each child is met at the door by a teacher with a warm greeting. They have the chance to personally connect with an anecdote or a silly joke. As they chat with the teacher and the other children in the room who have already arrived, they begin their day with a renewed sense of community. This helps children to have a good start to their day and therefore have a good day.





KITCHEN : Fall in the Kitchen

Being in the kitchen and being outdoors are two of the most therapeutic things to do in the fall. In one place you can quite literally get lost among the sites sounds and smells of nature. In the other you have ingredients to mix together

creating an entirely different set of delights to saturate the senses. This time of the year is one of the best times to blend these two areas with the children.

By now you may have had the fortune to visit an apple orchard or a pumpkin patch. If you had walked away with a few bushels of the fruits you will now be wondering what to do with these fruits. Here is a delicious recipe how to make apple crisp.

Apple Crisp

This apple crisp together quickly and easily and uses ingredients that you most likely already have on hand. This is delicious served alone or with a scoop of vanilla ice cream.

Ingredients:

- 7 cups of peeled, cored and sliced apples (Using a different variety of apples will enhance the flavour)
- ½ cup granulated sugar
- 1 cup All purpose flour
- 1 teaspoon cinnamon powder
- 1 cup packed brown sugar
- 1 cup of oatmeal
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 2/3 cup butter softened but not melted

Directions:

Preheat oven to 350° Fahrenheit.

In a large mixing bowl add apples, granulated sugar, 1 TSP all-purpose flour and cinnamon. Toss apples until they are evenly coated. In an even layer, add apples to a 9 *13 pan. In a medium mixing bowl mix together brown sugar, oatmeal, baking powder, baking soda, salt and rest of the all-purpose flour. Rub in the softened butter and mix until you have created a crumbly mixture. In an even

layer, distribute crumble mixture to the top of the apples. Bake for 30 minutes and allow to cool before serving.

Eat and enjoy! 😊



It is a common believed myth that you get sick from the cold weather. However, it is viruses that cause people and children to get sick. Viruses thrive inside and since people tend to stay inside more during the cold weather, they get sick. Being outside in the fresh air is healthy and beneficial for our immune systems. So, get outside with your little ones and have fun!

You CAN'T catch a cold from going outside in the cold!

You CAN'T catch a cold from getting your head wet!

You CAN'T catch a cold from being physically cold!

You CAN catch a cold from a virus!

(Remember: Wash your hands!)

Sincerely, Doctors.

