



EDEN DAYCARE NEWSLETTER SUMMER/FALL 2025

Eden Newsletter – Message from the Board

Hello Parents of Eden Daycare,

As summer winds down and we look ahead to the cozy days of fall, we're making the most of each sunny day. The children and staff continue to enjoy the laughter, games, and learning that make these warm days so special.

This summer hasn't been without its challenges, from heat waves to air quality concerns due to wildfires across the country, but thanks to the dedication and care of our incredible staff, safety has always come first. We've adapted our activities to keep everyone cool, comfortable, and breathing easy, while ensuring the season remains full of joy.

When the weather permits, our days at Eden Daycare are filled with outdoor play, nature exploration, and exciting water days that keep the children active, refreshed, and smiling from ear to ear. These moments under the sun create lasting summer memories for everyone.

On days when the weather keeps us indoors, the fun doesn't stop. We enjoy quality time together with activities like games, story-time, singing and dancing, or creating arts and crafts. These simple moments can be just as memorable as sunny afternoons outside.

Let's enjoy these upcoming summer afternoons, cherishing each moment together and celebrating a season well spent. Here's to safe play, happy memories, and a smooth transition into the colourful autumn days ahead.

Wishing you a fun-filled summer,

Board of Directors, Eden Daycare

EDEN DAYCARE BOARD OF DIRECTORS : FALL 2025

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We have two open positions on the Board. If you are interested in volunteering, please contact our administrative staff.

Infants

Summer Birthdays and Holiday Events

Here are a few ideas to celebrate your child's birthdays in the summertime.

- Water play fun: Set up water stations such as kiddie pools, sprinklers, water tables with toys, sponges, and cups. Small buckets and measuring cups can be added for water pouring and measuring.
- A scavenger hunt in your backyard or at the park: create a small list of simple items (a specific leaf, a smooth rock, a flower petal). You can also set up a 'bug observation' station with magnifying glasses and plastic bugs. These activities will help your child learn more about their environment and have fun doing it.
- Construction Zone fun: Create a 'dig pit' with sand or dirt and toy construction vehicles. Use cardboard boxes and blocks/LEGOs of various sizes so children can build buildings. You can also add yellow and black caution tape, measuring tape and construction cones.
- Art and Craft Fun: Provide various stations for open-ended art: finger painting, sidewalk chalk, playdough with cutters, collages with natural materials such as leaves, twigs, flowers etc.

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 summer and soon Fall, 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

Health and Safety Tips:

Warm weather means more time outdoors, but children are especially vulnerable to sunburn, overheating, and heat-related illnesses because their bodies cannot regulate temperature as effectively as adults.

Sun Safety:

Why it matters?

Children's skin is more delicate and can burn with 15-30 minutes of unprotected sun exposure.

Sunscreen Use

Apply broad-spectrum sunscreen (SPF 30+) 15-30 minutes before going outside. Avoid spraying near the eyes or mouth.

Clothing and Accessories

1. Use wide-brimmed hats that shade the face, neck, and ears.
2. Dress children in lightweight clothing.

Shade Strategies

Schedule outdoor activities before 11 am or after 3 pm when the sun rays are less intense. Rotate children through shaded spots.

Heat Safety:

Why it matters:

Children don't sweat as efficiently as adults and may not express discomfort clearly. Overheating can lead to exhaustion or even heatstroke, which can become life-threatening if not treated promptly.

Best Practices:

- Encourage frequent water breaks every 20-30 minutes during outdoor play
- Remind children to drink more water, even if they aren't thirsty
- Choose breathable, moisture-wicking clothing in light colors
- Avoid layering; remove extra clothing
- Avoid outdoor play during extreme heat
- Monitor for signs of overheating
- Look out for red cheeks, rapid breathing, lethargy, crankiness. Bring the child inside and offer water

Watch for:

- Flushed/ hot skin
- Extreme tiredness or sleepiness
- Dizziness
- Nausea or vomiting
- Rapid breathing or pulse

What to do:

- Move the child to a cool, shaded, or air-conditioned area
- Offer small sips of water

- Apply cool cloth to neck, underarms and wrists
- Remove excess clothing
- Monitor the child closely and seek medical attention immediately



Senior Toddlers

Nature Exploration – Science Experiments

Children learn about the world around them through active engagement and discovery. This involves using all their senses and experimenting.

By giving children, a chance/chances to explore we foster/ infuse imagination, creating and love for leaving.

There are some engaging activities for Toddlers to explore:

1. Nature I- Spy tray: Create a tray of natural finds like – leaves, flowers twigs and play I - Spy together by hiding anything from the tray and ask your toddler “what’s missing?”
2. FREEZE: Place natural items like berries, leaves, small toy animals, leaves in ice trays, fill water and freeze. Let your Toddler touch/ hold the ice and share his/ her experience. OR you can pour warm water and let your Toddler watch the ice cube melting.
3. Sink/Float Experiment: Gather stick, pinecones, acorns, pebbles, flowers and predict what’s going to float/sink and then test in a tub full of water. Children learn that light objects float and heavy sink. For example – a piece of wood can be heavy whereas a twig is light and hence it floats.

These explorations are simple but can teach a lot to our curious little toddlers.



Preschool

Water Play :

Summer is about to finish and fall is around the corner, However the temperatures have been quite unpredictable. September will be another hot month.....there's no better way to keep your little ones cool and engaged than with water play.

Whether your child or toddler enjoys splashing in a kiddie pod, scooping and pouring from a sensory bin, or getting soaked head to toe water play is a favorite summertime activity that's as developmentally beneficial as it is FUN!

What is Water Play?

Water play is exactly what it sounds like! Essentially it refers to any activity where a child interacts with water. Water play for kids can happen indoors or outdoors, using simple tools like cups, sponges or even kitchen items. From water tables to splash pads, all these water play ideas help foster sensory exploration, imagination and motor skill development.

Benefits of Water Play for Toddlers, Preschoolers and older children

Your children use their senses (taste, touch, hearing, smell, sight, vestibular and proprioceptive) to explore within their daily environment to learn, grow and develop. They use the same senses to explore the different properties of water play targets multiple sensory systems. Here's how water play stimulates your child's senses:

- Taste: For the water activities that are safe to taste, allow your child to explore with their taste buds.
- Touch: Through temperature, your child will experience how water feels in addition to feeling their pruned fingers and slippery water toys.
- Hearing: Children can hear the splashing, bubbling, pouring and swirling sounds of water.
- Smell: Water play is associated with summertime, right? So help your child associate the smells of summer like sunscreen or rubber floating toys.
- Sight: Your child will be able to observe many different things through water play, like seeing bubbles on reflections in the water. Help them distinguish between wet or dry, deep vs shallow water, and sinking vs floating.
- Vestibular: There are different water play activities that can assist with stimulating this sense, which include running through a sprinkler, leaning over water bin, and floating in a kiddie pool.
- Proprioceptive: Proprioceptive helps us determine where our bodies are in space, in addition to our own strength. Some water play activities that can assist your child with stimulating this sense include pouring water, squeezing sponges and splashing.

In addition to engaging in multiple senses, water play also supports:

- Problem solving skills
- Regulation of emotion

- Encouragement of social and language development

Fun water plays activities for kids:

1. Spray and squeeze bottles
2. Mixing colors
3. Kiddie pool
4. Sensory water bin
5. Lemon sensory bin
6. Sponge walks
7. Watering flowers



Intermediate

As the sun shines brighter and the days grow longer, it's the perfect time to engage our intermediate preschoolers in meaningful, playful and creative summer experiences. Children at this age are full of curiosity and energy, and summer offers endless opportunities for outdoor adventures, imaginative art projects, and exciting little field trips. Here's a guide to help you plan a joyful and enriching summer:

Outdoor Games and Active Play

Outdoor play is not only fun but vital for developing coordination, motor skills, and social interaction. Start the summer with a **Nature Scavenger Hunt** – a simple walk in the park becomes an adventure when children are on the lookout for leaves, feathers or flowers. Don't forget **Parachute Games** like "popcorn" where children bounce balls on a colorful parachute while learning about teamwork. You can also set up a **mini-Obstacle Course** with cones and hula hoops for a fun challenge, or enjoy a **Bubble Bonanza**, where children chase and pop bubbles with pure joy. **Animal walks** transform ordinary and host a **dance party**, encouraging children to express themselves through movement.

Cool Water Play for Warm Days

When the temperature rises, **Water Play Day** is a huge hit: sponge tosses, mini car washes, and splash pad outings offer sensory-rich fun. A **water balloon toss** allows children to develop hand-eye coordination with gentle throws. Running through a **sprinkler** is a classic summer pastime that keeps children active and refreshed. For a more structured activity, try a **toy washing station**, where children can wash their bikes, dolls, or toy cars in a tub of soapy water – it's both playful and productive!

Creative Summer Art Projects

Creative expression is a big part of early learning, and summertime art brings sunshine indoors! Try **Handprint and Footprint Art** to make keepsakes like leaves, flowers and foot-shaped fish, or go on a nature walk to collect leaves and petals for **Nature Collages**. For sensory fun, freeze paint in ice cube trays and let children "paint" with melting colors create characters they can use in a story time, and **Sun Catchers** made from tissue paper brighten up any window while teaching about colors and light. **Lead printing** allows children to press painted leaves onto paper, leaving behind intricate patterns and textures.

Rock Painting is another exciting activity – smooth stones become tiny canvases for bold designs and cheerful colors. If you love flowers, try a **flower petal collage**, arranging dried or fresh petals into stunning shapes. These simple projects bring a natural touch to art while encouraging exploration of the world outside. For another fluid technique, **bubble art** turns ordinary soap bubbles into a colorful display by blowing them onto paper coated with paint.

Easy and Exciting Field Trip Ideas

Field trips help young children explore the world beyond their classroom or home. A visit to a **local farm or petting zoo** is always a favorite – interacting with animals creates unforgettable moments. Check out your **local library** for story time and craft programs, which offer a mix of literacy and fun in a cozy setting. **Children’s museums** provide hands-on exhibits made for little hands and curious minds, while a trip to the **splash pad or community pool** offers relief from the heat and an opportunity for group play. Don’t underestimate the joy of a **train or bus ride adventure** – turning public transport into a mini field trip introduces children to the world in motion. For a peaceful experience, stroll through a **botanical garden**, using a simple “I Spy” game to guide your exploration.





Kindergarten

Summer is the perfect time for families to create lasting memories together-especially when young children are full of energy, curiosity and imagination. For Kindergarten-aged kids, fun and learning go hand-in-hand, so planning engaging activities that spark their creativity and encourage exploration can make the season extra special. Here are some family-friendly ideas to keep your little ones smiling, moving, and discovering all summer long:

Outdoor Adventures:

1. Nature Scavenger Hunt: Create a checklist of things to find pinecones, flowers, bugs, birds etc.
2. Park picnic and playground day: Pack simple lunches and let kids burn energy on slides and swings.
3. Background camping: Pitch a tent, make s'mores, drink lemonade, tell stories with flashlights.
4. Water play day: Use sprinkles, kiddie pools, or water balloons for messy fun.
5. Bike/Scooter Parade: Decorate bikes and ride around the neighborhood or park.

Creative at Home:

1. Sidewalk Chalk Murals: Let kids draw on the driveway or sidewalk.
2. DIY Tie-Dye Shirt: Super fun, and they can wear their creations all summer.
3. Painting with Nature: Use leaves, sticks or flowers as paint brushes.
4. Lemonade Stand: Make your own lemonade stand for your family and neighborhood friends.

Community Connections:

By connecting with local people, places and programs, families can help children build a sense of belonging, learn new perspectives, and develop social skills in meaningful ways.

Whether you're enjoying outdoors play or exploring neighborhood gems, these activities are designed to keep your little ones curious, connected and joyful all season long.

Ways to Add Community Connections to Activities:

1. Library and Story-time Event: Join local library programs, story hours or reading clubs. They are free of cost and help cultivate the habit of reading during summer.
2. Visit to Farmer's Market: Visit your local farmer's market and enjoy the wonderful summer treats locally grown. Also learn how it grows.

3. Community Helpers Exploration: Visit a fire station, police department, or post office. Have children draw a thank you card for essential workers.
 4. Attend Local Festivals or Events: Look for child-friendly community festivals, concerts or parades. Give your child a small role: handing out snacks, helping decorate, to teach them how to help in the community events.
- **Movie Nights Under the Stars:**
 - When – Thursday evenings, June 19 -September 4
 - Where – Celebration Square (300 City Centre Drive)
 - What – Family-friendly films (e.g. animated hits) shown on a giant outdoor screen- don't forget snacks and blankets!
 - **Fresh Air Fitness (Family – Friendly)**
 - When – Wednesday at 7:00 pm, June 4 – September 10
 - Where – Celebration Square
 - What – Enjoy outdoor family-friendly workouts- Zumba, yoga, dance. Great for energy and bonding.
 - **Lions Farmer's Market:**
 - When – Wednesday at Celebration Square
 - What – Explore fresh produce, treat and local crafts- open to all ages for early-evening event.





Kitchen

Picnic Ideas / healthy snacks:

To plan a picnic with kids, choose a fun theme, involve the kids in planning, and pack child-friendly food and games.

Choose a location that is safe, offers shade and has nearby amenities like playgrounds. Remember to pack essential items like sunscreen, bug spray and a first-aid kit.

For a fun and memorable picnic experience at home with children, focus on easy to eat finger foods, engaging activities and a cosy atmosphere.

- Food Ideas: finger foods, sweet treats, drinks etc.
- Activities and Ambiance: games, DIY activities, music, themed picnic, cozy atmosphere.
- Tips for smooth picnic: pack smart snack, wet wipes, first aid kit, sun protection.

Here is the recipe for **Cheesy Bunny Buns** which we can make day before the picnic with the children:

Ingredients:

250 ml milk, 350 gm white bread flour, 5 gm fast-action dried yeast, 1 tsp Caster Sugar, 100 gm butter, 75 gm mature Cheddar grated, small bunch of chopped chives, drizzle of flavorless oil.

Method:

- **Step 1** – Warm milk in a pan over low heat- if you have thermometer, it should be around 40 °C, or just warm to the touch. Tip the flour, yeast, sugar and 1 tsp salt into a large bowl.

- **Step 2** – Add warm milk and mix using a wooden spoon to make a sticky dough. Tip the dough onto a flat surface and knead for 8-10 minutes until it feels soft and stretchy. Alternatively, use a stand mixer fitted with dough hook and knead the dough for 5 minutes. Lightly oil the bowl and return the dough to it and then cover with a tea towel and leave somewhere warm to rise 1-2 hours or in the fridge overnight, until the dough is double the size.
- **Step 3** – Tip the dough onto a lightly floured surface and stretch into a rectangle. Use a rolling pin to roll it out to 40x30 cm. Spread over the butter, then sprinkle over the cheese and chives. Roll into a sausage shape.
- **Step 4** – Line a baking tray with baking parchment. Cut the dough into 12 equal pieces, leaving them cut side up. Unroll the end of each bun a little, then create bunny ears by zig-zagging the strip of dough. Put the buns on the baking tray, well-spaced apart, and cover with a tea towel. Leave in a warm place for 30 minutes, 1 hour until puffed out a little.
- **Step 5** – Heat the oven to 200 degrees/ 180 centigrade / gas 6. Brush the buns with a little milk, then bake for 20-25 minutes until golden brown. Will keep it in an airtight container for two days.





OUR FAVOURITE MUSIC WALL!!!