

BEST BEGINNING CHILDREN'S PROGRAM NEWSLETTER

December 2022



Calendar
Dec 21 First Day of Winter
Dec 25 Christmas
Dec 26 Boxing Day

Best Beginning In-Person Groups

Tuesdays 1-2:30pm
Families Matter Centre
#101, 239 Midpark Way SE
&
Wednesdays 1-2:30pm
Genesis Centre
7555 Falconridge Blvd NE

ARTS, CRAFTS AND ACTIVITIES

MAKING CRAFTS ENCOURAGES CREATIVITY, COORDINATES SKILLS, AND SUPPORTS LEARNING

- Popsicle stick snowman
- Hot chocolate craft
- Yarn people
- Button snowflakes
- Hibernating bear

CIRCLE TIME

BOOKS AVAILABLE AT THE CALGARY PUBLIC LIBRARY

Over and Under the Snow by Kate Messer

Time to Sleep by Denise Fleming

Waiting for Snow by Marsha Diane Arnold

The Winter Train by Susanna Isern

The Shortest Day by Susan Cooper

THEME & LEARNING TOPIC

Winter

We will be learning about:

- Winter is the **coldest** time of the year
- **Snow falls** on the ground
- Fun things to do - **build snowman, drink hot chocolate, sledding**



PUBLIC SERVICE ANNOUNCEMENT



HEAL (Health Education and Learning) program is a resource aimed at providing families across Alberta easily accessible, reliable information about common minor illness and injuries in children. The content provided in the **HEAL** program comes directly from the Pediatric Emergency Medicine experts at the Alberta Children's Hospital and Stollery Children's Hospital.

While children with coughs, fever, ear pain, vomiting, diarrhea, minor head injuries or nosebleeds can feel very uncomfortable, they are most often safely and best cared for in their own home; the majority of these illnesses and injuries do not require a visit to the Emergency Department.

Go to the **HEAL** website using ash.ca/heal or the QR code above and find out more about the list of causes, symptoms and home management options for common minor illnesses and injuries, and when to seek medical care.

Febrile Seizures

Barky Cough (Croup)

Rashes

Cough and Wheeze

Fever

Influenza

Head Injury

Ear Pain

Common Cold

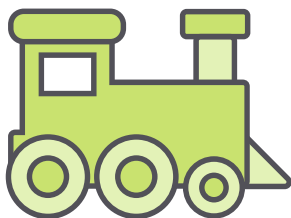
Nosebleeds

Vomiting
and
Diarrhea

CHILD DEVELOPMENT & PARENTING TIPS

Games and Activities with Infants

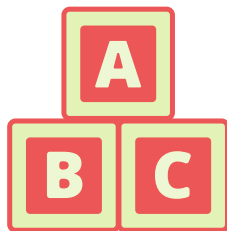
- With your child facing away from you on your lap, bounce them gently and tip them from side to side. As you tip, kiss their ear and say “peek-a-boo!” on each side.
- Cover a sibling or parent with a blanket and then say “Where did they go?” See if they will seek the person out by lifting or pulling blanket.
- Explore leaves outside. Give your child a leaf to touch, does it crumble or can they tear it in half. Just watch so they do not eat it.
- When saying “hi” or “bye-bye”, say the words with animation and wave. Help your child to wave also, each time.
- Place different desirable toys or objects just out of reach and encourage them to move their bodies to “reach” and get the item.



Games and Activities with Toddlers



- When cleaning up toys together, make up or sing a clean up song, sing it until everything is put away.
- Place your child’s hand on a piece of paper and trace around it with a crayon or pencil. Let them trace around your hand also. Try feet too!
- Tape or record your child singing or talking. Then watch or listen to it together after.
- When looking at a book with your child, ask “what’s this?” If they respond, then repeat the word again. If they do not respond, talk about the picture and what it is and does, and sounds like.



Games and Activities with Preschoolers

- Take a walk around town and look for numbers on vehicles, houses, signs, store windows etc. Point to and say the numbers together.
- Encourage your child to draw a picture of a person or a face. Talk about the features that they add as they draw, or if they forget something encourage them to draw.
- Make a leaf rubbing picture. Collect different leaves and place under a piece of paper. Show your child how to rub the crayons (hold flat and go back and forth).
- Try skating together. Make sure your child is wearing a helmet. Hold onto them to let them try.

