



Ontario Early Years York North

JANUARY 2013

Happy New Year!

In honour of Family Literacy Day's 15th year, ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Taking time every day to read or do a learning activity with children is crucial to a child's development. Practicing literacy together for just 15 minutes a day has tremendous benefits for both children and parents.

Here are some great ways to get started:

1. Create your own comic strip about your family.
2. Invent two new endings to your favourite book.
3. Make up a new recipe together and post it online.
4. Tell knock-knock jokes together while doing the dishes.
5. Sing five songs really, really loud!
6. Invent a new game while playing at the park.
7. Read a story to your pet (or favourite toy).
8. Make a paper fortune teller with eight fortunes.
9. Write a silly poem and tell it to your family at dinner.
10. Log on to your favourite word game - can you beat your best score?
11. Create your family tree.
12. Play rhyming "I Spy" - "I spy something that rhymes with..."
13. Play a board game together.
14. Text your friend and tell them about your holiday.
15. Find 15 things that begin with the letter "S".



Watch for our flyer regarding a Family Literacy Day event & celebration Saturday, January 26th at 9:30 a.m. for at our Main Site in Newmarket.



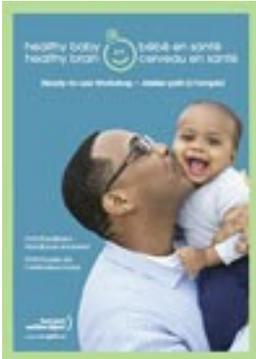
Family Literacy Day is a national awareness initiative created by ABC Life Literacy Canada in 1999. It is held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. More than 1.5 million Canadians have participated in the initiative since its debut.



How to Build A Healthy Brain

How can you help your three-year old cope with emotions? What foods can help to build a healthy brain? What is play-based learning? How do you build attachment? What does attachment have to do with brain development?

The new website www.HealthyBabyHealthyBrain.ca gives you answers to these questions. It is designed for future parents and for parents of children aged zero to three. It offers inexpensive, practical suggestions to support your child's brain development.



The website has 15 short videos on nutrition, sleep, play, literacy, physical activity, attachment, self-regulation, discipline, stress, etc. Each video shows real-life situations that were filmed with families from Ontario. Some videos contain expert commentary on the parent-child interactions. The experts offer practical advice for parents, based on proven practices. The website also contains links to useful resources.

The website is built around the following key messages:

- *Start early
- *Love builds brains
- *Playing builds brains
- *Health builds brains
- *Baby's world matters

All of the little things you do every day with your baby impact your baby's development. When babies feel secure, they are more able to learn from their environment. The value of spending time interacting with your baby by talking, singing and responding to their needs is beyond measure.

Introducing...Janet Desroches, Early Learning Educator

Janet had been a home child care provider and long time parent volunteer at R.L. Graham P.S. when we first met her and she was a natural fit for Ontario Early Years when a part-time position opened up in December of 2007. Having volunteered extensively in the school library, Janet had considerable experience with a wide range of materials and with the importance of literacy in the lives of families.

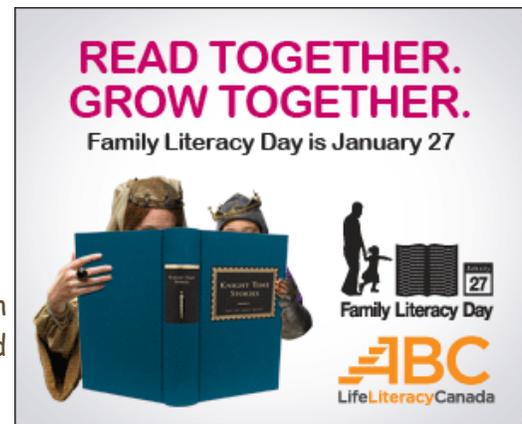
A supporter of the difference parents and caregivers can make in their children's early learning and success, Janet has worked primarily in the Georgina area, although she has taken an occasional turn at the Newmarket Main Site. Janet has participated in training that includes Parent Child Mother Goose, Family Yoga and Sunbeams programs.

Janet lives in Georgina with her husband and two children and takes great pleasure in reading and scrapbooking. She is a caring, dedicated individual and her work is appreciated and acknowledged by fellow staff as well as community partners and families.



Family Literacy Impacts Lives

- ◆ Simple things like reading and telling stories to a child are powerful stimuli for brain development in the early years (Early Years Study Final Report: Reversing the Real Brain Drain, Government of Ontario, 1999).
- ◆ Reading to children more than once a day has a substantial positive impact on their future academic skills. In addition, research indicates children with early exposure to books and reading are better at performing mathematical tasks (National Longitudinal Survey of Children and Youth, Statistics Canada, 1996-1997).
- ◆ Children aged 2 to 3 who are read to several times a day do substantially better in kindergarten at the age of 4 and 5 than youngsters who are read to only a few times a week or less (National Longitudinal Survey of Children and Youth, Statistics Canada, 1996-1997).
- ◆ Some experts say that for 80 per cent of children, simple immersion in reading and books will lead to independent reading by school age (How to Make Your Child a Reader for Life, Paul Kropp, Random House Canada, 2000).
- ◆ Increased literacy levels among parents mean more reading and literacy-building activities in the home, preparing their children for success in school and encouraging a lifelong love of reading and learning.
- ◆ Establishing a culture of learning encourages an exchange of ideas, enriches family relationships, and bolsters confidence and independent thinking.



Be sure to join us on
Saturday, January 26th at 9:30 a.m. for a
celebration of Family Literacy Day at our
Yonge St. Main Site in Newmarket.
See our upcoming flyer for more details.



York Child Development &
Family Services Inc.
is the lead agency for
Ontario Early Years, York North

17310 Yonge Street,
Unit 6
Newmarket, L3Y 7R8
Ontario Early Years Main
Site, Newmarket:
905-853-0754
www.yorkchild.ca

HOW TO BE A KID AGAIN

- Sing into your hairbrush.
- Grow a milk mustache.
- Dunk your cookies.
- Give someone a hug around the neck.
- Blow the wrapper off a straw.
- Make a face the next time somebody tells you "No."
- Ask "Why?" a lot.
- Have someone read you a story.
- Start thinking now about what you want for your next birthday.
- Step carefully over sidewalk cracks.
- Put an orange slice in your mouth, peel side out, and smile at people.



Satellite & Outreach Locations

Please check our website for locations throughout the riding. For the upcoming year, we are planning programs at the following locations:

Newmarket Main Site

Georgina Main Site

East Gwillimbury Library

Alexander Muir PS

Lake Simcoe PS

Park Avenue PS

Maple Leaf PS

Sutton PS

Schomberg United Church

Glen Cedar PS

JLR Bell PS

Newmarket Library

Ontario Early Years Centres



A Place For Parents And Their Children.