



Medicine Hat & District Child Care Association

May 2009

In partnership with the:



Southeast Alberta
Child and Family Services Authority

The MHDCCA currently has over 50 members!

Nutrition Tid-Bit from the Community Health Unit

Drinking too many beverages such as milk, fruit juice, fruity drinks and pop can fill children up and then they may not have enough room for healthy meals and snacks.

Limit juice to $\frac{1}{2}$ cup per day.

Be sure to choose
100% pure
unsweetened
juice



NOT fruit "drinks, punches, beverages, or cocktails" since they are high in added sugar and contain much less if any vitamins and minerals.

Good Sense!

A Comprehensive Classroom Sensory Intervention Program

Presented and Developed by:

Danielle Pluth, B.Sc. O.T.



In March 2009, the Medicine Hat & District Child Care Association funded the training of 78 professionals in our Region to attend the Good Sense Program.



In busy day homes, pre-schools and daycare settings, it can be challenging to meet the learning needs of each individual

child. With that in mind, if we can begin to address the sensory system and help children to be at their "just right" state of attention, then we can help give them the best opportunity to learn. "Good Sense" training has enabled early childhood educators to address the sensory needs for all children in their care by working specific strategies into their daily schedule. Children will begin to self-regulate and choose sensory strategies that best meet their

needs for future learning. The earlier children can learn to self-regulate, the better!

Special thanks to Southview Kiddie Kampus for providing the venue for this training opportunity.

Stay tuned to future training initiatives offered by the MHDCCA.

If you have any training requests or ideas please forward them to Nichole Neubauer, Coordinator ~ nneubauer@xplornet.com

www.mhdcca.com

FROSTY YOGURT BANANAS

A quick snack the children can help prepare!

Cut banana in half crosswise. Insert a popsicle stick 2" into the cut end of the banana. Dip banana in yogurt to lightly coat. Place banana on a wax paper-lined cookie sheet. Freeze 1 hour or until coating is firm. Coat with more yogurt and roll in cereal (For e.g., Rice Krispies). Return to cookie sheet and freeze again. Before serving, thaw about 5 minutes. ENJOY!

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DID YOU KNOW?

There is a new program that covers the costs of criminal record checks for volunteers.

Please visit the following website:
www.volunteeralberta.ab.ca/

The MHDCCA would like to recognize the following child care professional...



Anita works at the Brooks Preschool and is presently finishing her 11th year there. She is the Teacher & Administrator and definitely keeps the classes, school, and staff organized, in order, and excited! Anita has a great passion for her job and considers herself to be learning along with the children when new ideas & projects are happening. Anita is also enrolled in courses to complete her level 2 in ELCC. Brooks Preschool is so lucky to have Mrs. Bruce and loves her lots and lots! Submitted by: Maureen, Julia, & Shawna Ketch (BPS)

"Remember that children, marriages, and flower gardens reflect the kind of care they get."

~ H. Jackson Brown, Jr. (American best selling writer, author of Life's Little Instruction Book)

Brooks Preschool Society



Body Wise: The children are enjoying "working out" in their very own Body Wise Center!

Good Sense: Wall push-ups are an effective way for children to become alert and focused on the tasks that are going to be put in front of them during activities such as circle time. Through the workshop "Good Sense", it was emphasized that children need between five and ten minutes of heavy work exercise before they are able to concentrate for any period of time. For wall push-ups, the children stand arm length away from the wall as they put their hands on the wall and push themselves away. Repeat approximately ten times.



Fine Fun: Children trace shapes and letters in trays with sand. This increases their fine motor skills.