

Off to School 2007

A calendar filled with information designed to help families ease their child's transition from home to school

Presented by

Early Years
NIAGARA



www.earlyyearsniagara.org



Off to School 2007

is brought to you by:



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- . Speech Services Niagara
- . Understanding the Early Years
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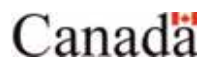
Is Your Child Ready for School?

Children who are ready for school show a variety of skills and interests. Check the chart below to see how you can help your child prepare for school.



Developmental Area	Skills and interests that show your child is ready for school	Ways to help prepare your child for school
Physical Health and Well-being	<ul style="list-style-type: none"> . Is able to choose healthy snacks and foods. . Is developing daily living skills and washroom independence. . Enjoys a variety of physical activities (e.g., running, swimming, ball games). 	<ul style="list-style-type: none"> . Provide a variety of foods from all food groups. . Encourage personal hygiene, dressing, and tidying up. . Encourage physical and outdoor activities. . Limit computer and television times and monitor games and programs.
Social Development	<ul style="list-style-type: none"> . Shows curiosity about the world and eagerness to try new experiences. . Cooperates/plays with 1-2 children of similar age. 	<ul style="list-style-type: none"> . Support your child in taking small "risks" (e.g., learning to ride a bike). . Arrange play times with other children.
Emotional Development	<ul style="list-style-type: none"> . Is developing the ability to cope with small challenges. . Is persistent in repetitive but necessary tasks. 	<ul style="list-style-type: none"> . Stand back (providing situations are safe), as your child takes on small challenges. . Encourage your child in these tasks and celebrate attempts as well as successes.
Communication and General Knowledge	<ul style="list-style-type: none"> . Communicates his or her own needs, speaks clearly for the most part, and understands others. 	<ul style="list-style-type: none"> . Read and talk about books and stories. . Talk about topics of interest to your child. . Use appropriate language, not "baby-talk".
Language and Thinking Skills	<ul style="list-style-type: none"> . Has favourite books, stories, and magazines. . Enjoys rhymes, songs, chants, and simple number games. . Enjoys solving age appropriate riddles and puzzles. 	<ul style="list-style-type: none"> . Talk with your child about stories and poems you read/recite together. . Play simple games (e.g., "I Spy..." and matching games).

For more information on community factors that support readiness to learn or to access local research results, please contact the Early Childhood Community Development Centre at: 905-646-7311.



The Understanding the Early Years initiative is funded by Human Resources and Social Development Canada. For further information, visit www.hrsdc.gc.ca

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day (International) St. Basil's Day (Greece) Gantan-Sai (Shinto)	2	3	4	5 Guru Gobind Singh's Birthday (Sikh)	6 Christmas - Armenia (Christian - Coptic & Eastern Orthodox) Epiphany (Christian) Three King's Day (Christian Epiphany)
7 Christmas (Christian - Coptic & Eastern Orthodox)	8	9	10	11	12	13 Lohri (Hindu, Sikh)
14 New Year (Christian - Coptic & Eastern Orthodox)	15 Seijin No Hi (Japan, Shinto)	16 Niagara Centre Ontario Early Years Centre Centre de Santé Communautaire Site French Language Off to School Event 5:00-7:00 p.m.	17	18	19 Timkat / Theophany (Christian - Coptic & Eastern Orthodox) Sultán (17th Month) (Bahá'í)	20 1st Muharram (Islam)
21	22	23 Basant Panchami (Hindu)	24 Crystal Ridge Ontario Early Years Satellite Site Off to School Event 1:30-3:30 p.m.	25 Niagara Centre Ontario Early Years Centre Off to School Event 5:30-7:30 p.m.	26	27 National Family Literacy Day
28	29	30 Ashura (Islam)	31 Port Colborne Ontario Early Years Centre Off to School Event 1:30-3:30 p.m. Greek Education Day (Greece)	Junior & Senior Kindergarten registration begins in February. Contact your nearest school for details. To register, you will need your child's Health Card, up-to-date Immunization Record, Birth Certificate, (or proof of age), and Baptismal Certificate (Catholic schools only).		

Visit an Ontario Early Years Centre today! See April for more details.

Preschool Learning Tips



Reading and Writing

- Begin reading to your child from birth.
- Sing songs, play rhyming games ("I Spy..."), label and describe things, e.g., "That's a bulldozer. It pushes dirt."
- Read books that have lots of repetition, e.g., *The Three Little Pigs*. Encourage your child to join in.
- Draw attention to words in your child's everyday environment, e.g., read signs, cereal boxes, shopping list, etc.
- When reading books, first look at the book cover and predict what the story will be about, e.g., "I think..." "I wonder..." Next look at the pictures, talk about them and then read the story.
- Make reading fun by changing your voice, e.g., loud, soft, silly.
- Talk about how the pictures help to tell the story, e.g., "I can see that the wolf is trying to blow down the house."
- Talk about the story after you have read it, e.g., "Tell me your favourite part of the story"; "Tell me why you liked... (character's name, setting)."
- Re-read your child's favourite stories as many times as your child wants to hear them!
- Write stories, letters, notes, lists, and make books together. Talk about what you're doing and why. Be sure to let your child see you writing for many different reasons.
- Print familiar words, e.g., your child's name, Mom, Dad, love, etc.



Numbers and Math

- Draw attention to numbers in your child's everyday environment, e.g., grocery stores, street signs, licence plates, telephones.
- Play card games (Fish, Concentration, Crazy Eights) and board games.
- Involve your child in daily activities that are "rich" in math, such as shopping, cooking/baking (measuring), and counting place settings for the dinner table.
- Do puzzles together.
- Practise writing numbers with fun things! Try bingo dabbers, pudding on a plate, or clay.
- Sort everyday objects, such as socks and plastic containers, into groups by colour, size, or shape.
- Estimate and measure water, rice, sand, and other materials using different sized containers.
- Count things forwards and backwards, e.g., stairs, buttons on shirts, etc.
- Include math concepts and language while playing e.g., "I'm adding this car to my pile. Now, I have 3"; "I put the blue box *under* the red box."
- Sing counting songs (e.g., "This Old Man...") and read counting books.
- Talk about directions, street signs, familiar landmarks, etc., when going for a walk with your child.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Build a snowman outside with your child.				1	2 Candlemas Day (Christian) Groundhog Day (Canada, USA)	3 Tu B'Shevat (Arbor Day) (Jewish)
4	5	6	7 Mulk (18th Month) (Bahá'í)	8	9	10
11	12	13	14 Valentine's Day (Canada, UK, USA)	15	16 Shivratri (Hindu)	17
18 Chinese New Year (China, Buddhist, Hong Kong, Taiwan, Vietnam) Solnal (Korea)	19 Losar (Tibet) Great Lent Begins (Christian - Coptic & Eastern Orthodox)	20 Lincoln Ontario Early Years Satellite Site Off to School Event 1:30-3:30 p.m. Shrove Tuesday (Christian) Pancake Day (UK)	21 Ash Wednesday (Lent Begins) (Christian)	22 Great Prayer Festival (Tibet)	23	24
25	26 Intercalary Days (until March 1) (Bahá'í)	27	28 West Lincoln Ontario Early Years Satellite Site Off to School Event 1:30-3:30 p.m.	"Math skills are important to a child's success - both in school and in everyday life." <i>Helping Your Child Learn Math, A Parent's Guide, Ontario Math Strategy</i>		

"Reading is the 'heart' of education." *Jim Trelease*

Fuel up for Fun and Learning

Healthy Eating provides children with the energy and nutrients needed to grow, develop, and learn. When your child starts the day with a healthy breakfast he/she will be able to concentrate and perform better at school. Early childhood is an important time for children to learn to enjoy a variety of foods and to help them form lifelong health-promoting habits. Healthy food also fuels your child for active play which is a child's source of joy, self-expression, imagination and learning. When your child participates in regular physical activity, he/she will develop social skills and the ability to concentrate, memorize, create, problem solve and deal with emotions.

During the preschool years, growth slows causing a drop in appetite. At this age, children may be more interested in playing than eating. Children are born with the ability to know when they are hungry and when they are full.



Healthy eating involves decisions and choices by you and your child



Adults decide...
when to eat
what to eat
where to eat

Children decide...
whether to eat
how much to eat



Tips to Encourage Active Play

- . Create an environment that supports physical activity: indoors and outside, e.g., space to dance or play at the playground.
- . Take part in your child's activities. A child's self-esteem and skills improve when adults take part in their play.
- . Dress your child in comfortable clothing that allows free movement, is appropriate for the weather, and that can get dirty.
- . Praise and encourage your child on things he/she does well. This will help your child to feel good about himself/herself and about being active.
- . Offer a wide variety of activities that are enjoyable and non-competitive.

Tips To Encourage Healthy Eating

- . Offer a variety of food from the four food groups of Canada's Food Guide to Healthy Eating.
- . Have available ready-to-eat snacks such as fresh fruit, yogurt, vegetables & dip, and low-sugar cereals with milk.
- . Eat a healthy breakfast every day. Breakfast helps children and adults refuel after a night's sleep and keep up with their day.
- . Meal time is a chance for you and your family to spend quality time together. Have a healthy family meal without TV or other distractions, but with cheerful conversation.
- . Be a good role model. If you eat healthy your children are more likely to eat healthy as well.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergy-safe schools: Find out more about anaphylaxis, visit www.anaphylaxis.ca.				1 St. David's Day (Wales)	2 Alá -19 Day Fast Begins (until March 20) (Bahá'í) World Day Of Prayer (International)	3 Holi (Hindu, Sikh)
4 Purim (Jewish) Hola Mohalla (Bikarami) (Sikh)	5	6	7	8	9	10
11	12	13	14	15	16 Gahambar Hamaspathmaedem (until March 20) (Zoroastrian)	17 St. Patrick's Day (N. Ireland)
18	19 Chetra Navratras (Hindu) Ugadi (India, Mauritius, Nepal) St. Joseph's Day (Christian)	20	21 Now Ruz (New Year) (Afghanistan, Zoroastrian, Islam Ismaili, Bahá'í, Iran) Ohigon (Japan, Korea) Shunki-Sorei-Sai (Shinto)	22	23	24
25 Annunciation (Christian)	26 Birth Of Prophet Zarathustra (Zoroastrian)	27 Ram Navami (Hindu)	28	29	30	31 Mahavira Jayanti (Jain) Eid-Maulad-un-Nabi (Islam)

March is "Nutrition Month". Be sure to offer a variety of healthy foods.

Ontario Early Years Centres



A Place For Parents And Their Children.

Everyone Welcome

There are No Fees for Programs

A Variety of Locations

Flexible Hours

For more information or locations call:

Erie Lincoln Riding	905 834 9071
Niagara Centre Riding	905 734 3563
Niagara Falls Riding	905 357 2398
St. Catharines Riding	905 938 9392

**For site information visit:
www.ontarioearlyyears.ca**



Ontario Early Years Centres

A place for:

Children (birth to age 6)

- . To play and learn with their parents/caregivers
- . To explore and experience activities to stimulate brain development
- . To interact and play with other children

Caregivers

- . Create opportunities for children in your care to enjoy play based learning

Parents/Families

- . Drop in with your child during our working hours. We offer a very flexible schedule.
- . Interact with your child and program staff
- . Attend seminars and learn parenting tips
- . Meet other parents and caregivers
- . Borrow resources from the Family Resource Room/Library
- . Learn about other early years services



April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fools' Day Palm Sunday (Christian - Coptic & Eastern Orthodox, Christian) Kha B'Nissan (Assyria)	2	3 Pesach (Passover) (until April 10) (Jewish)	4	5 Holy Thursday (Christian) Holy Thursday (Christian - Coptic & Eastern Orthodox)	6 Good Friday (Christian) Holy Friday (Christian - Coptic & Eastern Orthodox)	7 World Health Day (UN)
8 Easter/Pascha (Christian - Coptic & Eastern Orthodox, Christian)	9 Easter Monday (Christian, Christian - Coptic & Eastern Orthodox) Jalál (2nd Month) (Bahá'í)	10	11	12	13	14 Niagara Falls Family Literacy Fair Songkran/New Year (Cambodia, Myanmar, Sri Lanka, Thailand)
15 Yom Ha-Shoah (Israel, Jewish) Adam's Peak Pilgrimage (Sri Lanka)	16	17	18	19	20 Akshaya Tritiya (Jain)	21 Feast Of Ridvan (until May 2) (Bahá'í)
22 National Immunization Awareness Week Yom Hazikaron (Israel) Earth Day (International)	23 St. George's Day (Christian)	24	25	26	27	28 St. Catharines Family Literacy Event Jamál (3rd Month) (Bahá'í)
29	30 Gahambar Maidyozaem (until May 4) (Zoroastrian)	For information about school readiness programs and other Early Years services in your community, call your local Ontario Early Years Centre.				

April is "TV Turnoff Month". Turn off the TV and play a game with your child.

How is Your Child's Speech & Language Development?



Speech Services Niagara coordinates speech and language services for preschoolers, free of charge, throughout the Niagara Region. They offer screenings, training opportunities for parents and caregivers, a full range of intervention services for all preschool children at geographically situated treatment sites, and Francophone services.

Attend a **Child Wellness Clinic** - they are offered throughout the region all year long. Child Wellness is a drop-in clinic where children from birth to 4 years of age can be screened by a professional for overall growth and development including: behavioural difficulties; speech and language development; and dental health. All this in the same facility! For more information about this free service, or a listing of locations nearest you, contact Speech Services Niagara or the Niagara Region Public Health Department (www.regional.niagara.on.ca/parenting).

How do I know if I should call?

Use the checklist provided here. If you see that your child does not have all the skills listed for his/her age, you are encouraged to refer your child for a screening right away. You do not need a doctor's referral; simply call the number below.

1-905-688-3550 (St. Catharines)
1-800-896-5496 (Toll Free)
1-905-688-4665 (Fax)

Speech and Language Checklist

At 2 - 3 years of age can your child:

- Use short sentences (e.g., "Me do it," "Daddy going car")?
- Listen to stories and answer simple questions?
- Have a conversation with family members or other familiar people? (By 3 years, most children will not need parents to interpret for them but pronunciation may not be perfect – errors will still be noted.)

At 3 - 4 years of age can your child:

- Use sentences of four to six words with adult-like grammar?
- Give directions (e.g., "Fix this for me.")?
- Ask many questions like "What...?" "Where...?" "Why...?"?
- Tell about things he/she has done in the past?
- Talk to himself/herself and his/her toys?
- Tell a story or sing a song?

If you answered "no" to any of the above, you are encouraged to call. Also call if your child:

- Has an odd or different sound to his or her voice.
- Has a pronunciation problem (with the exception of 'th' & 'r').
- Has a high-risk history or diagnosis such as cleft palate, hearing loss, or PDD/Autism.
- Is stuttering.
- Appears to have inappropriate play or social skills.
- Is embarrassed by his or her speech.

If your child is entering Junior Kindergarten he or she is eligible for a screening through our program providing that you call before December 25.

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <small>National Summer Safety Week</small>	2 <small>Wesak (Buddhist)</small>	3	4	5 <small>Fort Erie Family Literacy Event</small>
6	7	8 <small>Joan of Arc Day (France)</small>	9	10	11	12 <small>Canada Health Day</small>
13 <small>Mother's Day (Australia, Canada, Italy, Mexico, New Zealand, USA, Denmark) Our Lady Of Fatima (Portugal)</small>	14	15 <small>International Day of Families (UN)</small>	16 <small>Yom Yerushalayim (Israel)</small>	17 <small>Ascension (Christian, Christian - Coptic & Eastern Orthodox) Ázamat (4th Month) (Bahá'í)</small>	18	19
20	21 <small>Victoria Day (Canada)</small>	22	23 <small>Shavuot (until May 24) (Jewish) Declaration Of Báb (Bahá'í)</small>	24 <small>Buddha's Birthday (Hong Kong)</small>	25 <small>National Missing Children's Day</small>	26 <small>Welland Family Literacy Event</small>
27 <small>Pentecost (Christian, Christian - Coptic & Eastern Orthodox)</small>	28 <small>National Sun Awareness Week</small>	29 <small>Ascension of Bahá'u'lláh (Bahá'í)</small>	30	31 <small>World No-Tobacco Day (UN)</small>		

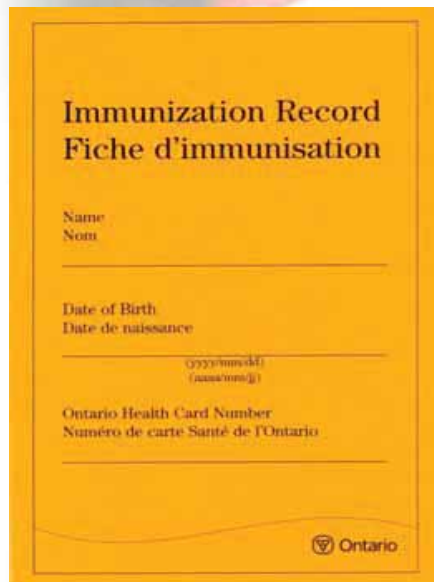
May is "Better Hearing and Speech Month".

Vaccinate Your Child



Immunization (also called vaccination, baby shots, or needles) is the best protection against many serious childhood diseases like whooping cough, diphtheria, tetanus, measles, mumps, and rubella, to name a few. For immunization to work best, children must have all their vaccinations – on time. Report your child’s vaccinations to the Public Health Department. In the event that you misplace your child’s record or there is an outbreak of an infectious disease in the community, your child’s vaccination information is available at the Public Health Department to help protect your child.

**Vaccinate your child on time!
Notify the PUBLIC HEALTH
DEPARTMENT every time!**



CONTACT US BY:

INTERNET

www.regional.niagara.on.ca/vaccinations

FAX

905-688-8225

MAIL

Niagara Region Public Health Department
2201 St. David’s Road
Thorold, ON L2V 4T7

TELEPHONE

905-688-8248 ext. 7459 or
1-888-505-6074 ext. 7459

For more information, please contact the Vaccine Preventable Disease Program at 905-688-8248, ext. 7396 or 1-888-505-6074, ext. 7396.

For local parenting information visit: www.regional.niagara.on.ca/parenting

June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Your feedback is important to us. Please take a moment to fill out the online survey at www.regional.niagara.on.ca/offtoschool.</p>						1	2
3	4 <small>Canada Environment Week</small>	5 <small>Núr (5th Month) (Bahá'í) World Environment Day (UN)</small>	6	7	8	9	
10	11	12	13	14	15	16 <small>Martyrdom of Guru Arjan Dev (Sikh)</small>	
17 <small>Father's Day (Canada, UK, USA)</small>	18	19	20	21 <small>National Aboriginal Day (Aboriginal/Native Canadian)</small>	22	23	
24 <small>St. Jean Baptiste Day (Canada, France) Rahmat (6th Month) (Bahá'í)</small>	25	26	27 <small>Multiculturalism Day (Canada)</small>	28	29 <small>Gahambar Maidyoshem (until July 3) (Zoroastrian)</small>	30 <small>Wassana (Buddhist)</small>	

Comfort your child every day.

Choosing Quality Child Care

One of the most important decisions parents have to make is choosing the child care program in which their child will be placed. Research indicates that a quality child care program increases a child's readiness to learn.



Consider these 14 tips when choosing a child care program.

Does the child care program have:

- A posted license under the Day Nurseries Act?
- A feeling that when you visit children and staff are happy?
- An "open door" policy, which invites you to visit at any time?
- Opportunities for you to participate in the program?
- A bright and cheerful feeling?
- A variety of equipment and furnishings that are safe, age appropriate, and cleaned regularly?
- Consistent routines that are developmentally appropriate and posted for you to see and your child to participate in every day?
- A healthy menu plan which is posted?
- Tools to regularly evaluate the program and assess children's developmental strengths and needs?
- Regular program feedback opportunities such as parent surveys?
- Clear policies and consistent practices for things such as managing children's behaviour, emergencies, hours, and fees?
- Other parents you can talk to about the program?
- Early Childhood Educators who have postsecondary training?
- Staff who have participated in the Quality Child Care Niagara training program?



Quality Child Care Niagara provides training to support child care staff to plan programs that promote children's learning. The Quality Child Care Niagara Training Program facilitates the use of standardized assessment tools in child care programs. For further information on child care options, please refer to the Early Childhood Community Development Centre website at www.eccdc.org and select "Child Care Choices" or visit/contact them at 395 Ontario St., St. Catharines, 905-646-7311.

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>Canada Day (Canada)</small>	2	3	4	5	6	7
8	9 <small>Martyrdom of the Báb (Bahá'í)</small>	10	11 <small>Imamat Day (Islam Ismaili)</small>	12	13 <small>Katimát (7th Month) (Bahá'í)</small>	14
15	16	17	18	19	20	21
22 <small>National Drowning Prevention Day</small>	23	24 <small>Tisha B'Av (Jewish)</small>	25	26	27	28
29	30 <small>Oh-Harai-Taisai (Shinto)</small>	31 <small>Feast of St. Ignatius Loyola (Spain)</small>	The nurturing and stimulation children receive in their early years can have a major impact on the rest of their lives.			

A Good Life Needs A Good Start.

Child Health Checklist

Has your child:

Information for parents:

<input type="checkbox"/> Had his or her eyes checked during the preschool years?	Signs of vision difficulty include: complaints of tired eyes or not seeing well; frequent eye rubbing; blinking; squinting; head tilting; difficulty copying; holding a book close to the face.
<input type="checkbox"/> Visited the dentist during the preschool years?	Financial assistance is available through the Children in Need of Treatment (CINOT) program up until your child's 14th birthday. Call 905-688-8248, ext. 7203/7201, or 1-888-505-6074, ext. 7203/7201 for details.
<input type="checkbox"/> Developed the habit of brushing his or her teeth morning and night for two minutes each time with help?	Baby teeth are important for proper speech development. When brushing, use a pea-sized amount of toothpaste and make sure your child does not swallow it.
<input type="checkbox"/> Had a physical check-up in the last year and received his/her most recent immunization shot?	See the month of June for more information on immunization and your child.
<input type="checkbox"/> Had his or her hearing tested by an audiologist?	Consult a doctor for a referral to an audiologist if your child complains of hearing difficulty, speaks too loudly, needs directions repeated many times, often does not pay attention, or has had repeated ear infections.
<input type="checkbox"/> Developed the habit of starting every day with a healthy breakfast?	Regular meals include foods from at least three of the four food groups (vegetables and fruits, grains, meats and alternatives, milk products).
<input type="checkbox"/> Developed a routine that includes a regular bedtime and at least 10-12 hours of sleep each night?	Healthy sleep will allow your child to grow, develop, and function at his/her best. The quality of sleep is just as important as the quantity. Getting adequate sleep affects performance, concentration, and learning.
<input type="checkbox"/> Developed a daily routine that includes at least 90 minutes of physical activity?	Parents are the best role models for leading an active and healthy life. To find ways to get your family moving together, visit the Families on the Move website at www.healthylivingniagara.com . For more information about Canada's Physical Activity guide, visit www.paguide.com .
<input type="checkbox"/> Learned about safety at home?	To learn fun safety tips, visit the Public Health Department's interactive web game at www.ebmonkey.ca .

For more information, please contact the Parent Talk Information Line at 905-688-8248, ext. 7555 or 1-888-505-6074, ext. 7555.
For local parenting information visit: www.regional.niagara.on.ca/parenting

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ilinden (Macedonia) Kamál (8th Month) (Bahá'í)	2	3	4
Stop, look, and listen! Teach your child traffic safety.						
5	6 Civic Holiday (Canada)	7	8	9 International Day of the World's Indigenous People (UN)	10	11
12 International Youth Day (UN)	13 Fravardeghan (until August 22) (Zoroastrian)	14	15 Assumption (Christian - Coptic & Eastern Orthodox)	16	17	18
19	20 Asmá (9th Month) (Bahá'í)	21	22	23 Now-Ruz (Shenshai) (Zoroastrian)	24	25
26	27	28 Raksha Bandhan (Hindu) Obon (Japan)	29	30 St. Rosa of Lima (Peru)	31	Establish a consistent bedtime routine.

Has your child been to meet the dentist?

Support Your School-Aged Child



Your child's experience in the primary grades is critical – much in the same way that an infant's first connection with a parent is so important. By age five, most youngsters have the cognitive and social requirements to begin Kindergarten. However, every child is different in temperament and emotional and cognitive growth. These tips will help strengthen your relationship with your school-aged child.



Communicate your love to your child in word and action each and everyday – kisses, hugs, and pats on the back are great!

Listen for the feelings behind your child's verbal communication and respond to those feelings in an accepting way.

Model and teach courtesy, patience, kindness, thoughtfulness, honesty, loyalty, responsibility, fairness, and forgiveness.

Recognize, acknowledge, and praise your child when he or she makes an effort to do something well (school projects, listening to parents, helping at home). Make a big deal out of it!

Use positive discipline. The impact of natural consequences teaches your child more than the results of punishment. Positive discipline helps children develop inner self-control and self-discipline.

**For local parenting information visit:
www.regional.niagara.on.ca/parenting or www.regional.niagara.on.ca/healthyschools**

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make sure your child knows his or her last name, address and phone number.</p>						<p>1</p> <p>Parkash (Sikh)</p>
<p>2</p>	<p>3</p> <p>Labour Day (Canada, USA)</p>	<p>4</p> <p>Janmashtami (Hindu)</p>	<p>5</p>	<p>6</p> <p>Defence Day (Pakistan)</p>	<p>7</p>	<p>8</p> <p>Paryushana-Parva (Jain) Izzat (10th Month) (Bahá'í) International Literacy Day (UN)</p>
<p>9</p> <p>Fetal Alcohol Syndrome (FAS) Awareness Day</p>	<p>10</p>	<p>11</p> <p>Day of Remembrance (USA)</p>	<p>12</p> <p>Gahambar Paitishahem (until September 16) (Zoroastrian)</p>	<p>13</p> <p>Rosh Hashanah/New Year (until September 14) (Jewish) Ramadan Begins (until October 12) (Islam)</p>	<p>14</p>	<p>15</p> <p>Ganesh Chaturthi (Hindu) Samvatsari (Jain) Dashalakshani-Parva (Jain)</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Yom Kippur (Jewish)</p>
<p>23</p>	<p>24</p> <p>Our Lady of Las Mercedes (Dominican Republic, Peru)</p>	<p>25</p> <p>Ananta-Chaturdasi (Jain)</p>	<p>26</p> <p>Pavarana (Buddhist) Ksamavani (Jain)</p>	<p>27</p> <p>Sukkot -Feast Of Booths (until October 3) (Jewish) Mashiyyat (11th Month) (Bahá'í)</p>	<p>28</p>	<p>29</p>
<p>30</p>						

You are your child's first, best, and most important teacher!

How Long Must My Child Stay Home When Sick?



Keep your child at home and away from others if he or she has any of these symptoms:

- ★ Fever
- ★ Diarrhea
- ★ Rash
- ★ Vomiting
- ★ Sore throat
- ★ Frequent coughing or sneezing
- ★ Yellow or green discharge from the nose, ears, or eyes.

Contact your family doctor for a diagnosis. He or she will advise you about care and treatment if a communicable disease is diagnosed.

Chickenpox	For mild illness (low fever, less than 30 spots) – no exclusion as long as your child is well enough to participate normally in all activities; for moderate to severe illness (fever over 38.5°C and/or many new spots) – until five days after onset of rash.
Diarrhea	Until 24 hours after diarrhea stops. This may vary depending on cause of illness, number of cases, and the way it is passed.
Fifth's disease "Slapped Cheek"	Until your child is feeling well enough to participate normally in all activities (no need to stay away from others).
Hand/Foot/Mouth disease	Until your child is feeling well enough to participate normally in all activities. Those with mouth sores or oozing lesions should stay away from others.
Impetigo	Until the antibiotic prescribed by a doctor has been taken for at least one full day.
Measles	For at least four days after the rash appears.
Pink-eye	Until the antibiotic prescribed by a doctor has been taken for at least one full day.
Rubella (German Measles)	Until at least seven days after the rash first appears.
Strep Throat	Until the antibiotic prescribed by a doctor has been taken for at least one full day.
Whooping Cough (Pertussis)	Until antibiotic treatment has been taken for at least five days. If no treatment is given, wait three weeks from when the cough began.

For more information, please contact the Infectious Disease Program at 905-688-8248, ext. 7330 or 1-888-505-6074.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 <small>International Walk to School Day</small>	4 <small>Shemini Atzeret (Jewish) Feast of St. Francis of Assisi (Italy)</small>	5 <small>Simchat Torah (Jewish)</small>	6
7	8 <small>Thanksgiving (Canada) Laylat al-Qadr (Islam)</small>	9	10	11 <small>Navratri (Hindu)</small>	12 <small>Gahambar Ayathrem (until October 16) (Zoroastrian)</small>	13 <small>Eid-ul-Fitr (Islam)</small>
14	15	16 <small>Niagara Falls Ontario Early Years Centre Off to School Event KS Durdan/Loretto Schools 5:30-7:30 p.m. 'Ilm (12th Month) (Bahá'í)</small>	17	18	19 <small>Durga Puja (Hindu)</small>	20 <small>Saraswati Puja (Hindu) Birthday of the Báb (Bahá'í)</small>
21 <small>Dussehra (Hindu)</small>	22	23	24	25	26 <small>Kathina (Buddhist)</small>	27
28	29 <small>Karva Chauth (Hindu)</small>	30	31 <small>Halloween (Canada, USA)</small>	Handwashing is the single best way to reduce the spread of germs.		

Play with your children today. Shape who they will be tomorrow.

It's Booster Seat Time!

Ontario law states that children are required to ride in a booster seat until they reach one of the following: 80 lbs. (36 kg), 4 feet 9 inches (145 cm), or 8 years of age. The safest choice is to keep your child in a booster seat until all three criteria are met. Children wearing adult seat belts before they are ready are 3 ½ times more likely to be injured during a collision than those in booster seats. Booster seats are designed for children over 40 pounds. Children under 40 pounds should be in a forward-facing car seat with a harness, not in a booster seat.

Does Your Child Need a Booster Seat?

Until you can check all three boxes, your child should be in a booster seat.

- My child weighs 80 lbs. (36 kg) or more.
- My child is 4 feet, 9 inches (145 cm) or taller.
- My child is 8 years of age or older.



Public Health recommends keeping children in booster seats until they properly fit an adult seat belt. When correctly used, the lap belt should rest across the upper thighs and the shoulder belt should be centred on the shoulder and chest. When sitting back, the child's knees should bend comfortably over the edge of the vehicle seat.

For more information, please contact the Child Car Seat Help Desk at 905-688-8248 ext 7362 or 1-888-505-6074, or visit www.regional.niagara.on.ca/carseats

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 All Saints' Day (Christian)	2 All Souls Day (Christian) Dia De Los Muertos (Mexico) Dia De Finades (Portugal)	3
Plan for your family's influenza immunization.						
4 Qudrat (13th Month) (Bahá'í)	5	6	7	8	9 Diwali (Sikh, Hindu) Mahavira Nirvana (Jain)	10
11 Remembrance Day (Canada, UK)	12 Birth of Bahá'u'lláh (Bahá'í)	13	14	15	16 Louis Riel Day (Aboriginal/Native Canadian)	17
18	19	20 National Child Day (UN)	21	22	23 Qawl (14th Month) (Bahá'í) Canadian Aboriginal Festival (until November 25) (Aboriginal/Native Canadian)	24 St. Catharines Ontario Early Years Centre Off to School Event 10:00 - 12:00 pm
25	26 Day Of Covenant (Bahá'í)	27	28 Ascension of Abdu'l-Bahá (Bahá'í)	29	30	Your time is the best gift you can give to your child.

Celebrate National Child Day on November 20th! For more information visit earlyyearsniagara.org

Children With Special Needs



The transition to school is an important milestone for children with special needs and their families. Because of this, School Boards and agencies providing services to children with special needs are committed to ensuring that the process is as smooth as possible. As a parent of a child with special needs, you are an important partner in making your child's entry into the school system a success.

A number of activities have been developed to assist you and your child to make the transition to school:

- In October or November of the year before your child is eligible to go to school, your preschool agency will begin to talk to you about your plans for the following year. You will be asked to sign consent forms to allow for information to be shared between the school boards and the various agencies your child may be involved with. Written reports on your child's needs, and progress to date, will be developed for sharing with the school system.
- In November or December, school orientation evenings will be held for families. These sessions provide information on the services and supports offered to special needs children entering the school system. In addition, you will have an opportunity to meet representatives of School Boards and support agencies on these evenings.
- Formal meetings will be held in the spring to discuss the specifics of your child's needs upon entering the school system and allow the individual school to prepare for your child's attendance.

You will also be invited to participate in any regular activities that your school may be offering for families and children entering into school.

District School Board of Niagara, Special Education Services - 905-227-5551

Special Needs Resource Teachers:

Fort Erie, Port Colborne, Niagara Falls - Ext. 2242

Pelham, Thorold, Welland, St. Catharines - Ext. 2244

Grimsby, Niagara-on-the-Lake, North St. Catharines - Ext. 2253

Niagara Catholic District School Board, Student Support Services - 905-735-0240

Special Needs Facilitators:

Fort Erie, Port Colborne, Welland, Pelham, Wainfleet - Ext. 148

Niagara Falls, Grimsby, Lincoln, West Lincoln - Ext.140

St. Catharines, Niagara-on-the-Lake, Thorold - Ext. 139



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Family involvement in a child's education is a more important factor in student success than family income or education." <i>Early Reading Strategy - The Report of the Expert Panel on Early Reading in Ontario</i></p>						1
2 <small>First Sunday of Advent (Christian)</small>	3	4 <small>Hanukkah (until December 11) (Jewish)</small>	5	6 <small>St. Nicholas Day (Christian)</small>	7	8
9	10	11	12 <small>Our Lady of Guadalupe (Mexico) Masá'il (15th Month) (Bahá'í)</small>	13 <small>Aga Khan's Birthday (Islam Ismaili)</small>	14	15 <small>Navidades (Puerto Rico)</small>
16 <small>Posadas (until December 24) (Mexico)</small>	17	18	19 <small>Day of Hajj (Islam)</small>	20 <small>Eid-ul-Adha (Islam)</small>	21	22 <small>Tohji-Tasai (Shinto)</small>
23	24 <small>Christmas Eve</small>	25	26 <small>Death of Prophet Zarathustra (Zoroastrian) Kwanzaa (African-American/Canadian) Boxing Day (Bahamas, Canada, Jamaica, UK)</small>	27	28	29
30	31 <small>New Year's Eve Sharaf (16th Month) (Bahá'í) Gahambar Maidyarem (until Jan 4) (Zoroastrian)</small>	31 <small>Christmas Day (Christian)</small>				

Children learn what they live.

Niagara Public Libraries

FORT ERIE PUBLIC LIBRARY

Fort Erie Centennial Branch
136 Gilmore Road, Fort Erie

Crystal Ridge Branch
89 Ridge Road, Ridgeway

Stevensville Branch
2508 Stevensville Road, Stevensville

GRIMSBY PUBLIC LIBRARY

18 Carnegie Lane, Grimsby

LINCOLN PUBLIC LIBRARY

Vineland Branch
4080 John Charles Boulevard, Vineland

Beamsville Branch
4996 Beam Street, Beamsville

NIAGARA FALLS PUBLIC LIBRARY

Victoria Avenue Branch
4848 Victoria Avenue, Niagara Falls,

Chippawa Branch
3763 Main Street, Niagara Falls

MacBain Community Centre Branch
7150 Montrose Road, Niagara Falls

Stamford Centre Branch
Town and Country Plaza
3643 Portage Road, Niagara Falls

NIAGARA-ON-THE-LAKE PUBLIC LIBRARY

10 Anderson Lane, Niagara-on-the-Lake

PELHAM PUBLIC LIBRARY

Fonthill Branch
43 Pelham Town Square, Fonthill

Maple Acre Branch
781 Canboro Road, Fenwick

PORT COLBORNE PUBLIC LIBRARY

310 King Street, Port Colborne

ST. CATHARINES PUBLIC LIBRARY

Central Branch
54 Church Street, St. Catharines

Grantham Branch
Grantham Plaza, 400 Scott Street,
St. Catharines

Merritt Branch
149 Hartzel Road, St. Catharines

Port Dalhousie Branch
23 Brock Street, St. Catharines

THOROLD PUBLIC LIBRARY

Main Branch
14 Ormond Street North, Thorold

Port Robinson Branch
46 Cross Street, Port Robinson

WAINFLEET PUBLIC LIBRARY

19M9 Park Street, Wainfleet

WELLAND PUBLIC LIBRARY

Main Branch
50 The Boardwalk, Welland

Northwest Branch
650 South Pelham Road, Welland

WEST LINCOLN PUBLIC LIBRARY

Smithville Branch
318 Canborough Road, Smithville

Wellandport Branch
5042 Canborough Road, Wellandport

Caistorville Branch
716 John Street, Caistorville

Family Resource Programs

Family Resource Programs are warm, welcoming environments where parents and home child care providers, together with their children, can drop by and join in interactive activities that are carefully planned by trained staff members. These open-concept, flexible, family-oriented centres provide support and education through a wide variety of activities, programs, and services such as:

- . **Interactive drop-in playgroups**
- . **Toy lending libraries**
- . **Educational workshops**
- . **Support to home child care providers**
- . **Resource lending libraries**
- . **Referral services**

Family Resource Program Locations:

Bethlehem Early Learning Centre

58 Welland Avenue
St. Catharines
Tel: 905-641-1660

Coin Des Familles Centre de Santé Communautaire

1 Promenade Vanier
Welland
Tel: 905-734-1141

Brighter Day Early Learning Centre

Edith Cavell School
1 Monck Street
St. Catharines
Tel: 905-685-0366

Under the Rainbow Resource Centre

748 Buffalo Road
Fort Erie
Tel: 905-871-3033

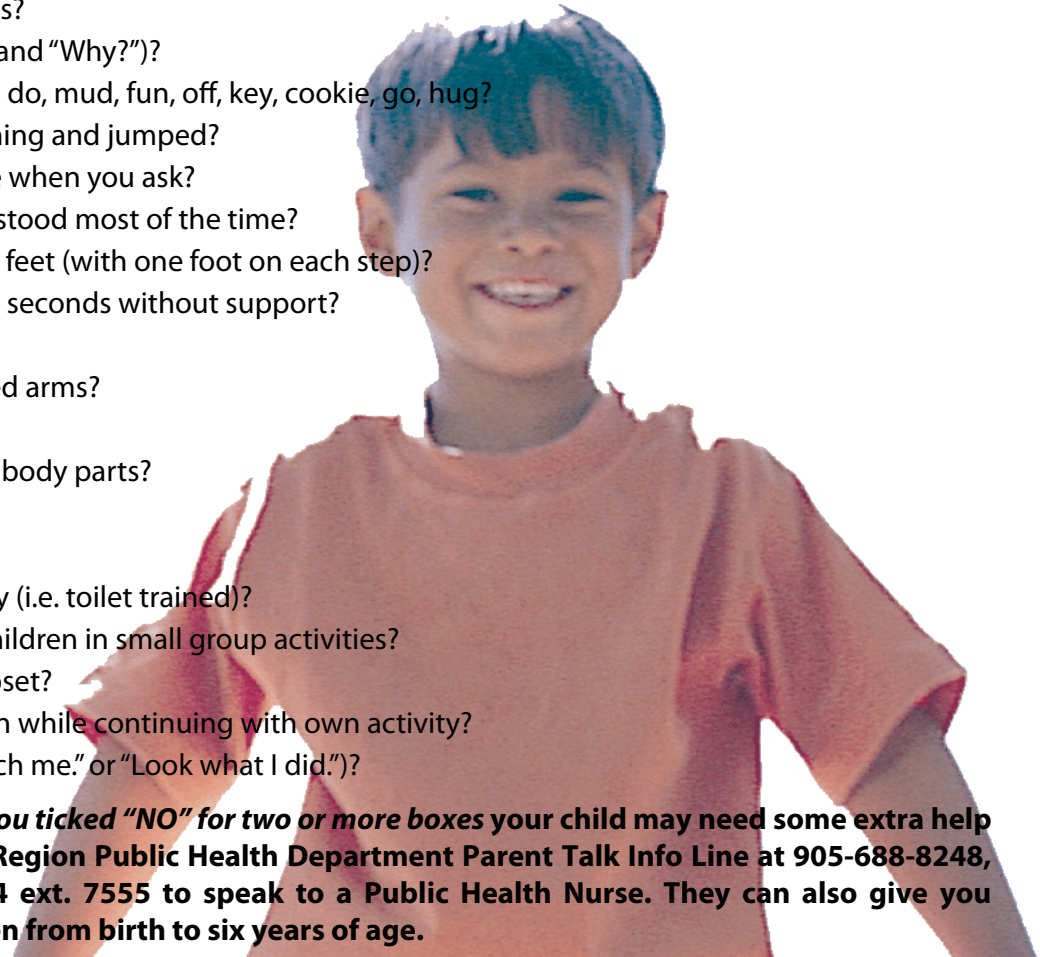
Nipissing District Developmental Screen™

The Nipissing District Developmental Screen (NDDS)™ is a checklist designed to help monitor your child's development. For more information on the NDDS™, visit www.ndds.ca.

- | | YES | NO | By FOUR YEARS of age, does your child... |
|-----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Understand three-part related directions and longer sentences (e.g., "Put your toys away and wash your hands before lunch")? |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Say rhymes or sing children's songs? |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Ask lots of questions (e.g., "How?" and "Why?")? |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Correctly say the words – two, hat, do, mud, fun, off, key, cookie, go, hug? |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Use some word endings as in running and jumped? |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | Tell what is happening in a picture when you ask? |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | Speak clearly enough to be understood most of the time? |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | Go up and down stairs alternating feet (with one foot on each step)? |
| 9. | <input type="checkbox"/> | <input type="checkbox"/> | Stand on one foot for one to three seconds without support? |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | Try to hop on one foot? |
| 11. | <input type="checkbox"/> | <input type="checkbox"/> | Catch a large ball with outstretched arms? |
| 12. | <input type="checkbox"/> | <input type="checkbox"/> | Snip paper with scissors? |
| 13. | <input type="checkbox"/> | <input type="checkbox"/> | Draw a person with three or more body parts? |
| 14. | <input type="checkbox"/> | <input type="checkbox"/> | Hold a crayon or pencil correctly? |
| 15. | <input type="checkbox"/> | <input type="checkbox"/> | Undo buttons and zippers? |
| 16. | <input type="checkbox"/> | <input type="checkbox"/> | Use the toilet/potty during the day (i.e. toilet trained)? |
| 17. | <input type="checkbox"/> | <input type="checkbox"/> | Take turns and share with other children in small group activities? |
| 18. | <input type="checkbox"/> | <input type="checkbox"/> | Try to comfort someone who is upset? |
| 19. | <input type="checkbox"/> | <input type="checkbox"/> | Play near and talk to other children while continuing with own activity? |
| 20. | <input type="checkbox"/> | <input type="checkbox"/> | Look for adult approval (e.g., "Watch me." or "Look what I did.")? |

Every child is unique and will develop differently. If you ticked "NO" for two or more boxes your child may need some extra help to develop age-appropriate skills. Call the Niagara Region Public Health Department Parent Talk Info Line at 905-688-8248, ext. 7555 or their toll free number: 1-888-505-6074 ext. 7555 to speak to a Public Health Nurse. They can also give you information on similar checklists available for children from birth to six years of age.

Nipissing, Nipissing District Developmental Screen and NDDS are trademarks of NDDS Intellectual Property Association, used under license. All rights reserved.



Important Numbers

Emergency

Ambulance/Fire/Police
(to report a life-threatening emergency situation)

911

Poison Information

1-800-268-9017
1-877-750-2233 (TTY)

Police

Ontario Provincial Police (OPP)

1-888-310-1122
1-888-310-1133 (TTY)

Crime Stoppers

1-800-222-8477

Regional Municipality of Niagara

905-688-4111
905-688-1466 (TTY)

Pelham

905-735-7811

Fort Erie

905-871-2300

Port Colborne

905-735-7811

Grimsby

905-945-2211

St. Catharines

905-688-4111

Lincoln

905-945-2211

Thorold

905-688-4111

Niagara Falls

905-688-4111

Wainfleet

905-735-7811

Niagara-on-the-Lake

905-688-4111

Welland

905-735-7811

West Lincoln

905-945-2211

Health

Telehealth Ontario

1-866-797-0000
1-866-797-0007 (TTY)

Port Colborne General Hospital

905-834-4501

Douglas Memorial Hospital

905-871-6600

Hotel Dieu Shaver Health and

Rehabilitation Centre

905-685-1381

West Lincoln Memorial Hospital

905-945-2253

St. Catharines General Hospital

905-684-7271

Greater Niagara General Hospital

905-358-0171

905-378-4647

Niagara-on-the-Lake Hospital

905-468-4284

Welland County General Hospital

905-732-6111

Information

Parent Talk Information Line

905-688-8248
1-888-505-6074, ext. 7555

Information Niagara

905-682-6611
1-800-263-3695

Niagara Region Public Health Department

905-688-8248
1-888-505-6074, ext. 7555

Important Numbers

Health

Doctor: _____ Dentist: _____ Pediatrician: _____ Optometrist: _____

School

Secretary: _____ Caregiver: _____ Preschool: _____ Nursery School: _____

Emergency Contacts

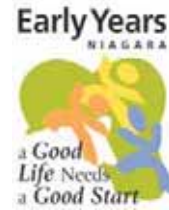
Friends

Relatives

Work

Other

Babysitter(s)



Conseil scolaire de district catholique Centre-Sud-Ouest



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Conseil scolaire de district du Centre-Sud-Ouest



Photos courtesy of Niagara Region Health Department, Health Canada and Microsoft ClipArt.

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