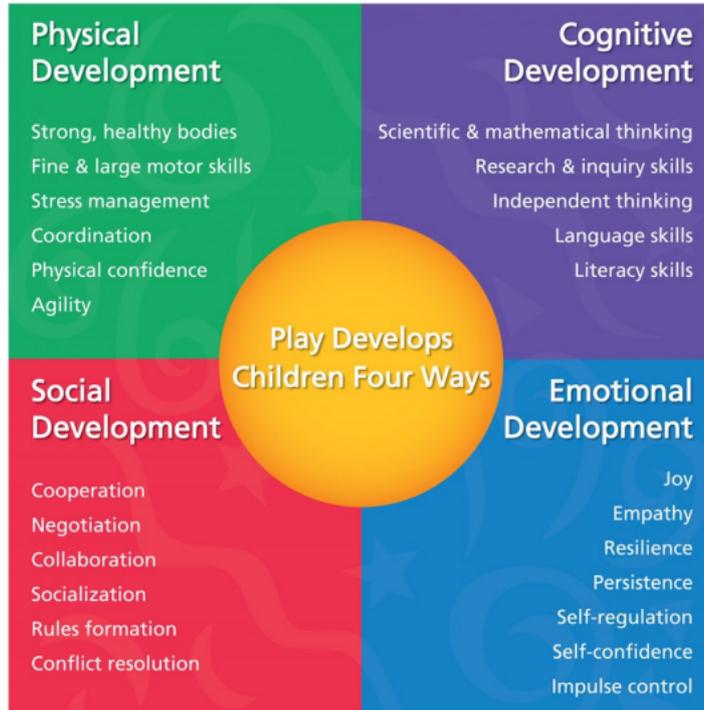




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Child Care Resource & Referral

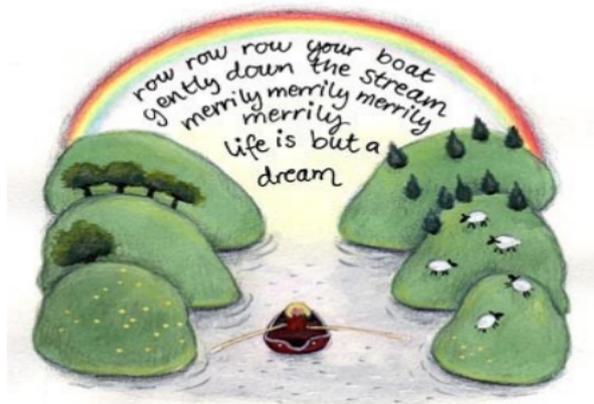




The Strong 2013®

The Rowing Game

Toddler's enjoy music and they might even try and sing songs with you. This is a good time to sit on the floor across from each other. Hold hands and begin to rock like a boat, this will be easy because your baby is probably going through a stage where they love to rock. Sing the song "Row, Row Your Boat" and after each verse sing the next a bit faster while speeding up the rocking, but not too fast!



MILESTONES - By the end of 6 months

- * Recognizes familiar faces
- * Responds to other's emotions, often seems happy
- * Likes to look at self in the mirror
- * Rolls over in both directions
- * May react to strangers
- * Strings vowels together when babbling (ah, eh, oh)
- * Responds to own name
- * Begins to sit without support
- * Passes items from one hand to another



Infant Play Time

***While cuddling before feeding time, try the following finger play:**



**'Round and round the garden, went the teddy bear. One step, two steps
Tickle under there '(Walk your fingers around your baby's palm. Take
steps with your fingers up their arm, and then tickle their armpit, chin, or
feet)**

***Play "What's that Toy?" by placing a textured toy under your baby's
shirt during diapering or while getting dressed. Talk about what the toy
feels like and where it is hidden.**



Infant Play Time

***Place an unbreakable mirror on the floor in front of your baby. Your baby will enjoy seeing his/her reflection moving and smiling back.**



***Show your baby a ball then cover it under one of three plastic cups. Make sure your baby sees which cup you hid the ball under. Next, encourage your baby to grab or tap the cup with the hidden ball with a “You found it!”**

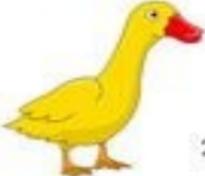


POPSICLE STICK CRAFTS

Materials: Popsicle sticks, glue , markers, paint, paper, scissors, stickers

Directions: CREATE!



<p>Flap your wings and fly like a bird around the house one time.</p> 	<p>How long can you stand on one foot like a flamingo?</p> 
<p>Crab walk across a room.</p> 	<p>Hop like a bunny 20 times.</p> 
<p>Waddle like a duck for 2 minutes.</p> 	<p>Stomp like an elephant for 1 minute.</p> 
<p>Leap like a frog 15 times.</p> 	<p>Slither across a room like a snake.</p> 

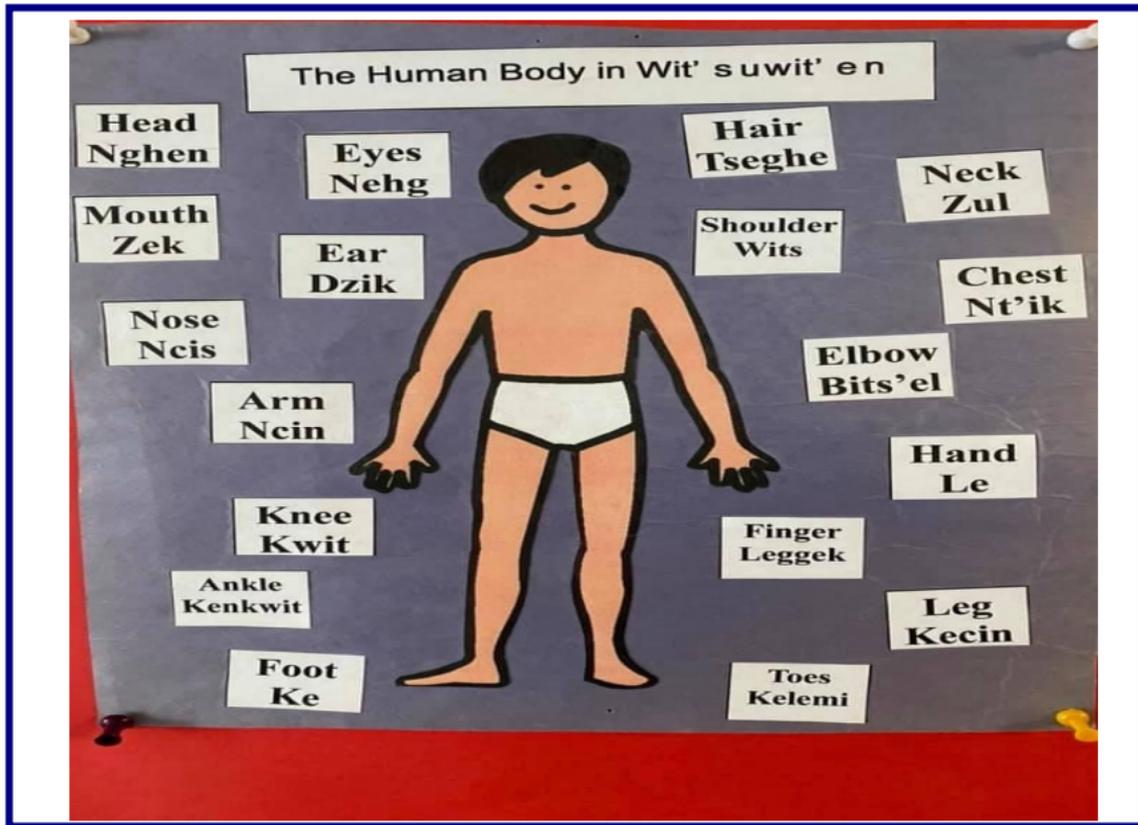
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BALL GAMES

- **Throw, Bounce, Kick**
- **Make a paper cone, toss ball up and catch on the cone**
- **Roll ball along a line (tape on the floor)**
- **Drop and catch**
- **Use a blanket to toss the ball in the air and catch it**
- **Toss ball into a laundry basket**

FILL YOUR CUP

Skills: Separation of the two sides of the hand,
pincer grasp

Materials: Clothespins, cotton ball/pom poms

Directions: Place a bowl of cotton balls or pom poms in front of child. Use the clothespins to pick up a cotton ball and place it in a container. Try to build a snowman. You could also use a plastic water bottle, fill it up and decorate it as a snowman (with buttons, scarf and hat)



CLAY SHAPES

Skills: Building hand strength and grasping skills as well as visual motor skills and hand eye coordination

Materials: Clay/Playdough, toothpicks



Directions: Provide a ball of clay and toothpicks to child (3yrs and up). Have the child build squares, cubes, a house... If children are having trouble making shapes, they can practice making hedgehogs (toothpicks all over the ball of clay)

SENSORY BINS

Skills: Sensory bins, bags or bottles allow children to explore, discover, imagine, create and learn while engaging in their senses. Children draw shapes, pickup objects

Materials: Bins, bags or bottles. Sand, beans, rice, or lentils. Any small objects such as plastic animals, beads, shells, funnels, rocks etc...

Directions: Have child explore the bin, bag or bottle.
Ask, “what does it feel like?”,
“what can you find?”,
“can you draw a shape or letter in the bin?”.



MAKING SHAPES

Skills: Developing hand manipulation skills as well as visual motor skills.

Materials: Pipe cleaners, pictures of different shapes

Directions: Give your child different sized pipe cleaners and a few pieces of paper with different shapes on them. Have the child bend the pipe cleaners to make some shapes.

Can they make the first letter of their name?



Frozen Balloon Jewels

Materials: Balloons, water, food coloring

Instructions: Add water to your balloons, add a few drops of food coloring to each balloon, tie the end of your balloons and freeze. Once they are frozen, remove the balloon and you have amazing ice jewels! You can play with these in the winter or summer!

WARNING: The color may come off on hands



Using Loose Parts to Spark Inquiry

Loose parts are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. Loose parts can be used alone or combined with other materials. There is no set of specific directions for materials that are considered loose parts.

The child is the direction.

chain, hoops, chalk, feathers, animal/people figurines, straws, pom poms, cups, felt, blocks,

Rocks, leaves, acorns, sticks, sliced wood cookies, drift wood, flowers, moss, sand, seeds, shells, beans, lids, paper towel rolls, jars, CDs, clips, letters, fabric, nuts and bolts, paper,



funnels, cake tins,

beads, envelopes, glass gems, labels, sponges, utensils, tires, pallets, boxes, PVC piping, rope,

pulleys, bricks, tiles, foam, water, paint brushes, small cars....



Caribou Pokey

Sung to: "Hokey Pokey"

You put your antlers in.

You take your antlers out.

You put your antlers in and you shake them all about.

You do the Caribou Pokey and you turn yourself around.

That's what it's all about!

You put your hooves in....

You put your red nose in....

You put your fluffy tail in...

You put your whole Caribou body in...

Dino Wash



Materials: Small plastic dinosaurs, bins, brown paint, flour and water, sticks, rocks, greenery, dish soap, toothbrushes, towels.

Instructions: Mix brown washable paint, flour and water to make a mud like consistency in one bin. Add the dinos, rocks, twigs etc. Add some dish soap and warm water to another bin and fresh clean water to another. Let your children play with the dinosaurs in the “mud”. When they feel like its time to clean them up, have some toothbrushes ready to help scrub. Rinse and dry!



CLASSIC PLAYDOUGH RECIPE

You'll Need: 1 cup all purpose flour ½ cup salt 2 tsp cream of tartar (you can also substitute cream of tartar with 2 Tbsp baking soda, but change to 1 Tbsp of vegetable oil) 1 cup water 1 tsp vegetable oil food coloring (I like gel food coloring) a few drops of essential oils/carrier oil (optional)

Directions: Mix first three ingredients together. Add next two ingredients to mixture. Stir. Add the desired amount of food coloring. Pour into pot and heat on medium to medium high heat, stirring frequently. The mixture will start to stick together and become lumpy. Stir until you have a giant lump of dough. Remove from heat and put the dough onto a cutting board or countertop to cool. Once cool, knead dough. Store in an airtight container.

CLASSIC GAK/SLIME RECIPE

You'll Need: Two 4 oz bottles of school glue , 1 1/2 cups Tide Free & Gentle (found in the laundry detergent aisle) food coloring or washable liquid watercolors, glass bowl

Directions: Pour school glue into glass bowl. Add food coloring to a bit of warm water and add to the glue. Mix well. In the measuring cup add 1 1/2 cups of Tide and stir into the glue until well mixed. Stir and knead the mixture until it starts to mix together, which takes a little while. Store in a plastic bag airtight container. You can also add scent to your gak for even more sensory fun.

There are so many things to use when playing with gak — use large glass shells (always supervised of course), plastic bugs or cars, or sea creatures just to name a few.

DIY KINETIC SAND RECIPE

You'll Need: 2 1/2 cups sand (I use play sand) 1/2cup + 2 Tbsp cornstarch 1/2 tsp dish soap (I use Dawn) 1/2cup warm water

Directions: Put your sand in a container. (Use the largest food storage container from the dollar store. It's the perfect size for an individual sensory bin.) Add the cornstarch and mix very well, removing any lumps. Mix your water and dish soap together and gradually pour and stir all of the soap and water mixture. (I would pour and stir, pour and stir, etc.). Do not store your kinetic sand in an airtight container. Store it in a container, but that is after allowing it to thoroughly dry out and I drill some small holes in the lid. Much like other sensory activities that involve adding water, if you store with the lid on them they can easily mold/mildew, which also causes your mixture to smell. Once dried out and stored, add the dish soap and water mixture and add as needed.

SCIENCE AND KIDS!

MATERIALS:

-Club Soda, raisins (12 or so), large clear container/glass

DIRECTIONS:

- Fill the clear glass/container with the club soda about 3/4 full.
- Add the raisins one at a time until they are all in the glass.
- Watch the raisins “dance “!

Dancing Raisins Experiment



* It is the gases from the club soda that attach to the raisins to make them float, when they float to the top the bubbles pop and the raisins sink again.

Bannock Recipe #1

Ingredients

2 c. Flour

2 tsp. Baking Powder

¼ c. Sugar

¼ tsp Salt

1 c Water & a little bit of oil

Oil for frying

Directions

Mix together the dry ingredients.

Add water to the dry ingredients and mix together – add a little more flour if the dough is sticky.

Let rest for 10 minutes.

Heat 1/4 “of oil in frying pan.

Form patties out of the dough (not too thick)

Fry your bannock until brown on one side and then turn over and brown the other side



BANNOCK RECIPE #2

Ingredients

- 1 tbsp yeast
- 1 ½ tbsp sugar
- ½ tsp salt
- 1 2/3 c. milk scalded and then cool to touch.
- 1 ½ tbsp butter or shortening.
- 1 egg beaten.
- 4 – 4 ½ c of flour
- 1 ½ c of vegetable oil (or your choice of oil)

Directions

1. Combine yeast, sugar, & salt.
2. Scald milk & butter (shortening)
3. Put milk mixture in a large mixing bowl when cooled or warm to touch.
4. Add yeast, sugar, & salt to the milk & butter.
5. Add the beaten egg and 1 ½ flour, stir.
6. While mixing, add 1 cup of flour.
7. Continue to slowly add the rest of the flour until the dough is not sticky or sticking to the bowl.
8. Form into a ball, lightly grease. Cover with a towel or plastic wrap. Place in warm area to let rise to double in size.
9. When doubled in size, heat on medium, oil in large skillet.
10. Make patties and carefully place in heated oil.
11. Brown one side and carefully turn to brown the other side. About a minute on one side and about 35-40 sec on the other side.





Choose a story that is familiar to your child. Pick some props that go with that story and put them in a basket/bin along with the book.

Invite your child to retell the story or create their own using the props.





Healthy Snack Ideas

Fresh fruit and vegetables

Crackers and cheese

Hummus

Granola bars

Milk and cereal

Mini bagels with cream cheese

Pretzels

Dried Fruit

Smoothies

Trail Mix

Yogurt

Applesauce

Muffins

Sandwiches

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FREE RAINY DAY ACTIVITIES

walk around the neighborhood

group/board games

Play dress-up playdough

build a blanket fort

make art/letter for a friend

jump in the puddles

have a picnic in your house

read a book

sing give your toys a bath with you in it **JUST DANCE!**



Cold Weather Bird Feeders

Supplies:

1 packet unflavored gelatin

1/4 cup boiling water

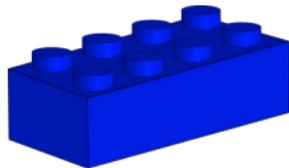
1 cup birdseed

Twine, scissors, cookie cutter, cookie sheet, parchment paper, spoon

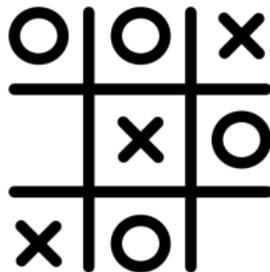
Directions:

Empty the gelatin into a bowl and add the boiling water, stir until gelatin has dissolved. Pour the birdseed into the gelatin mixture and stir until well combined. Place a piece of parchment paper on a cookie sheet with your cookie cutter on top. Spoon birdseed mixture in to cookie cutter until it is half full. Place a loop of twine in the middle and fill the cookie cutter the rest of the way with the birdseed mixture. Allow the ornament to set and dry for 24hrs. When it is set, gently pop the ornament out of cookie cutter and hang outside!

LEGO STEM ACTIVITIES



1. Build a LEGO tic-tac-toe board and then play a game with it!
2. Build your favorite food and see if a friend can guess it.
3. Build something that flies.
4. Build a LEGO bridge and see how much weight it can hold.



SPONGE THROWERS

- 1. Cut up ordinary household sponges into three equal strips, until you have 9 strips.**
- 2. Tie the 9 sponge strips together in the middle with a hair elastic.**
- 3. Puff out the sponge pieces and you're ready to dip them in water for some outdoor summer fun!**
- 4. Easier and less messy than water balloons!**



FUN ONLINE RESOURCES

SPEECH/LANGUAGE

*<https://open.alberta.ca/publications/talk-box-a-parent-s-guide-to-creating-language-rich-environments-preschool>

BOOKS

*<http://www.scholastic.ca>

EDUCATIONAL RESOURCES

*<https://www.education.com>

*<https://www.kidsparkz.com>

MUSIC

*<https://www.jimgill.com>

*<https://laurieberkner.com>



Early Years Program (Ages 0-6)

Northwest Child Development Centre

Answering questions relating to:

- ◇ ◇ Sleep
- ◇ ◇ Feeding
- ◇ ◇ Behaviour
- ◇ ◇ Development milestones
- ◇ ◇ Concerns
- ◇ ◇ Community resources

Available for outreach support from Houston to Gitanyow.

Call Us! You don't need a referral!

Regional Office: 250-847-4122





Northwest
Child Development Centre

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Offering family-centered health and social services to support the growth and development of our children, youth and families, with offices in Vanderhoof, Burns Lake, Smithers and Hazelton.

Our Programs include:

Infant Development (IDP)

Aboriginal Infant Development (AIDP)

Early Years

Physiotherapy

Occupational Therapy

Speech and Language Therapy

Complex Development Behavioral Conditions (CDBC)

Family Key Worker

School Age Services

Child Care Resource & Referral (CCRR)

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