

PARENTING CORNER

Parenting Tips: Let's Play!

Play is a very important activity that should be a part of a child's life. Through play children learn many valuable forms of learning. Let play be simple, creative, spontaneous with no specific goals. Play nurtures the social, cognitive and the physical areas of a child's development.

Centre of Excellence for Early Childhood

What are some examples of social, cognitive and physical play, you ask???

1. Social Play is as easy as sitting down with a child and playing playdough. Through the experience the child learns to cooperate, solve problems and express possible stresses.
2. Cognitive Play (such as blocks, puzzles etc) uses language and thinking skills.
3. Physical Play includes outdoor activities that encourage motor development, strength, endurance and skill. Simple as going on a nature hike in the woods.

Remember to have fun with your little ones!

NUTRITION CORNER

Roles at Mealtimes

Parent/Caregivers decide:

What food and beverages are served.

When food is served.

Where food is served.



Children decide:

If they are going to eat.

How much they are going to eat.

Simple Snack Ideas

Cheese cubes/cheese

Cut up veggies

Fruit

Oatmeal/fruit

Muffins/milk

peanut butter/toast

Peanut Butter Wraps

Ingredients:

1. whole wheat wrap
2. peanut butter/wow peanut butter
3. 1 banana
4. 1 pair of helping hands [encourage your child to be a part of the snack prep]



Directions:

Take wrap and spread peanut butter on it. Cut up banana and place on the wrap. Roll wrap and cut into slices. Serve with water/milk.