



Community Child Care ~ March 2017



March Break: Are you prepared?

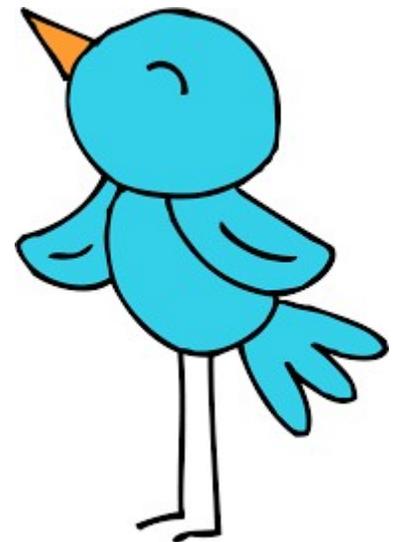
Have you thought about how you will adapt your daily routine to accommodate the school age children who will be with you all day, every day for a week? Have you thought about how the toddlers and pre-schoolers will feel about having you and the toys with the big kids?

Here are a few ideas.



- Plan crafts that can be enjoyed by all ages. Give them lots of paper, stickers, glue, paint, crayons and so on and you will end up with masterpieces! The babies may be into abstract art and the 10 year olds may be into realism, but they can all exercise their creativity and have fun together.
- Go to the library. The older children can read to the younger ones and everyone can borrow a book for quiet time.
- Take a walk in the park. You might not be able to play on the structures, but you can see where the snow is melting most and figure out why. Maybe there will be birds to identify and squirrels to count. See if the school agers can figure out the drainage patterns and where the melted snow ends up. Talk about the water cycle. Check if any of the trees are beginning to bud.
- Have a special superhero, pirate or pyjama day.
- Help the older children plan and make a lunch for everyone to share.
- Plan an activity exclusively for the older children to enjoy during naptime. Maybe that is time for jigsaw puzzles or board games.

The possibilities are endless. Plan to have fun with the whole crowd around you and it will turn out to be a wonderful time together.



Immunizations

When children have their immunizations updated, both providers and the agency need a copy of the updated record. Parents should also **report all vaccines**, including those given by their health care provider, to Ottawa Public Health. Public Health tells schools whether children's immunization records are up to date or not.

Reporting immunizations is easy:

- **Online** Immunization Reporting to Ottawa Public Health at https://app06.ottawa.ca/cgi-bin/form.cgi?dir=cimmunization&form=immunization_en
- **Fax:** 613 580-9660
- **Mail:** Immunization Program, 100 Constellation Dr., Ottawa, ON, K2G 6J8, 7th floor, mail code 26-44
- **Phone:** 613 580-6744 Monday to Friday, 9 a.m. - 4 p.m.
- **CANImmunize App:** appottawa.immunize.ca



March Break
All school boards
Students are off from
Monday March 13 through
Friday March 17



Excerpt from a newsletter published by the Dairy Farmers of Canada at TeachNutrition.ca

Little Chefs, Big Benefits: Cooking with Young Children

Getting children into the kitchen is a great way to have fun and try new recipes. Cooking with children is also a chance to share traditions, learn about different cultures and spend time together.

Contributing in the kitchen has many benefits for children's skill development:

Encourages positive food attitudes

Improves food choices

Nurtures a sense of well-being

Teaches food preparation skills

Develops a lifelong enjoyment of cooking

Introduces, and improves acceptance of, new foods

There are lots of ways to make sure that young children are comfortable, safe and engaged in the kitchen – and to guarantee they have fun!

Develops creativity

Teaches problem-solving

Improves literacy (vocabulary, basic reading)

Reinforces math skills (measuring)

Teaches science (solids, liquids, mixed foods)

Improves self-reliance

Tips for Cooking with Young Children

Be safe around appliances

Set the ground rules. Explain the adults-only rule and give reminders often. Only adults can put things into or remove things from a hot oven or microwave, use electrical appliances and pour hot liquids. Some knives are for adults only.

Keep appliances unplugged. When you're ready to use them, only adults can plug them in. Never leave appliances unattended when they are in use.

Take your timer. Use a clip-on timer or portable oven timer, rather than the oven's own timer, and carry it with you. It is easy to forget that something is in the oven until it's too late.

Restrict the oven area. Put masking tape on the floor to section off an area around the oven. Instruct children to stay behind the line whenever the oven door is open.

Avoid burns. Create placards that say "HOT" in red paired with an image of a flame. Place near anything hot.

Use wooden or silicone spoons to stir the contents of hot pots. An all-metal spoon can get too hot. Protect hands and arms with kid-size oven mitts (preferably silicone-coated).

Mind the handles. Point pot handles toward the side or back of the stove to avoid accidentally brushing against them or having children grab them and spill the hot contents. Metal pot handles can be covered with silicone grips to prevent burns.

Be safe when cutting food

Use cutting boards. Chop, slice and assemble recipes on a clean cutting board. To prevent the board from slipping, place a damp cloth underneath it.

Use a crinkle cutter. A crinkle cutter is a great tool for cutting cheese, fruits and vegetables. Remember to treat it as a knife and remind children to use two hands when cutting, one on the food and one on the cutter.

Try scissors. As an alternative to knives when children are first starting out in the kitchen, scissors can be used to cut fresh herbs or to chop peppers.

Use the right knives. Use knives with different coloured handles, or wrap coloured tape around the handles, so kids can identify which end to grab and which knives are for adults only. Start with a plastic knife or serrated dinner knife (with a round tip). Progress to a small paring knife (with supervision) – they are the perfect size for little hands.

Be food safe

Be a safe cook. Follow the four important food safety steps to eliminate harmful bacteria and reduce the risk of food-borne illness.

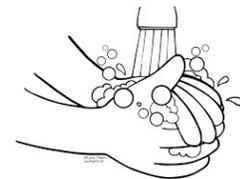
Clean – Wash hands and surfaces often

Separate – Don't cross-contaminate

Cook – To a safe internal temperature

Chill – To 4°C (40°F) or lower

Get detailed food safety information, handouts and posters at befoodsafe.ca.



Sanitize with a mild bleach solution. Remember to follow your facility or local health unit recommendations for bleach solutions. An example of a safe solution is 1 tsp (5 ml) of bleach to 4 cups (1 l) of water.