



H.O.P.E News February 2009

I Love to read!

Reading to children has many benefits. It is a great opportunity to bond and enjoy each other's company. It can also increase their vocabulary, trigger their imagination and expose them to new experiences and concepts. Moreover, reading with children prepares them for learning to read by fostering their appreciation for books and by familiarizing them with print and the structure of stories.

Try to choose books that are appropriate for your child's age and level of development. Children's books often come with age recommendations that are based on factors such as the book's length, the level of vocabulary, the topics and concepts covered, and the amount of detail appropriate for the average child's level of development at a given age. However, some children have greater vocabulary lev-

els and are capable of concentrating on a story for a longer period of time than other children of the same age and may master some concepts at an early age. If this is the case with your child, he may be ready for more advanced books. You can try reading books to him that are meant for children who are one or two years older, as long as you feel the topic is appropriate for him and as long as he enjoys these books - don't push him if he is not ready.

You can also choose to omit or modify certain parts of the text if you feel it is too complex or too long for his attention span.



Quick Recipe: Valentine Muffins

DIRECTIONS:

1. Preheat the oven to 350 degrees. In a large bowl, cream the butter and sugar. Mix in the eggs one at a time, and add the milk.
2. Rinse the strawberries and cut off the greens. Mash the berries with a potato masher or puree in a blender then stir the berries into the butter and milk mixture.
3. In a separate bowl sift the flour, salt and baking powder. Stir well.
4. Add the flour mixture to the berry mixture. Stir until all the white disappears. Tip: For an excellent crumbly consistency, mix the batter just until everything is moist.
5. Line the muffin tin with paper liners. Drop the batter from a tablespoon to fill the cups halfway. Add a surprise: an unwrapped Kiss, Hug or 1/2 teaspoon of jam. Spoon more batter to fill almost to the top. Bake until the muffins begin to brown and a toothpick inserted near the center (but not in the Kiss) comes out clean, about 20 to 25 minutes.
6. Remove the muffins from the tin and cool.

INGREIDIENTS:

- *6 tbsp. butter
- *3/4 cup sugar
- *2 eggs
- *1/2 cup milk
- *14 strawberries (fresh or frozen)
- *2 cups flour
- *1/4 tsp salt
- *1 tbsp. baking powder
- *Hershey Kisses, hugs or strawberry jam



Did you know?

Over 50 million roses are given out each Valentine's Day!



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HOPE News provided by...



NETWORK 4 CHANGE.....

Stability, Hope, Strength, & Wellness



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www.network4change.ca

Drop By for Coffee, chat and to
Meet our New Staff

Deb Robinson
Christal Pruden
Dana Sachvie
Terra Kohle



WHAT'S HAPPENING THIS MONTH

- Laugh and Learn Winter Session
Mondays 10:00-11:30
Network 4 Change
- Play Pals
Tuesdays 9:45-11:45
SunGro Centre
- Time to Play
January 11, 25 1p-3p
Beausejour Early Years School

← LAUGH & LEARN →

You can further enhance your child's enjoyment of book-reading by encouraging your child to get actively involved in various ways. For example, **let your infant manipulate sturdy board books and soft cloth or plastic books as you read to him.** He will enjoy feeling the different textures with his fingers... and his mouth! Toddlers typically enjoy pointing to the various illustrations as you name them, and you can capture your child's imagination by giving the characters their own voice (e.g. a low voice for adults, a high squeaky voice for baby

animals, etc.) Older toddlers and preschoolers, for their part, will like talking with you about what they think will happen next in the story and reacting to surprising, funny or scary events in the story. **Make eye contact and ask open-ended questions (that can't be answered with "yes" or "no") to initiate the discussion**, such as "What do you think Arthur is feeling?" and "What is the little girl doing now?" These actions can make book-reading a more fun, positive and engaging experience for your child by allowing him to play an active rather than a passive role.

JOIN US AT LAUGH & LEARN
Monday Mornings
10:00 a.m.-11:30a.m.

SESSION THEMES

February 2-I Love to Read
February 9-Valentines Day
February 16-Celebrate Siblings
February 23-Books are Fun

A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

★ February 8, 2009

★ February 22, 2009

We will meet on alternating Sunday afternoons
(every second weekend)

1p-3p (Beausejour Early Years School)

*Feel free to contact us regarding
questions, concerns, suggestions

PROGRAM PARTNERS

Network 4 Change
Brokenhead River Community Foundation
Beausejour Early Years School
Bright Beginnings
Eastman Family Services and Housing
Association for Community Living

NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

Public Health Nurse

Lisa Hrynyk, RN, BN

Email: lhrynyk@neha.mb.ca

268-7468



PRESCHOOL PLAY PALS

Tuesdays

9:45-11:30

SunGro Centre

Join us for...

Snacks

Stories

Crafts

Great Conversation



Some parents find that their child does not seem to be interested in books. They try to close the book or struggle to get away during story time. If this happens to you, **don't force things as this will only frustrate both of you. Do try again soon**, however. Choose your timing carefully and take into account your child's mood and energy level. Pick a time when your child is relaxed, perhaps just before bedtime, and read in a quiet place where there is no other distraction such as the television or other family members who are engaged in a different activity. Also, suggest books that match your child's interest (e.g. animals, machines, rhymes, etc). He will be more likely to enjoy such books. It's also important to follow your child's lead and to give him plenty of leeway for exploration; don't assume he will understand right from the beginning that the pages have a specific order, or that he will want to read the whole book in one sitting.

Seriously Silly Stories

Age Range: 3 to 5 years



Children's vocabulary develops very rapidly during the preschool years. Making up stories is a great way for them to use their wonderful words and express their ideas. Familiar objects can be transformed into story characters, and imaginary places can be visited, as you and your child enjoy some **Comfort, Play & Teach™** time together!

Invest in Kids

You will need:




- ★ An assortment of objects from around the house (i.e. a spoon, a mitten, a comb, an apple, a bracelet)
- ★ A cloth bag

Instructions:

Place the items into the bag, and allow your child to reach in and guess what each one is by how it feels. Encourage her to select something, and then make up a story, using one object at a time. If she is not sure how to start, begin with a sentence like, "Once upon a time there was a magic bracelet named Princess Periwinkle, and she travelled all over the world in search of a..." Your child can select the next item and continue with the story,





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
					1
2 Laugh & Learn 10:00-11:30 N4C I love to Read	3 Preschool Play Pals Cancelled Healthy Baby BSJ Health Center 10-12	4	5	6	7/8 Time to Play 1-3pm BEYS (Sunday the 8th)
9 Laugh & Learn 10:00-11:30 N4C Valentine's Day	10 Preschool Play Pals 10:00-11:45 SunGro Center Amazing Animals	11	12	13	14/15 Valentine's Day 
16 Laugh & Learn 10:00-11:00 N4C Celebrating Siblings	17 Preschool Play Pals 10:00-11:45 SunGro Center Banana's about Books Healthy Baby BSJ Health Center 10-12	18	19	20	21/22 Time to Play 1-3pm BEYS (Sunday the 22nd)
23 Laugh & Learn 10:00-11:30 N4C Books are Fun	24 Preschool Play Pals 10:00-11:45 SunGro Center Musical Magic	25 	26	27	28 