



H.O.P.E News January 2009

Family Literacy



The earlier the better!

Simple things like reading and telling stories to a child at 18 months are powerful stimuli for brain development in the early years

Reading to children more than once a day has a substantial positive impact on their future academic skills. In addition, research indicates children with early exposure to books and reading are better at performing mathematical tasks.

Children aged 2 to 3 who are read to several times a day do substantially better in kindergarten at the age of 4 and 5 than children who are read to only a few times a week or less.

For a child, the more time spent with a parent reading aloud increases his or her level of attachment, enhances a sense of security, and imparts the knowledge that their parent feels they are worthwhile people with whom to spend time.

Having a parent or other caring person read aloud with their children helps children learn listening skills, vocabulary and language skills, as well as develop imagination and creativity.



Did you know?

The average kindergarten student has seen more than 5,000 hours of television, having spent more time in front of the TV than it takes to earn a bachelor's degree.



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HOPE News provided by...



Quick Recipe: Crispy Cheese Stars

Directions

1. Heat the oven to 350°. Use the larger cookie cutter to cut out stars from flour tortillas (about 5 per 10-inch tortilla). It's easy for kids to do if you use a rolling pin to roll back and forth over the cutter. Bake the stars on a foil-covered cookie sheet for 5 minutes.
2. Use the smaller cookie cutter to cut out an equal number of cheese stars from the sliced cheese and place them atop the tortilla ones. Bake the stars for 2 more minutes or so until the cheese melts.
3. Sprinkle the stars with chilli powder or paprika and let them cool before serving.

Ingredients

- *Flour tortillas
- *Sliced cheese (cheddar, provolone or mozzarella)
- *Chilli powder or paprika



NETWORK 4 CHANGE.....

Stability, Hope, Strength, & Wellness



17-31 First St. S.
268-2506

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 →

Parents should pay careful attention to three potential reading slump times that can hinder a child's reading development: when a child enters kindergarten; at grade 4; and when a child enters high school



Some experts say that for 80 per cent of children, simple immersion in reading and books will lead to real, independent reading by school age.

Eighty-eight per cent of children aged 4 to 9 have a positive attitude about learning and look forward to school.

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

SESSION THEMES

January 5— Red, Yellow & Blue
January 12—Shapes & Signs
January 19— Numbers
January 26—Family Literacy
(Alphabet)

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.

★ January 11, 2009

★ January 25, 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?

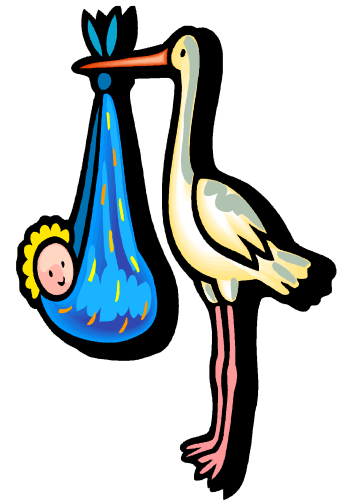
Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

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

For many children, learning to read and write during early school experiences is a pleasurable and even a thrilling experience for themselves, for their parents, and for their teachers. But for children who do not make good progress in these early grades, learning to read is difficult and is associated with both present and future failure. Children who do not learn to read well in the first and second grades are likely to struggle with reading throughout their lives.



Homemade Silly Putty

Age Range: 19 months to 5 years

This is a great activity for your toddlers and preschoolers. It begins with making the silly putty together and then exploring all the things you can do with it once it is ready. Making the silly putty is just half the fun! Once it's ready, you and your child can use your imaginations to create all sorts of fun games and activities you can do together.



Invest in Kids

You will need:



- 2 parts white glue
- 1 part liquid starch
- 1 Small mixing bowl with tight fitting lid

Instructions:

- Mix glue and starch together.
- Let stand until putty is workable (you may have to add a bit more glue or starch).



January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
			1	2	3/4
5 Laugh & Learn 10:00-11:30 N4C Red, Yellow & Blue	6 Preschool Play Pals 10:00-11:45 SunGro Center Imagine it! Healthy Baby BSJ Health Center 10-12	7	8	9	10/11 Time to Play 1-3pm BEYS (Sunday the 11th)
12 Laugh & Learn 10:00-11:30 N4C Shapes/Signs	13 Preschool Play Pals 10:00-11:45 SunGro Center ABC's & 123's	14	15	16	17/18
19 Laugh & Learn 10:00-11:00 N4C Numbers	20 Preschool Play Pals 10:00-11:45 SunGro Center Creative Kids Healthy Baby BSJ Health Center 10-12	21		23	24/25 Time to Play 1-3pm BEYS (Sunday the 25th)
26 Laugh & Learn 10:00-11:30 N4C Family Literacy (Alphabet)	27 Preschool Play Pals 10:00-11:45 SunGro Center Physical Fun	28	29	30	31 