

VILLAGE VOICES

It takes a village to raise a child

Healthy Child Coalition – Central Region

March-April 2019

Exciting Events in Central Region

March 14 – Family Resource Program coordinator/facilitator meeting. The morning meeting (9:30 to noon) will be held at the Ian N Morrison Research Farm in Carman. The meeting will be a great chance to get information on coming events and the upcoming grant application season, as well as to share notes with others doing this work in Central Region.

March 14 – Toddler Shenanigans training. This messy play program was developed by Brandi Noble of Macdonald Healthy Child and has been successfully introduced in Macdonald communities. Brandi will facilitate the half day (1-4 p.m.) workshop which also takes place at the Ian N Morrison Research Farm in Carman. Deadline for registrations is March 7.

May 30 – A Celebrating of Parent-Child Programming in Central Region. Join us as we acknowledge the work that has been done by individuals, organizations and communities over the past decade and a half. More information will be coming in future weeks.

June 4 & 5 – Growing Up Green training. This Bookmates training is back by popular demand. It will be held at Carman United Church. Further details and registration forms will be sent out later this spring.

Healthy Child Coalition
Central Region



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Next issue will be out

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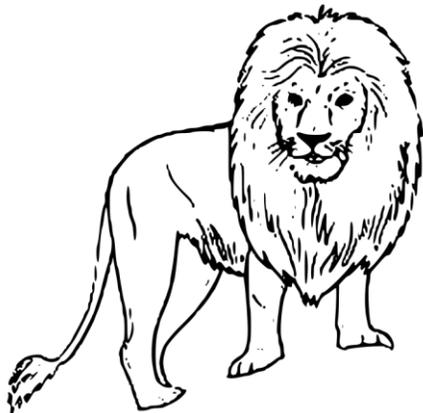
“Living in the Village”

<http://hcccentralregion.wordpress.com/>

Want something
included in this
newsletter?

Contact Sharron Arksey,
coordinator

Enter like a Lion....



The Wind is in my Hair (The Farmer in the Dell)

(Shake head around and move fingers through hair as singing)

The wind is in my hair,
The wind is in my hair,
Oh what a bad hair day,
The wind is in my hair!

Leprechaun Activities for St. Patrick's Day

- Play "Leprechaun Tag" by pinning a leprechaun cut-out to the clothing of the child who is it.
- Instead of playing "Hot Potato" play "Hot Shamrocks".
- Cut giant shamrocks out of green poster board. Place them on the floor and play in the style of "Musical Chairs" but take away a shamrock each time the music stops instead of a chair.
- Play "Duck, Duck, Goose" but instead of saying "Goose" when a child is tapped say "Leprechaun".
- Change the words to "Three Blind Mice" to three blind leprechauns. Lead the children around the room while singing.
- Play Irish songs such as "When Irish Eyes are Smiling." Toddlers love music and movement! Search online to find a variety of free Irish songs.

A Hunk of Mud

Sung to: "If you're happy and you know it"

Oh I wish I was a little hunk of mud
Oh I wish I was a little hunk of mud
Then I'd ooey and I'd gooey
Over everybody's shoey
Oh I wish I was a little hunk of mud!



...Leave like a Lamb?????

March

6 EASTER SENSORY BINS FOR KIDS

Here's what you'll need to make these sensory bins:

- Plastic Easter eggs
- Shredded paper or Easter grass
- OPTIONAL: Permanent marker
- OPTIONAL: Small objects for inside the eggs
- OPTIONAL: Egg carton

EASTER SENSORY BIN #1: SENSORY EXPLORATION FOR BABIES AND OLDER

Keep the eggs whole and mix with shredded paper in a large bin. Just let the child explore, helping them identify colors, describe shapes, count the eggs, etc. as you go.



EASTER SENSORY BIN #2: ALPHABET EGGS FOR TODDLERS AND OLDER

Label the eggs with the letters of the alphabet and mix with the shredded paper. Seal the egg with glue or tape so that they can't be opened (optional). Help your child identify the letters on the eggs.

EASTER SENSORY BIN #3: COLOR MATCHING EGGS FOR TODDLERS AND OLDER

Keep the eggs whole and mix with the shredded paper. Cut an egg carton in half and paint the individual slots of the carton to match the colors of the eggs. Have your child pull eggs out of the bin and sort by color into the carton.

EASTER SENSORY BIN #4: MUSICAL EGG RATTLES FOR BABIES AND OLDER

Fill the eggs with different objects (e.g., bells, beans, pasta, etc.) so that they become little egg rattles. Just seal the eggs with some glue so that little hands can't get inside. Mix with the shredded paper.

EASTER SENSORY BIN #5: SURPRISE EGGS FOR TODDLERS AND OLDER

Fill each egg with different sensory objects (e.g., pom poms, pasta, stickers, small fun shaped erasers, etc.) and mix with the shredded paper. Don't seal the eggs since the goal is to have the child open the eggs and discover the surprise inside.

EASTER SENSORY BIN #6: ALPHABET MATCHING EGGS FOR OLDER TODDLERS AND PRESCHOOLERS

Mark each egg with a letter, the uppercase on one half of the egg and the lowercase on the other half. Then separate the eggs, scattering them among the shredded paper. The goal is match the uppercase and lowercase letters and put the egg halves together.

April

Books to Celebrate Spring

Mud Puddle by Robert Munsch (Author), Dusan Petricic (Illustrator)

First published in 1979, this was the first of Robert Munsch’s oral stories to be turned into a book. Since then, it has made countless children (and adults) all around the world laugh out loud. When Jule Ann goes outside, a mud puddle jumps on her and gets her dirty all over. No sooner does her mother scrub her clean than she ventures out again, only to be pounced upon by the pesky mud puddle. The cycle continues until finally Jule Ann gets the better of the mud puddle with cheerful ingenuity and two bars of smelly yellow soap. Lively, clever artwork by award-winning illustrator Dusan Petricic gives this bestselling picture book a fresh and energetic look that will charm a new generation of young readers.

Puddles!!! by Kevan Atteberry

RAIN! PUDDLES! MUD! *Squish, squish, squish.* Declan loves rain and splashing and mud! But the bunnies? Not so much! The perfect companion to the delightful *Bunnies!!!* Spare text, loads of fun, and heaps of emotion make *Puddles!!!* extraordinary for toddler read-alouds. Fans of Mo Willems and Sandra Boynton will delight in Kevan Atteberry’s springtime colors—both muddy and bright.

The Listening Walk by Paul Showers (Author), Alike (Illustrator)

Put on your socks and shoes—and don't forget your ears! We're going on a listening walk. *Shhhhh.* Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds. A little girl and her father take a quiet walk and identify the sounds around them. Soon the girl discovers an extraordinary world of sounds in her everyday environment. With art by home and classroom favorite Alike, *The Listening Walk* will remind both adults and kids of the wonders all around them...if they slow down and *listen*.

A Perfect Day for Digging by Cari Best and Christine Davenier

In the spring when trees unfreeze and grass grows green and pansies say, “Please plant me!” Nell and her dog, Rusty, can’t wait to dig in dirt just right for digging. But Norman, their neighbor, says “Ewww!” to digging and dirt. Until Nell and Rusty begin to dig up unexpected treasures: a pretty striped marble, the mini stegosaurus that Nell lost last summer, and most intriguing of all—part of a tiny china doll. Who played with it? Is there more? Norman wonders.

Now, even Norman can’t resist. He rolls up his sleeves, picks up the extra trowel, and starts to dig in his own careful way—in the process discovering all the simple joys of digging, dirt, and the fun of trying something new. Words and pictures brimming with humor and exuberance capture one of the true rites of spring: Hooray for dirty digging!



THOUGHT FOR THE SEASON

“Spring is the time of plans and projects.”
— **Leo Tolstoy, Anna Karenina**

