



For people with intellectual disabilities

Simcoe Community Services Ontario Early Years Centres

*A Place For Parents
And Their Children.*



Barrie - Bradford - Innisfil

OEYC Spring Newsletter 2017

Simcoe Community Services is a charitable, non-profit organization and multi-service agency that provides a wide range of programs and services including the Ontario Early Years Centres. The agency believes that everyone can contribute to their community.

Mission Statement:

We support people of all ages and abilities to realize their potential and to enhance their quality of life.

As a community, not-for-profit, multi-service organization, we provide:

- Services for children and adults with intellectual disabilities and their families;
- Programs that promote healthy development of children of all abilities;
- Services that respond to the community needs.

Meet our OEYC Teams:

Interim Preschool Services

Supervisor:

Judi Benton

Barrie

129 Ferris Lane, Barrie

Program Facilitators:

Michelle Hanna

Trish Longo

Pat McCullagh

Leanne Ross

Nancy West

Lisa Gerrior

Marlene Salamat (supply)

Cheryl Fotherby (supply)

Laurie Bumstead (supply)

Innisfil

Innisfil Best Start Family and Child Centre

218 Sunnybrae Avenue, Stroud

Program Facilitators:

Judy Hubert

Laura Stevens

Bradford

118 Barrie Street, Bradford

Program Facilitators:

Jessica Bly

Debbie Young

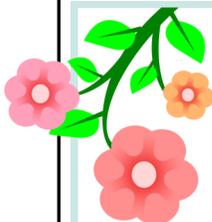
Simcoe County

Aboriginal OEYC Coordinator

Lisa Newman



Grow with us this Spring!

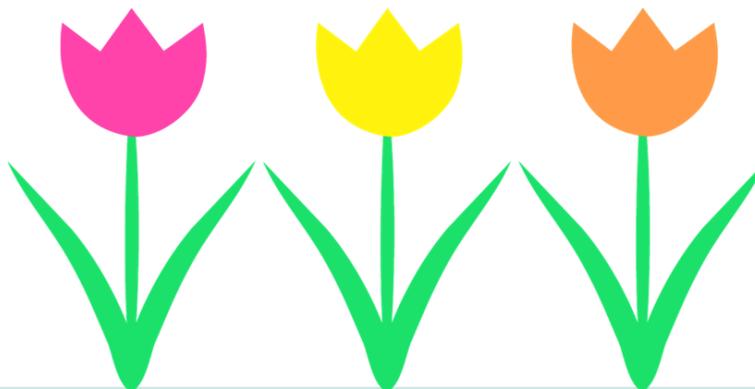


Spring Poem

Some Days seem like winter,
Some are nice and warm.
Rainy days and windy days,
Maybe it will storm.
Warm or cold or wet or dry,
What will the weather be?
I think spring is trying to play
Peek-a-boo with me

By Sharon Siegelman

www.everythingpreschool.com





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Gardening Together

People who grow up on farms know that we need to look after the Earth because that's where our food comes from. If your children think that their food just comes from the store, maybe it's time to introduce them to gardening.

Children are natural gardeners. They're curious, like to learn by doing, and love to play in the dirt. In a garden, children observe the cycle of life first hand and experience the satisfaction that comes from caring for something over time. When you do it with them, you're building your relationship at the same time you're building environmental awareness.



What to plant

When you decide what to grow, remember that children will be more interested and more satisfied if they are getting good results. Choose plants that will grow relatively quickly and easily and that your children will have fun harvesting. Here are some suggestions.

Sunflowers - Plant just one or two, since they take a lot of room. Be sure to choose the type grown for food, so you can roast and eat the dried seeds in the fall.

Lettuce - If you plant leaf lettuce, after only about a month your children will have leaves they can put in their very own salad.

Radishes - Radish sprouts poke up through the earth only three to ten days after planting. They're ready to eat in three to four weeks.

Snow peas - Snow peas are a quick-growing crop, fun for kids to eat right off the vine, pod and all.

Cherry tomatoes - Buy little plants instead of starting from seeds and you'll have tomatoes in 50 to 75 days, just the right size to pop in the mouth.

Carrots and potatoes - Root vegetables teach patience since they take longer to mature and the edible part is hidden. Choose small varieties of carrots; they are easier to grow and more fun to eat. Red varieties of potatoes mature faster.

Pumpkins - If you have room, pumpkins are a must. Seeds can be dried to eat, the flesh used for pies and the pumpkin for carving at Hallowe'en.

Tips for gardening with children

Give each child his or her **own separate space**. Keep it small, very small for young kids. Set them up for success by putting their plots where they get the best soil and light. Convert an outgrown **sandbox** to a garden bed. This gives the child continued "ownership" of a familiar space and encourages a sense of responsibility.

Let them use **real tools**. In this way you acknowledge the importance of the work they're doing. You'll find that cheap plastic gardening tools break easily and frustrate children.

Involve children **from start to finish**. Besides planting and nurturing their garden beds, be sure they pick and prepare their crop for the table, no matter how small the harvest. They will learn that gardening, as well as being fun, gives them a chance to contribute to the family's well-being.

As much as possible, **start from seeds**. Children will learn more about the growing process by caring for their sprouting seeds and nurturing the young seedling. Depending on the age of your child, you may need to **help behind the scenes**. You may be the one to go out in the evening to pick a few slugs off the lettuce, or to move the sprinkler. They don't have to know about all the help you offer; the main thing is that they feel the plot is theirs.

If children's attention wanes, help them **build a scarecrow**. This activity still contributes to the gardening effort and adds interest to the garden scene.

When friends visit, be sure to point out the children's gardens. Take a photo of their harvest and send it to the grandparents. The **attention** you give to their work motivates children to stay involved with a project.

Other ways

If you don't have access to a garden plot, don't let that stop you. Many plants (cherry tomatoes, lettuce, radishes) can be grown in containers on a balcony. Just remember to water often. If you don't have a balcony, you can put pots on a sunny windowsill and grow parsley and chives to add to your salads. And if you just want to observe nature with your children, pick a patch of garden in the neighbourhood, the local park or a vacant lot. Visit it together often, from early spring to late fall and spend time noticing how it has changed since you last walked by. Take pictures, compare heights, get excited when a bud has burst into bloom. Share the wonder of nature with your children and connect with the Earth that nourishes us all.



by Betsy Mann

Adapted with permission from information provided by earth-easy.com in Parksville, BC. For more details, see www.eartheasy.com.





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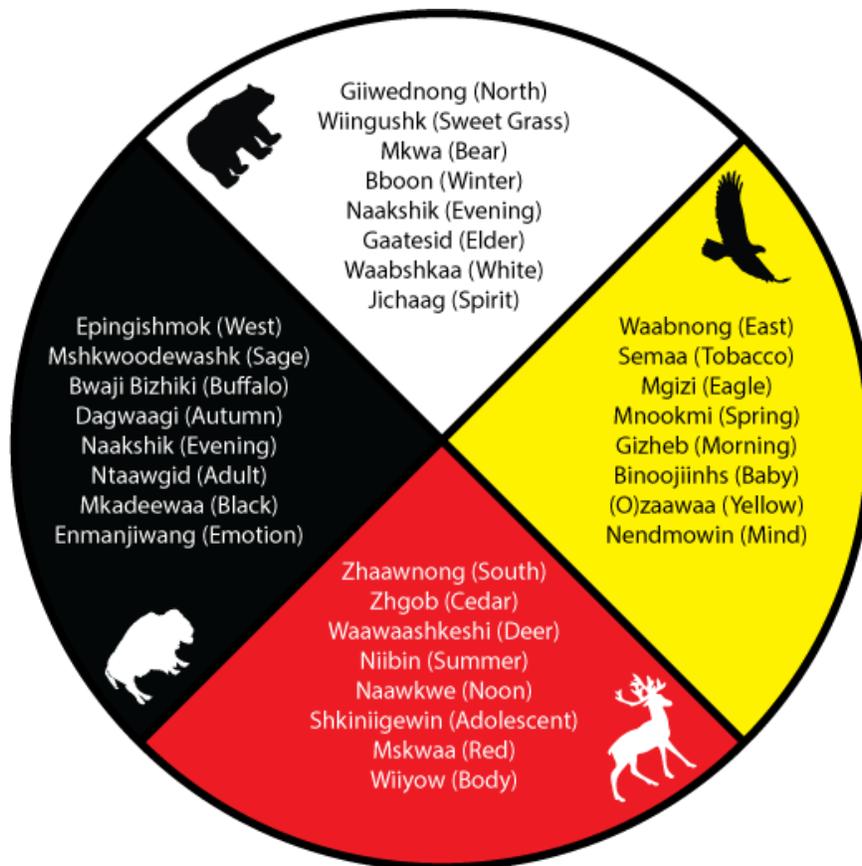
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Medicine Wheel

There are many variations of the Medicine Wheel across different regions and traditions. It has come to be used as a shared model that can be applied to the individual, family, community, and nation. The Medicine Wheel is a common teaching tool by which the Indigenous worldview can be communicated. All aspects of Indigenous life are grounded in concepts and value systems attached to the medicine wheel. The Wheel can be thought of as a symbol of the circle of life, connected to the physical, intellectual, emotional and spiritual well-being and responsibilities of the Anishnaabe (human beings). These in turn influence and are influenced by the balance and well-being of the community and all of nature. This includes plants, animals, minerals, water, air and fire. The Wheel is presented in a circular format to demonstrate that there is no beginning or end and reinforces the common sayings “We Are All Connected” or “All My Relations”. One of the foundational concepts of the Medicine Wheel is “wholeness”, which challenges a person to understand each of the four parts of the Medicine Wheel and how each relates to another. It also describes the idea of bringing those four elements into balance and harmony.

The Medicine Wheel is an important teaching tool of Indigenous cultural identity and health. It incorporates four quadrants of self which together make a whole. The Medicine Wheel, thus, is a “symbol of wholeness” where all directions are strived for, though no aspect is ever complete. Each quadrant has gifts to share, including directions, animals, colours and teachings.

Often times, you may see the four aspects of health: heart, mind, body and spirit, through a balance of these four aspects health may be achieved. It is also important to understand that there are four cycles of life: birth/infancy, youth, adulthood, and elder/death. So, while infancy may be a developmental stage, it is also a part of a circle that is connected to the other stages of the life cycle. Throughout, we have talked a great deal about wholeness, interconnectedness, and balance. The Medicine Wheel is invaluable in helping us further understand what these terms mean in relation to infant and child mental health and wellness.





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“Blossom Where You Are Planted”
A conference for grandparents raising their grandchildren



**GrandParent System
 Support Program**

Simcoe Community Services presents an all-day conference at Georgian College on April 7. The conference features keynote speaker Myles Himmelreich speaking on realities and possibilities relating to Fetal Alcohol Spectrum Disorder. As well keynote speaker Lori Gill will be speaking on attachment, trauma, and integration. The conference will also include break-out sessions and an information/resource fair. This learning event is for grandparents and kin parenting again, community support professionals, and others interested in furthering their learning on these topics.

The registration package can be found on our website at <http://www.simcoecommunityservices.ca/docs/default-document-library/here.pdf>

The first 100 registrants receive a free padfolio embossed with the Grandparents System Support Program logo



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BLOSSOM WHERE YOU ARE PLANTED:

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



A CONFERENCE FOR GRANDPARENTS PARENTING AGAIN!
APRIL 7TH 2017
GEORGIAN COLLEGE
BARRIE, ON

A full day conference for grandparents raising their grandchildren, kinship caregivers and community support professionals featuring multiple workshops & special guest speakers! More information & registration inside!



The first 100 registrants
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 padfolio embossed with
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Simcoe Community Services was established in 1953 by parents wishing to offer their children with intellectual disabilities an alternative to institutional placement. Presently the agency operates a Preschool Services Division, a Community Living Division as well as Barrie Housing Support Services. Under the Preschool Services Division, the agency provides the Ontario Early Years Centres. Our Ontario Early Years Centres (OEYC) main site is located in Barrie with satellite locations in Bradford and Innisfil as well as outreach services for the Barrie area.

OEYC provides parents with information, education and resources to support them in their parenting role. Children from birth to the age of 6 years are offered a variety of age appropriate, play based learning opportunities.

Our services provide a gateway for parents and caregivers to receive answers to their questions on child development and parenting, as well as have access to resources and referrals to other agencies that will provide the services necessary to meet the needs of families.

All of our services are FREE of charge. Some programs do require registration. Please see our monthly calendar for dates.

Programs—for OEYC program descriptions, calendars or to register online, go to: www.simcoecommunityservices.ca and click on Preschool Services and then Ontario Early Years

If you have a question or need further information contact us via email at: oeycbarrie@simcoecommunityservices.ca

The mailing address for all our programs is:
OEYC, c/o Simcoe Community Services
39 Fraser Court, Barrie, ON L4N 5J5



For information about other Supports & Services offered by Simcoe Community Services go to www.simcoecommunityservices.ca

LOCATIONS and HOURS OF OPERATION

BARRIE

129 Ferris Lane
Barrie

(705) 792-7878

Monday

9 am -12 noon & 1 - 4 pm

Tuesday

9 am -12 noon

Wednesday

9 am -12 noon & 1 - 7 pm

Thursday

9 am -12 noon & 1 - 4 pm

Friday

9 am -12 noon

Saturday

9 am -1 pm

4th Saturday Dads only day

INNISFIL

Best Start Family & Child Centre
Sunnybrae School
218 Sunnybrae Ave., Innisfil

(705) 431-8486

Monday

9 am - 11:30 a.m.

Tuesday

9 am - 11:30 a.m.

Thursday

9 am - 11:30 a.m.

Note: Watch the Innisfil calendar for a list of other programs being offered at the site.

BRADFORD

Bradford, West Gwillimbury Child
and Family Services

118 Barrie Street, Bradford

(905) 775-3039, ext. 229

Monday

9 am -12 noon & 1 - 4 pm

Tuesday

9 am -12 noon & 1 - 4 pm

Wednesday

9 am -12 noon

Thursday

9 am -12 noon & 1 - 7 pm

Friday

9 am -12 noon

Saturday

9 am -12 noon