An Alphabet for Parents

APOLOGIZE to your children when you are wrong.
BOAST about them.
CELEBRATE their successes and failures.
DISCIPLINE in the most positive and consistent way possible.
ENCOURAGE them to be themselves.
FORGIVE yourself for mistakes made and learn from them.
GIVE them lots of opportunities to grow.
HUG them every day.
INVITE them to spend time alone with you.
JUMP, bike, play soccer with them. Have fun together!
KEEP learning yourself.
LISTEN to them.
MAKE breakfast/lunch/supper together!
NOTICE when they are behaving and praise them.
OFFER her/him choices.
PIN up their artwork, photos and accomplishments
QUESTION their teachers and coaches often.
READ to them every day.
SHARE your beliefs and heritage.
TURN off the T.V. and TALK
USE friends and resources for support.
VOLUNTEER to help out in your children’s lives.
WATCH and re-learn how to be a kid!
XTRA-SPECIAL….let them know that they are important to you.
YOU can make a difference in your child’s life!
ZOOM! Life flies by so fast….try to slow down and enjoy it!

The Ignace Nursery School hosts a
20th Anniversary Celebration of the Ignace Best Start Hub
(formerly known as the Ignace Toy Library & Resource Centre)

Please accept this as your invitation to our celebration on
Saturday February 28, 2015
From 1-3 pm @ 312 Pine Street
Come for Refreshments and Cake
We invite all parents, children, families, professionals, etc..
who have been part of our Child & Family Resource Centre
to come out and celebrate with us.

The secret of genius is to carry the spirit of the child into old age.
Aldous Huxley
Ontario Energy and Property Tax Credit

This credit helps low- to moderate-income individuals with property taxes and the sales tax on energy. The credit is part of a single benefit called the Ontario Trillium Benefit.

How much money could I receive?

For the 2014 benefit year, you could get:

- up to $973* if you are a non-senior ($757* to help with property taxes and $216* to help with sales tax on energy)
- up to $1,108* if you are a senior ($892* to help with property taxes and $216* to help with sales tax on energy)
- up to $216* if you live on a reserve or in a public long-term care home
- $25 for the time you lived in a designated college, university or private school residence in 2013

*These amounts are adjusted for inflation each year.

Use the online calculator to see how much money you can get.

Definition: benefit year

Do I qualify?

You may qualify for the 2014 credit if, on December 31, 2013, you resided in Ontario, and:

- rent or property tax for your principal residence was paid by or for you for 2013
- you lived in a student residence
- you lived in a long-term care home, or
- you lived on a reserve and home energy costs were paid by or for you for your principal residence on the reserve for 2013, and
- at the beginning of the payment month, you are:
  - a resident of Ontario, and
  - 18 years of age or older, or have or previously had a spouse or common-law partner, or are a parent who lives or previously lived with your child.

Who's considered an Ontario resident?

How is the amount I get for the 2014 benefit year calculated?

The amount is based on the amount of rent or property tax you paid for your principal residence in Ontario for 2013, the amount of energy costs paid for your principal residence on a reserve in Ontario for 2013, or the amount of your accommodation costs paid for living in a public long-term care home in Ontario for 2013. The credit will be reduced by two per cent of your adjusted family net income over:

- $21,625 for individuals under the age of 64
- $27,031 for single seniors
- $27,031 for families, including single parents, and
- $32,437 for senior couples.
Definition: adjusted family net income
Definition: ‘single individual’, ‘family’, 'dependent child'
Use the online calculator to see how much money you can get.

How do I get the credit?

You apply for the credit by completing the ON-BEN Application for the Ontario Trillium Benefit and the Ontario Senior Homeowners' Property Tax Grant, which is part of your personal income tax and benefit return (return).

You may qualify for this payment even if you do not owe income tax.

The deadline for filing returns is April 30 of each year. If you file late, your payments may be delayed.

Download the ON-BEN Application form for the Ontario Trillium Benefit and the Ontario Senior Homeowners' Property Tax Grant
Get your General Income Tax and Benefit package from the Canada Revenue Agency

When will I receive my money?

The credit is issued as part of the Ontario Trillium Benefit.

When is the Ontario Trillium Benefit paid?

View the CRA benefit payment dates

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Winter Skin Cancer Prevention

Did you know that the snow reflects 80% of the ultraviolet rays from the sun?

This means that we can get sunburn during the winter months.

When playing, skiing, ice fishing, or working outdoors remember:

Apply sunscreen with SPF 15 or higher to exposed skin before going outside.

Children under 6 months should not wear sunscreen.

Keep babies covered to avoid sun exposure.

Wear a lip screen with SPF 15.

Wear sunglasses with 100% UV protection.

Be sun safe all year round!

For more information contact your local Northwestern Health Unit or visit www.nwhu.on.ca

Reference: http://www.hc-sc.gc.ca/index_e.html “Safe Winter Fun”
Tips to make mealtime easier and more relaxing for both parent and child.

- Schedule regular meals and snacks
- Don’t be a short order cook. Always offer at least one food that your child likes at each meal
- Teach and reinforce good table manners.
- Allow your child to eat slowly.
- Limit juice and milk between meals.
- Respect tiny tummies. Keep portions small.
- Remain calm if your child leaves an entire meal untouched. Do not be concerned about stretches of time when your child wants the same food over and over. Consult your doctor if it continues over a long period.
- Offer healthy foods in a relaxed manner.
- Make every bite count. Some nutritious foods to serve are cheese, yogurt and eggs.
- Set an example by serving new foods to the entire family.
- Eat well yourself
- Present new foods at the beginning of the meal, when your child is hungrier.
- Give the food fun names like apple moons or broccoli trees
- Let children help in food preparation by stirring batter or tearing lettuce.
- Keep offering new foods over and over again.
- Do not pressure or reward if they take one bite of new food. They may think that you would not be trying so hard if the food tasted good.

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Parents, Playtime & Pancakes
FREE!!
Saturday Mornings
(Jan. 17/15 to May 9/15)
From 10 a.m. to 1 p.m.
At the Best Start HUB
Come out for pancakes and playtime with your children and share with other families
Dad bring the kids or Mom take a break from cooking or Grandparents & Children
All Ages Welcome 934-6696
*Check dates in the monthly newsletter*

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Pancakes with IGGY
At the Ignace Best Start Hub
Saturday February 28, 2015
Visit with IGGY
11 am—12 noon

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Baby Sitter Training Course
Register by Mon. Feb. 2nd
Call 934-6696
Starts Thurs. Feb 5/15 at 3:10 pm.
In Room 6 at the Ignace School
Must be 12 before Dec. 31, 2015 or older
Cost $20.00 includes book and snacks.
Subsidy is available if required
Spring Fever Fun Day  
Saturday March 28, 2015 
@ 1:00-3:00 pm 
at the 
Ignace Recreation Complex Upper Hall 
Admission $1.00/ adult 
which includes a Door Prize entry
Extra Door Prize Tickets are $1.00 each
Donations to the
Ignace Food Bank Welcome
Bake Sale, Mousercise-A-Thon,
Easter Egg Hunt & Children’s Activities,
In partnership with the Ignace Nursery School Ignace Best Start Hub, and the 
Ignace Recreation Dept.

Did you know...

...open ended art experiences are very important for your child’s healthy development? Open-ended art activities are unique, one-of-a-kind creations that do not have a finished product in mind. Your child will make creations and pictures that are unrecognizable to you and that is ok. It doesn’t matter if you don’t know what ‘it’ is. The final product is not the important part…**doing** the activity is the important part.

Open-ended art activities help **all** children...

- ...experience success and build their self-esteem regardless of their abilities—art gives them a ‘Wow, look what I can do!’ feeling of accomplishment.
- ...express their feelings and ideas with each unique creation they make.
- ...develop hand/finger muscles that are needed for holding a pencil and learning to print.
- ...learn new words like squishy, smooth, zigzag, wavy, diagonal, oval, etc.
- ...learn decision making and problem solving skills—‘What colour should I use next?’ or ‘How will I get the legs to stick on my playdough man?’

When your child makes a creation...

- ...take the time to ask them about it. “Tell me about your picture” or “What do you like best about it?”
- ...do **not** worry about the mess. Put a plastic tablecloth or an old sheet under their ‘work’ area. Think about all the positive benefits of the art activity. Your child feels successful!

There are few things in a child’s life that they have control over—most things are scheduled and decided for them. With art, they have creative freedom to use their imagination and they have total control over the activity. Art puts a child in the ‘driver’s seat’!

**Early Literacy Specialists**
Kenora & Rainy River Districts

What do children learn when we read to them?

- New words
- Enjoyment of a story
- Focus, concentration
- How to use their imagination
- How to predict
- The connections between words and pictures
- The relationship between words and sounds
- How to read from left to right
- How to follow a story from beginning to end
- Listening skills
- Communication skills
- Knowledge or information in the story
- Sharing and enjoyment of a special activity
Analogy of a visit to a Best Start Hub

Time spent getting your child ready: 15 minutes
Time spent driving: 5–10 minutes
Price of program: FREE
Benefits of play time: ENCOURAGES and ENHANCES Imagination and creative skills
Child development skills
Hidden Benefits: Children learning to share and play with others
End results of play time: SMILES & FUN for EVERYONE
Spending time with your child: PRICELESS

Benefits of Coming to Playgroup or Mother Goose Programs

Join a playgroup today, for smiles, laughter and friendship! Interactive programs that you can participate in with your child. Children develop literacy skills through songs, music and rhyme.
A nurturing environment for your child, enabling them to develop the skills necessary for a lifetime.
Parents: Remember to model good listening skills for your child during song & story time. Your child will be encouraged to participate if he/she sees you singing too! A good singing voice is not necessary, just have fun.

Mother Goose—Wed. from 10-11 am
Play Groups—Fridays at 10-11:30 am

Ways to a healthy living:

1. Be a good role model
   It’s up to you as a parent to keep your kids moving. One way is by being a good role model. If your child sees you make physical activity a priority, they will take note. Research shows that more active parents have more active children. Not only will your child benefit from being active but you to will feel better about yourself to.

2. Keep moving
   Physical activity strengthens their hearts and helps kids maintain a healthy weight and a healthy blood pressure which may help lower their risk of developing heart disease and stroke as they age. It is beneficial to start early as active kids are more likely to become fit adults. Here are some ideas to keep your child active: play tag, jump rope, tobogganing, shoveling snow, going for a hike or nature walk, swimming or just free play in your backyard or at a park. Your child should be active 60-90 minutes a day most days of the week.

3. Eat well
   Healthy eating is one of the most important things you can do to improve your general health. A nutritious meal not only reduces your risk of heart disease and stroke but also will help boost your over all feeling of well-being, increase your energy and can also make you feel better as a person inside and out. It is important for children to have good nutrition to grow both physically and mentally. To help your child to eat well make sure you include all of the four food groups: fruits and vegetables, grains, dairy and meat in your child’s daily diet.

4. Sleep
   A good nights sleep is very important for children and adults. It allows you and your child to feel rested and be more alert and active through out the day. It is shown that children with little to no sleep are less likely to be engaged in active play and have a harder time concentrating either in school or with daily activities.

Good Sleep Hours:
1-3 years old: 12-14 hours per day
3-6 years old: 10.5-12 hours per day
Bring everyone together with 10 things to do as a family every day.

1. **Show affection:** Young kids crave attention while your teenagers will roll their eyes if you step one foot toward them. But every one of your children, from the 6 year old to the 16 year old needs affection. One of the most important things to do as a family every day is to show affection toward each other. Dish out kisses and hugs to the little ones. For your teens, you may have to settle for a high 5 as you pass them in the hall. Don’t forget your spouse, either.

2. **Say thank you:** Take the time to gather as a family early in the morning or before bed to share your thanks. This is a good way to show kids how to be thankful and it makes everyone consciously think of new reasons to be thankful every day.

3. **Laugh:** The dog just made himself a bed in the piles of baby laundry you need to fold. Your youngest just reminded you the school needs 48 cupcakes first thing in the morning. Bust that stress when you laugh with your family every day. Laugh for no reason. Research shows that laughter really is the best medicine.

4. **Exercise:** Take a walk in the park when it’s warm. One of the healthiest things to do as a family is to exercise every day, regardless of the weather. Just find simple ways to keep your family active indoors or out. Everyone gets moving and the time together helps your family bond.

5. **Prepare nutritious snacks:** Turn their hunger pangs into a healthy activity. Prepare nutritious snacks together. As they help you get their snacks ready, they learn to make healthy eating choices that will last them a lifetime.

6. **Read books:** Your family moves at a lightning-quick pace. Curl up with a good book to slow them down and encourage a love of reading. Younger kids, even babies, will enjoy looking at picture books with mom and dad. Teens can read the latest vampire love saga with their parents. Take turns reading a page or designate a family member to do all of the reading aloud for the evening. Time is the keyword here -- everyone gets downtime, quality time and story time all rolled into one.

7. **Go green:** Raising a green family helps the environment and gives your family a daily project. Sort those old magazines, plastic bottles and aluminum cans and apply green living strategies to your everyday life. Remind the kids to turn off the water while they brush their teeth and turn off the lights when they leave the room. Not only will your kids get into an eco-friendly routine, those green habits will save you money on your water and electric bills.

8. **Clean the house:** Make cleaning a daily part of your routine and add it as one of the things to do as a family. Let the kids get involved to reduce your workload while teaching them age-appropriate responsibilities. If everyone works together every day, your home will soon look like it did before you had children.

9. **Eat together:** Everyone’s clamoring to get out the door in the morning. At lunchtime, kids are usually at school and spouses are at work. Dinner is typically the one meal of the day when you can all come together. Turn off the TV. Hide the cell phones in a drawer. Get everyone to pull up a chair to the family table and enjoy a meal together. There are many benefits of a family meal and spending time with your loved ones every day of the week is just one of them.

10. **Discuss your day:** How was your day? It’s a common question we ask when our spouse comes home from work. It’s important to ask everyone in your house about their day too. Encourage your younger children to talk about their day or let them draw pictures if that’s easier for them. Get a conversation started with your teens to connect with them. Explore each other’s days and really pay attention to what your kids have to say. Even if you were with them all day and know exactly what they did, you’ll still learn something new when they share their perspective of the day’s events.
5 Little Valentines

5 Little Valentines were having race.

The first little valentine was frilly with lace.
The second little valentine had a funny face.
The third little valentine said “I Love You”.
The fourth little valentine said “Me too”.
The fifth little valentine was sly as a fox,
He ran the fastest to the valentine box.

The LOVE in your heart wasn’t put there to stay. LOVE isn’t LOVE until you give it away.

Warm and Yummy Milk Tea

2 cups milk
1 teabag chamomile herbal tea
1/2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp honey
Drop of vanilla

Simmer on low heat until warm. Serve in coffee mugs. This is a good drink before bed as the chamomile and the warmth of the drink will be very relaxing.

Making a Bedtime Routine

Children need routines so they know what is coming next. A bedtime routine that is used every night will help your child wind down, and know it is time to go to sleep.

It’s a good idea for the rest of the family to have quiet time while your child is getting ready for bed. That way they don’t feel like they are missing out.

Give older children some choices at bedtime. For example they may choose what story to read or what pyjamas they want to wear tonight.

Ideas for bedtime routine:

Bathing
Brushing teeth
Cuddle with mom or dad
Read a story or poem, or make up a story
Sing a song, or play quiet music
Say the same thing each night, like “Now it’s sleep time”

Sensory Literacy: Rainbow Writing with shaving cream:

Cover a baking sheet with aluminum foil and paint coloured stripes with acrylic paint. When dry, spray shaving cream and let your child create designs or make letters.

Tidy Tot: Make cleanup fun. Have your child pull a wagon around the room and put any items that are out of place into it. Your child can then pull the full wagon around and place the toys back in there proper place. As your child does this you could sing the

“Picking up my toys” song. Sung to: Ten little men

Picking up my toys and putting them in my wagon
Picking up my toys and putting them in my wagon
Picking up my toys and putting them in my wagon
Now the room is clean.

Taking out my toys and putting them away
Taking out my toys and putting them away
Taking out my toys and putting them away
Now my work is done.