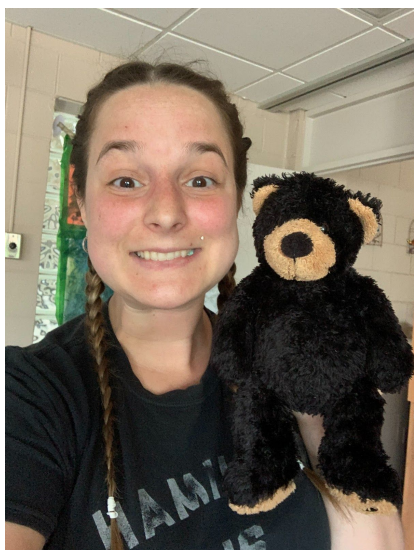
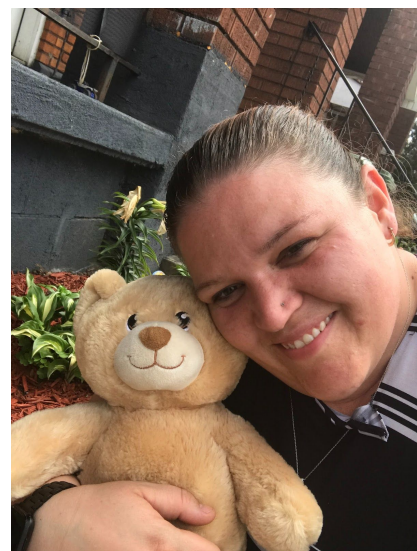




Early Learning and Child Care, Ellis Site
Weekly Newsletter





What's Happening Around the Clubs



<https://www.facebook.com/BGCHamilton/>



<https://www.twitter.com/bgchamilton>



<https://www.instagram.com/bgchamilton/>



https://www.youtube.com/channel/UCvOzV_n2GHUei9j-Fuj5D5g



Finger Play of the Week:

Teddy Bear Rhyme

Round and round the garden, like a Teddy Bear.

(gently trace finger in a circle around child's palm)

One step, two step

(walk your fingers up child's arm)

Tickle you under there!

(tickle underarm, under chin or tummy)



The Benefits of Dance!

Dancing with your child does not only build a personal positive connection and relationship with one another, but also assists in their development physically, mentally, and emotionally! Physical benefits include improved cardiovascular health, improves balance and strength, and can be as strenuous or as gentle as you want it to be. Some mental benefits include boosts in cognitive performance and your ability to think, and challenges your brain. Emotionally, dance is inclusive to every one of every age, so anyone can join in and participate, and can be a very social activity, as well as helps to boost your mood.

Movement and rhythm comes naturally to children, so let them express themselves through dance, while you

DANCE WITH THEM LIKE NO ONE IS WATCHING!



Teddy Bear, Teddy Bear Dance Song by Pinkfong

<https://www.youtube.com/watch?v=mHv7NCyVsAU>

Ring around the Rosie with your Teddy Bear

<https://www.youtube.com/watch?v=Zq2WWU5dzm0>

"I'm a Little Teddy Bear" rhyme and dance moves

<https://www.whimsyed.com/post/i-m-a-little-teddy-bear-song-and-dance-activity-for-ages-2-5>

Teddy Bear Mindfulness Belly Breathing

<https://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>



Boys & Girls Clubs
of Hamilton
A good place to be

PARENTS CORNER!

BEDTIME ROUTINE:

Creating a bedtime routine can be tough. Remember that the experience can be the difference between a good sleeping habit or a lot of sleepless nights.

A bedtime routine includes all the things you do before you put your child in bed. Things like breastfeeding, having a bottle, taking a bath and reading a story are all examples.

The goal of a good bedtime routine is for your child to fall asleep on their own, without being rocked, watching TV, or with you lying down next to them.

“Dos and Don’ts” of a Bedtime Routine:

- **Do** start early. It is much easier to begin a good bedtime routine when your baby is young than to try and change poor sleep routines when you have a toddler or preschooler who still isn't sleeping well.
- **Do** make your bedtime routine age-appropriate. Your child's bedtime routine will change over time. For example, while it is expected for a newborn or younger infant to fall asleep nursing or drinking a bottle of formula, you can try and start putting your baby down while he is drowsy but still awake once he is four or five months old.
- **Do** keep your bedtime routine fairly short. A good bedtime routine will probably last about 10 to 15 minutes, or a little longer if you include a bath.
- **Do** use a security object as a part of your bedtime routine. A security object, like a stuffed animal or blanket, can be an important part of a good bedtime routine, especially for toddlers and preschoolers. These types of items usually aren't safe in the crib for younger infants, though.
- **Do** be **consistent** in your bedtime routine. Your bedtime routine may change over time, as your child gets older, but it should be fairly consistent from day to day, starting at the same time and going in the same order.
- **Do** offer some choices in your bedtime routine. Your child can't choose when to go to bed, but you can let them have some power in their bedtime routine by letting them have a choice over which pajamas to wear and which books to read, etc.
- **Do** use a night light. Few kids like to sleep in the dark, which makes a night light useful.
- **Don't** drag out your bedtime routine. If you are not careful, your child will drag out your bedtime routine much longer with repeated asking for drinks, snacks, or eventually to use the bathroom. Try to stick to your original bedtime.
- **Avoid** stimulating activities just before your bedtime routine.

And remember that if your child does not sleep through, you most likely will not either.





Teddy Bear Picnic!



Teddy Bear Hopscotch!

Using chalk you can create paws and number them.
Then you can have your child hop through the hopscotch!
Adding a stuffed animal can make it more fun!!

Bear Snack!

Things you need:

- ★ Toasted Bread/English Muffin/Wraps
- ★ Banana Slices
- ★ Raisins/Chocolate chips
- ★ Spread of choice (peanut butter, jam, nutella)



Enjoy a Bear picnic! Lay down a blanket add some teddies, cups, plates, snacks and watch the creative mind flow with ideas.



Bear Forts!



Childhood is a time of magic and shapeshifting, when beds become boats with sheets as sails, out on a wild sea made of pillows; a tea towel becomes a cape of invincibility, flying out behind a child who is now a superhero; a clothes horse and blankets transform into a castle where a princess covers from a dragon that silly old parents might believe is a teddy bear.

Yet what might look like simple fun is actually highly important work. When children use their imagination in play they are developing crucial psychological and emotional capacities that help them understand the world in which they live and their relation to it; they are learning to solve problems, create new possibilities, even change the world.



Bear Paws!

Materials:

- ★ 2 Kleenex Boxes
- ★ Paper
- ★ Scissors
- ★ Markers
- ★ Tape

What to Do:

- Place paper over top of the kleenex box, trace the size and cut the paper to match.
- Make circles with the tape and place it in between the box and paper to attach the paper.
- Cut out triangles for the claws and tape them on the tip on the box.
- Colour the paper for fur.
- Enjoy!