



SPRING NEWSLETTER

Family Matters Family Home Day Care Agency

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March 9th

March is Nutrition Month

Looking for some great ideas for programming? March is nutrition month and kids love food, so why not use their natural curiosity for great learning experiences. Talk to the children during your morning circle for ideas of what interests them. Maybe they want to try different foods, let them have the full experience of touching, smelling, feeling ,exploring or tasting something new or different.

Why not google some facts or pictures about where foods come from. Use a new recipe or ask if the children have a favorite from home they would like to you to try. Cooking experiences are great tools for teaching many concepts to the children. Nutrition is about choosing healthy foods, safe food handling and preparation, creativity, self awareness and much more...

We have many resources on hand from the Nutrition grant we received last year, so please ask for them to borrow. There are also some planting materials left over and new materials can be purchased to refill and reuse the planters you got last year.

Children increase their learning when their experiences are concrete, so make opportu-

nities for them to develop healthy relationships with their food through hands on learning opportunities. Cook, create, explore..

March 20th is Very Hungry Caterpillar Day. The Very Hungry Caterpillar by Eric Carle (there are copies of this book available for loan in the lending library) is a great example of how children can learn from their experiences by extending their knowledge. This can be done through providing some of the foods in the story, talking about likes and dislikes, creating a flannel story, etc. Ask the children questions and see what they know about nutrition.

Needing some fresh ideas? Look in your copy of Strive for Five cookbook for inspiration.

Having concerns about nutrition in you day care? Call for contact information from the public health food nutritionist, she is a great resource to use.

Most importantly, remember to be a good example! Little eyes are watching you and are learning from what you do, are you practicing good nutrition for yourself too?

Training Opportunities

NSCC Spring Conferences

Burridge- April 5th
(register by March 13th)
Link: <http://www.ecdsc.nssc.ca>

Kingstec- May 3rd
(register by April 18th)
Link: <http://bit.ly/1ikACxh>

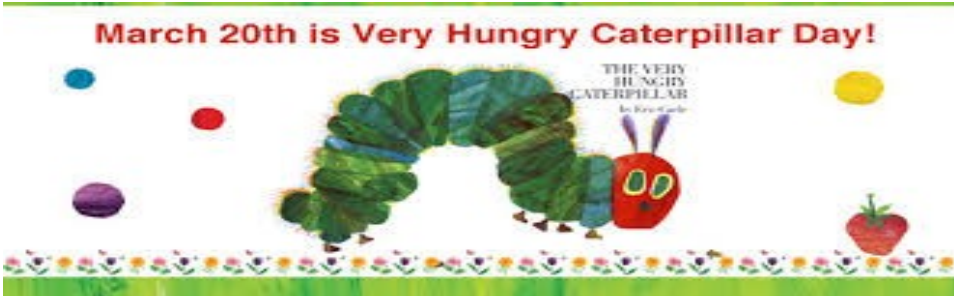
There are also several other courses being offered at both NSCC campuses.

Food Handlers- May 10th
(Lunenburg)

The Brain Story-May 17th
Learn more about brain development
(IWK-Hfx.)



This years theme is "Act for the Planet". Visit ecokids.ca for ideas and activities.



Family Matters Family Home Day Care Agency was recently awarded a grant for \$500.00 to purchase new car seats for anyone within the families that use our agency . A letter has been sent to the families that are in your homes and each care provider has copies of the posters from Child Safety Link to help parents decide what size they need for their child.

The deadline for purchasing is March 30th.



**The Annapolis County
Family Resource Centre**

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