

# The Professional

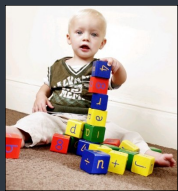
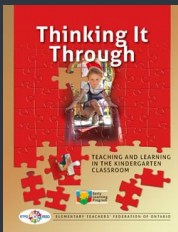


*A newsletter for the early learning and care professional, creating a bridge between research and practice in the field.*

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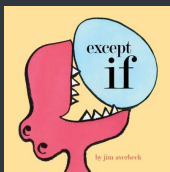


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## Active Children: Healthy Lives

Brad Simpson, BSc Kin, CK, CEP (Kinesiologist, Exercise Physiologist) and Manager of the Kinesiology Department for KW Habilitation Services

Healthy living is a topic that impacts every individual on this planet for the course of their life. Whether it is maintaining health, recovering health, or preventing health issues, we all devote time and money toward this vital component of our existence. Scientists are continually studying our body and the effects of various influences on our health. It is no secret that one of the most prevalent influences on our quality of life is obesity and lack of appropriate exercise. The list of diseases and afflictions that obesity and lack of exercise influences is growing on a daily basis. Rather than increase the load on an already burdened health care system, it is important for each of us to be proactive and do our best to achieve good health and reduce the chance of developing an issue that will impact us personally and will add to our already stressed health care system.

Throughout the literature, researchers have indicated that the child care system has one of the most significant influences on a child learning to make good choices. It is not surprising then, that the child care system has been identified as having the potential to play a major role in teaching children to make good choices about healthy eating and reasonable activity lev-

els. When young children are taught to make appropriate healthy choices, and have appropriate role models, they will have a much better chance of experiencing a better quality of life with a much reduced chance of being influenced by a disease or affliction. With this knowledge, the Child Care Special Needs Resourcing Partnership of Waterloo County has made it a priority to provide the children in our centres with that instruction and role modeling. The Partnership elected the KW Habilitation Services Kinesiology Dept. with the task of investigating this and providing support to all licensed child care centres. We introduced our new program with the launch of the new Kinesiology Model and the provision of the "Have A Ball" kit. To further support our child care centers, a new tool has been developed to help identify children at risk for being inactive.

Finding research on pre-school aged children is difficult since there are many variables within a particular age range that can influence the parameters of a particular

study. An international search of literature on physical activity guidelines on pre-school children turned up significantly little information. A research team at the University of Virginia is just embarking on research to investigate this very topic and provided some excellent guidance. An assortment of recent studies also contributed to our information to the point where we had enough information to proceed with our project.

Studies have been completed that indicate that children do not always grow out of their obesity and according to the literature, children are rapidly becoming less likely than before to do so. The implication of this is that we should expect the rate of obesity to increase as we are already seeing. As mentioned before, this will impact health and self



*Continued on next page...*

**Active Children:  
Healthy Lives**  
*Free introduction of a  
physical fitness  
assessment tool for  
Waterloo Region*

**Monday May 2, 2011  
Or  
Wednesday May 11,  
2011  
from 6:30—8:30pm  
Conestoga College,  
ECE Building**

Join Brad Simpson, BSc Kin, CK, CEP (Kinesiologist, Exercise Physiologist) and Manager of the Kinesiology Department for KW Habilitation Services as he shares his latest research and newly developed assessment tool that focuses on the levels of physical activity in young children in a childcare setting. Learn how you might use this tool to support the children in your care and develop a better understanding of their physical needs. Every person attending will receive a complimentary package that includes the assessment tool and instructions on how to use it. This is an event you do not want to miss; so register today! Supervisors, Consultants or Childcare Educators are welcome. Please register through the PRC.



**To Register Call:**

**519-748-5220 x 3388**  
preregistration@conestogac.on.ca

Continued....

concept of many individuals. The impact on the work force and economy could be devastating as well. In addition to this, studies are indicating that children in child care centers are not active enough to reap the benefits of a healthy lifestyle. Although this may come as a surprise, it is happening more frequently than we want to believe. This issue is impacting and serious enough that the medical community is enthusiastically supporting the concept of increasing activity in children. The obesity issue is now considered to be a serious health crisis worldwide and the solution is extremely simple and inexpensive. Practicing prevention by eating properly and getting proper exercise is the most sensible solution. It is also our responsibility, so let's make it fun!

After reviewing the literature regarding expectations for activity for the different age groups we serve, the next challenge was to find or develop a tool that can easily be used by centers to look at the activity levels of the children. Since there was no commercial tool, one was developed based on the work currently being done by the University of Virginia team. My goal was to make one that is easy to use, does not require too much time commitment and would have all the calculations embedded in the reporting sheets so people could look at the results without having to do any complex math. People should be happy with the final product since all goals were achieved.

Over the last year, I have been informally observing the activity levels of children on playgrounds at various child care centers throughout the region. I will take the opportunity to mention that most centers are doing a wonderful job of providing activity experiences on the playground. We are interested in that small percentages of children who fly under the radar and tend to not reach the activity levels that are suggested. By taking a bit of time and completing the assessment, you will very quickly get a snapshot of the activity level of your class. You should be able to identify children who are not as active as they should be. It should be noted that infants and toddlers are assessed with different standards than preschoolers since they are in a different stage of development.



Obesity rates in children have almost tripled in the last 25 years. Approximately 26% of Canadian children ages 2-17 years old are currently overweight or obese



Once you have completed the assessment and have identified one or more children who do not achieve an appropriate level of activity, you are now able to focus on them and help them learn about activity. Sometimes this can be challenging so there are a variety of resources for you. There are many books and web sites that offer ideas on how to provide motivating activities for children. You may also find that there is something lacking on your playground or in your gym (if you have one). These situations can sometimes be challenging to resolve. The Partnership is being proactive as well and has provided free consultation for you. Simply contact me and I can arrange to meet with you and assist you in resolving any issues you may be having.

Not only is this Assessment going to help the lives of the children you serve, but it is going to make you leaders in your field since there is nobody else in North America, Australia or Europe who is taking this proactive approach. If this concept could catch on throughout the world, the ECE community could be credited as playing a significant role in the reduction of obesity.

There are two evenings being planned to introduce the assessment tool and to teach you how to use it (it's really, really easy!) so come on out on Monday May 2, 2011 or Wednesday May 11, 2011 and honour us with your presence at the Professional Resource Centre. Each Child Care Center will receive a free disc with the assessment on it. There is no cost to you to use this assessment.

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## Spring has Sprung

The ground is thawing and it's time to start planning inspiring environments for children outside!

Samantha Burns, RECE, Professional Resource Centre Coordinator

With the warmer weather descending upon us many educators are starting to look to their playgrounds with baited breath and anticipation... what will the new season inspire? While natural playgrounds are creating a large buzz, the reality of a preschool budget often means that playgrounds are overlooked, and that dream of a natural playscape fizzles out. As a profession we have become gifted at working with minimal funding and becoming creative with the resources we have. Looking to nature for inspiration here are several inexpensive ideas to kick start your season and revamp your playground.

Right now and in the weeks to come many regions and members of your community will begin pruning and removing tress that were damaged throughout our last winter. This is the time to make connections and advocate that you are looking for tree stumps and trunks. Many folks will be happy to simply "get rid" of their trees as removal can be costly and time consuming. You will want to make



sure that the stumps or any tree parts that you introduce to your play area are sanded down on the rough areas where they were cut. This can be a great class project!

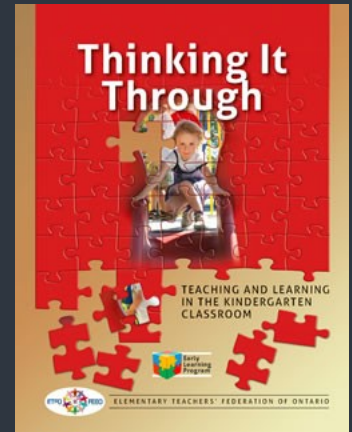
Provide some gloves and sandpaper and include the children in your outdoor planning. Tree stumps can be used to create stools for reading areas, tables, and multi-level areas for exploration. Smaller stumps and logs can be used to create gardens and thin slices of stumps can be used as stepping stones or to create a pathway along a grassy space.

Soon the flowers will emerge from underneath the snow and buds will begin to bloom. It is the perfect time to engage parents in your vision. Let them know you are looking for left over soil, cuttings from existing plants, and left over seeds. You might even get lucky and receive unwanted shrubs or samplings. Make friends with your local gardening or landscaping centre for left over mulch, stones and pebbles.

Are there any construction sights near by? Make friends with the Forman and maybe any large boulders they unearth could be relocated to your playground! Where there is a will there is a way, and it is often in the connections we make with others that we find the best solutions.

## What's New in the PRC

Are you currently working in a kindergarten classroom or desire to work in one? Check out this resource to have a better understanding of the direction the Kindergarten Program is taking,



The new ETFO resource, Thinking it Through: Teaching and Learning in the Kindergarten Classroom has arrived in the PRC! This resource is made up of 11 separate and distinct chapters that are interconnected to help educators plan all aspects of their program. This resource will assist educators in the set up of their classroom and plan dynamic, appropriate and stimulating learning experiences for children through play.

The chapters include:

- Thinking it Through, Literacy and the Young Child
- The Arts-Joyful Learning
- Child Development,
- Health and Physical Activity
- Learning Centres
- Thinking Mathematically
- Playing is Learning
- Science and Technology
- Planning for Learning
- Assessment that Informs Instruction



**CONESTOGA**  
Connect Life and Learning

## Conestoga College ECE Apprenticeship Program

Are you currently working with young children in an ECE setting?  
Do you hold an Ontario Secondary School Diploma or equivalent?  
Is your employer willing to sponsor your training and professional development?  
Interested in earning a College diploma in Early Childhood Education?  
Conestoga College and the Ministry of Training, Colleges and Universities may have the solution for you!  
Explore this unique ECE Apprenticeship program--offering you the option of learning while continuing to work!

Part-time evening classes  
College level credit courses offered at a nominal fee.  
Receive an Early Childhood Education Certificate of Apprenticeship from the Ministry of Training, Colleges and Universities.  
Explore this alternative pathway to a Conestoga College ECE diploma!

**Ready to Register?**  
Ministry of Training  
Colleges and Universities,  
Apprenticeship Branch  
519-653-5758  
or drop in at MTCU  
4275 King St. East, Suite200  
Kitchener, ON  
N2P 2E9



For more information contact  
Cathy O'Toole  
Coordinator, Early Childhood  
Educator Apprenticeship  
519-748-5220 ext 3603  
[cotoole@conestogac.on.ca](mailto:cotoole@conestogac.on.ca)

# Numeracy and the Youngest Learner

Kayla Fuhrman, Early Childhood Education  
Student, 1st Yr.



Recently, I attended a workshop facilitated by Dr. Donna Kotsopoulos and Dr. Joanne Lee of Wilfrid Laurier's Faculty of Education and Faculty of Science- Psychology. Together they have generated a

program, focusing on early numeracy in children, called Little Counters™. They focus on math in the first three years of life; working with children and their families, looking at cognitive development. Little Counters™ consists of "songs, stories, games, appropriate numeracy, counting forward, multiple and multimodal representations, continual assessment and scaffolding." (Kotsopoulos). The sessions with families have been running for about 2-3 years, lasting 45 minutes each.

Dr.'s Kotsopoulos and Lee lead with a powerful statement, "Say it. Show it. Touch it. Move it." (Saying the number as you show it's been counted by moving it from one position to another.) By doing this, counting should be a breeze and it's all about counting! Little Counters™ believes there are five types of counting.



- One to One Correspondence (one object receives one count)
- Stable Order (understanding that one comes before two, two comes before three, etc.)
- Cardinality Principle (hearing the child count, being able to ask 'how many do you have?' and then hearing the same answer)

Through out our classrooms numeracy is often thought or associated with older learners... but local research supports numeracy learning for the youngest children in mind!

- Abstraction Principle (being able to count any object)
- Order of Irrelevance (counting correctly from any start point)

Going into kindergarten, research reflects that children have been exposed to 1000 hours of literacy and only 100 hours of numeracy. Children seem to know how to count by saying the numbers like a poem, but they don't actually know the value of one, two, and three. Children shouldn't have more than five objects in front of them to count when beginning to count, according to the Little Counters™ program; they have to get a sense of what the value of two and three are before they move on to five and six. Often we sing songs or read books that count backwards, such as five little monkeys jumping on the bed, and incorporate these songs in our program with the intention of enhancing numeracy involvement for the children in our care. But how can we expect a child to understand the concept of counting backwards when they don't understand the value of numbers moving forward? Most people learn to ride a bicycle before they learn to drive a car!



5.4.3.2.1 blast off!

Numeracy should be introduced in fun and playful ways. Little Counters™ uses purposeful play, which is a combination of both free play and play-based learning. The easiest way to explain purposeful play is as "intentional interplay between child and adult. The purpose is to further develop a child's learning, assess current understanding of concepts and evaluate the extent to which learning has occurred." (Kotsopoulos).

Counting can be fun, and it's not just for children getting ready for school! Numeracy is all around us and it begins for the very young children in our care with counting, touching, moving and through play.

For more information on the Little Counters™ program please visit [www.wlu.ca/childlab](http://www.wlu.ca/childlab).

# What's New at the Professional Resource Centre



Visual Explorers—these large oversized visual explores are wonderful additions to any program. Their large handles make it easy for infants and toddlers to manipulate, but no matter what age you are learning is fun when you can explore your environment through different lenses! Try pairing these with our overhead projector for a whole new experience!

These nesting dolls are more than meets the eye! These plush dolls are great for sequencing and promoting self help skills. Each doll is unique and unfolds using buttons, snaps, zippers or ties. This item is a perfect addition to any

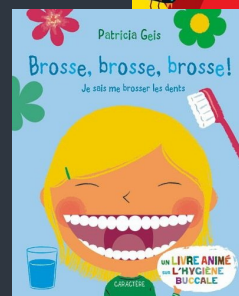
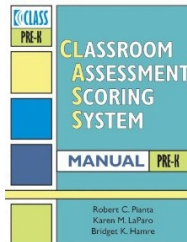
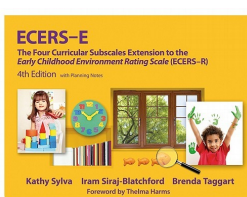


Check out this kit that contains three over sized timers for children to explore the concept of time. These sand timers add a visual reinforcement to 1 , 3 and 5 minute intervals. Combine this kit with stopwatches, smaller egg times and compare different timers against them. Will the large timer take longer to empty than the smaller one?



New assessment tools available in the PRC... these tools compliment ECERS-R and provide a different lens in which you can view your programs. The Classroom Assessment Scoring System looks at the classroom interactions between teacher and children.

ECERS-E is an extension to the popular ECERS-R tool to include four new areas of the environment. PQA is a large over view of program quality capturing all aspect of care and the COR tool box is a system used to document and record observations of young children and then use them in planning future curriculum or use them to provide feedback to parents.



Check out these titles and so much more!

Over 20 books to choose from and there are more arriving each month.

Are we missing a resource you would like to see on our shelves? Tell us!

Also new to the PRC:

- Setting Up the Preschool Environment (Vogel)
- Me, You, Us: Social Emotional Learning in Preschool (Epstein)
- Storybook Talk: Conversations for Story Comprehension (Hohmann & Adams)
- I Belong: Active Learning for Children with Special Needs (Dowling & Mitchell)
- Let's Talk Literacy: Practical Readings for Preschool Teachers (Hohmann & Tangorra)
- Educating Young Children 3ed (Hohmann, Weikart & Epstein)
- Daily Schedules and Caregiving Routines: Infant Toddler Series DVD
- Adult-Child Interaction: Communicating to Support Learning DVD
- The Daily Routine DVD
- The Indoor and Outdoor Learning Environment DVD
- Babies DVD

New Robins Nest Puppet with three related story books! Bring your spring stories to life!



## Identifying and Creating Child Centered Environments

### *The Five Key Points of Child Centered Classrooms*

New DVD Release by:  
Lisa Murphy (The Ooey Goey Lady®)

The AECEO has graciously donated a series of DVD's to the Professional Resource centre. The DVD's will be released to the library after the AECEO popcorn series event over the next several months.

The newest video to be released is Lisa Murphy's inspiring philosophy on child centered play. Throughout the video,

Lisa captures the essence of what it means to be child-centered. She discusses the five key points of child centered classrooms, and explains why each of these points is a necessary ingredient to creating a truly child-centered environment, bringing together the theory and practice behind this vision. Afterwards join us in a discussion about our vision of learning, and how we can incorporate these 5 points into everyday practice. Lisa Murphy is sure to motivate and inspire anyone interested in child-centered learning.

## What's New in Childcare

### Links to the news in Early Learning and Care



For latest news on early learning and care check out these stories in the news!

The federal budget ignores child care yet again... for more details [click here](#). Source: Sault Star (ON), March 23, 2011

Alison Gopnik's article "Why Preschool shouldn't be like school" connects research to the disadvantages of pressured learning on young children. To read the article [click here](#). Source: Slate Magazine, March 16, 2011

Outsourcing threatens benefits of full-day learning... for more details [click here](#). Source: Toronto Star, March 21, 2011  
The federal election 2011: where

does childcare fit in? For more information [click here](#). Source retrieved from the Ontario Coalition for Better Child Care, March 24, 2011.

Are you about to become a new graduate of the Early Childhood Education Program? Need to register with the College of ECE's? Did you know students in their final semester of a post secondary program that meets the requirements for registration in the College of Early Childhood Educators (the College) can now apply for membership in the College, rather than waiting until their program is completed? [Click here](#) for more information.

Already a member? The College of Early Childhood Educators have released their [Standards of Practice and Code of Ethics](#). Visit their website for more information at [www.collegeofece.on.ca](http://www.collegeofece.on.ca)



### A Message from your Local AECEO President, Cathy Barrie:



On March 9 /11 we held a Waterloo/Wellington AECEO Branch Meeting at the Professional Resource Centre. After some social time and a short meeting we settled down with our popcorn and a drink to view the DVD

"Identifying and Creating Child Centered Environments: The Five Key Points of Child Centered Classrooms " by Lisa Murphy (aka "The Ooey Goey Lady"). After the movie the group discussed what it means to be child-centered. We looked at how we could incorporate the 5 key elements of child-centered play into our daily programs by providing experiences that are real, lot of outdoor time, long uninterrupted free time, the freedom to explore with few restrictions and where adults act as facilitators. Our next meeting will be April 27, 2011 in the PRC at 6:30 pm.

If you would like to connect with our branch or have any questions please leave us a voice mail by calling 519-748-5220 ext 8026



**Raising the Bar**  
Early Childhood Education  
An ASCY Community Initiative



Region of Waterloo  
SOCIAL SERVICES  
Children's Services

**A Quality Initiative  
for Waterloo Region**



**Child Care  
Network**  
of Waterloo Region

### April Update 2011

Raising the Bar on Quality peer review year 2010-2011 is coming soon. In all, 35-40 peer reviewers will be required and reviewers will be set up in pairs. Interested in being a part of the peer review, kindly apply by April 7, 2011. 5044.

SACERS Booster Sessions  
Conestoga College Doon Campus  
299 Doon Valley Dr. Kitchener – ECE Building  
April 20, 2011  
6:00 – 8:30 PM  
Register though Quality Initiatives

\*\*All Cooks Training Kits now available at the PRC

For further information contact Debbie Jones, Supervisor, Quality Initiatives  
Phone: at 519-883 2111 Ext. 5044  
Email: [djones@regionofwaterloo.ca](mailto:djones@regionofwaterloo.ca)



# Beginning with Books

Laura Dick, Literacy Librarian and Laura Reed, Coordinator of Children's and Teen Services, Kitchener Public Library.

book choices, toddlers learn that books contain many different kinds of information. Try nonfiction books about things that toddlers like such as cars, fire trucks and pets.

- Show them the letters in their name. Make sure to look for and point out the letters that surround toddlers. This is called environmental print.

- Realize that toddlers may only be able to work on activities for only a few minutes at a time. Be patient.

- Young toddlers have no real awareness of print at this age but they do take pleasure in nursery rhymes and books with single pictures of familiar and related items.

- Encourage them to practice their vocabulary skills by naming objects they see in the books read to them.

Developing math skills is part of literacy play. As one-year olds play, they start to build their mathematical thinking by

recognizing patterns and understanding shapes. For example, they notice that night is followed by day and that socks go on feet before shoes.

At KPL, we offer separate programs for one year olds and for two year olds, designed with the developmental needs of each age group in mind. Call your local library to find out about their toddler programming.

### Toddler Friendly Titles:

*Push Button* by Aliki

*I'm the Best!* by Lucy Cousins

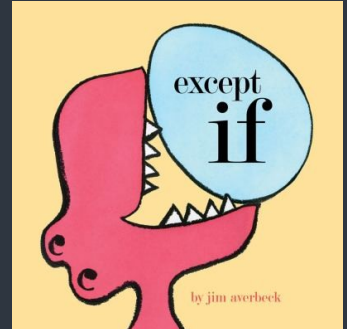
*Dancing Feet!* by Lindsey Craig

*I Am a Backhoe* by Anna Grossnickle Hines

*What's Your Sound, Hound the Hound?* by Mo Willems



# Children's Book - of - the Month



## Except If by Jim Averbeck

An egg is a baby bird... *except if* it is really a baby snake, *except if* the baby snake is really truly a baby dinosaur! This seemingly simple picture book, reminiscent of *That's Good! That's Bad!* by Margery Cuyler, will challenge children's imaginations and keep them guessing and enjoying their answers, right or wrong. The bright, simple illustrations, accompanied by clear, simple text make this a winning read aloud for toddlers and beyond.

If you have any questions about books or early literacy, please send us an email .

[Laura.Dick@kpl.org](mailto:Laura.Dick@kpl.org)

[Laura.Reed@kpl.org](mailto:Laura.Reed@kpl.org)

# EARLY LEARNING & CHILD CARE CONFERENCE

23<sup>rd</sup> Annual EARLY LEARNING AND CHILD CARE CONFERENCE

Saturday April 2, 2011  
Conestoga College  
Doon Campus

Hope to see you there!

## Hours for April 2011



### PROFESSIONAL RESOURCE CENTRE

Monday 1-9pm  
Tuesday 10-6pm  
Wednesday 1-9pm  
Thursday 10-6 pm  
Friday 10-4pm  
Saturday 10-2pm

Closed Saturday, April 2 for the conference and April 22—25 for the Easter Holiday.

Conestoga College  
ECE Building  
299 Doon Valley Drive  
Kitchener, Ontario N2G 4M4  
519-748-5220 ext 3388

## The Early Childhood Professional Resource Centre Tell a friend today!

Did you know that being a member of the Professional Resource Centre is recognized as belonging to a professional organization? Our evidence based resources combine current research and quality materials to enhance your programs, and understanding of learning. Our members receive a monthly newsletter, discounts on in-house workshops, lending privileges for our library and access to our data bank of research and early learning and care articles. Members also receive updates on current information in the ELC community and have access to our work stations and equipment (laminator, computer, binding machine etc). Join today and discover the value of belonging to a professional organization that is invested in your professional growth, our community, and the future!



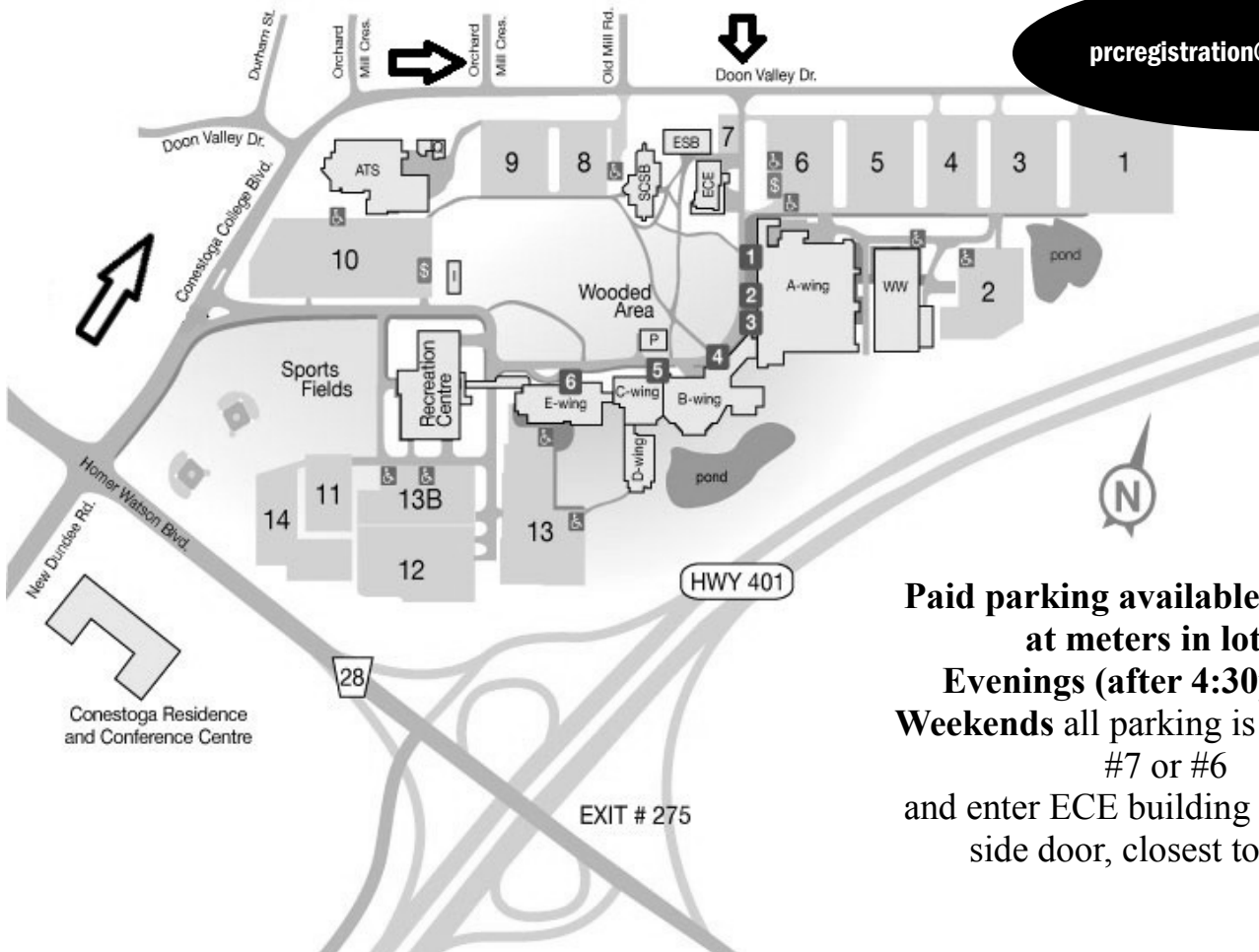
Region of Waterloo  
SOCIAL SERVICES  
Children's Services



CONESTOGA  
Connect Life and Learning



LYLE S. HALLMAN  
FOUNDATION



**Paid parking available (Mon-Fri)  
at meters in lot #6  
Evenings (after 4:30pm) and  
Weekends all parking is free, use lot  
#7 or #6  
and enter ECE building through the  
side door, closest to lot #7.**