



PHYSIO FUN FOR LITTLE ONES

By Linette Lahey

When Jack Frost comes calling, and it's too cold to play outdoors, don't forget to fit physical fun into your child's day. Your child needs regular, daily gross motor activity to stay healthy, happy and strong. As well as building muscles and improving coordination, exercise is proven to improve mood and appetite. If your child is lethargic or becoming uncooperative at mealtimes - try increasing his or her physical activity.

Come Saturday morning take a look at your home and decide as a family where to create a play area that everyone can enjoy. Clear away the breakables, and make room for some good old fashion running, jumping and dancing the winter away!

Here are some suggestions that may help:

- ✓ clear one room or if you don't have the space, consider child proofing one multipurpose area

Equip your room with:

- balls to kick and throw; add mini hockey sticks or light racquets for hand-eye
- co-ordination
- cardboard boxes or laundry baskets to crawl into, push, pull, and build towers with
- old mattress or pillows, set on the floor, to jump from and balance on
- old sheets are great for making tents or for parachute play
- stuffed animals to play with, or to throw and catch
- tunnels to build with, and to crawl through
- Play lots of music. Music inspires movement!
- Not all areas need to be carpeted. Tile, hardwood or concrete are all great for riding toys, wagons, and tricycles.

If you have a playroom already:

- use any open beams to hang rings, a trapeze, or disk swing to strengthen the upper body and core
- install a chinning bar in a doorway, (with a mattress underneath) for more upper body work i.e. simple hanging and swinging
- check with the neighbors or relatives to see if they have a mini trampoline or "rebounder" sitting in the garage - this is excellent for pre-jumping skills
- old sheets are great for making tents or for parachute play

Remember to promote safety. Install any hanging bars, swings, etc. according to directions. Wear a helmet for riding toys and tricycles. Always supervise your child (and join in the fun) during these activities.

Many thanks to the Queen Elizabeth Playground Society for their donation of \$2000.00 to the Early Learning Program. The Society had this money remaining from their new playground at Queen Elizabeth School and chose PREP to receive the remainder of their playground funds. The money is being used to update the classroom including new

Upcoming Events

Jan 29, 31, Feb 1 Coffee Mornings

Mar 14, 18, 20 Parent Interviews

Mar 21-28 Spring Break No classes

RECIPE OF THE MONTH

Freeze Pop Paint

2 tsp powdered tempera paint
1/3 c water
craft sticks

Mix powdered paint and water together. Pour into ice cube trays. Cover with plastic wrap and insert a craft stick through the wrap into the center. Freeze until solid. Dip the Freeze Pop paint cubes into water and paint on white paper.

PREP Play Tips

- ✓ Tape paper to the fridge or an easel to encourage using big shoulder muscles to paint
- ✓ Place the paper higher to encourage reaching up on tiptoes
- ✓ Practice pre-printing strokes: up, down, and across
- ✓ Encourage your child to imitate all the funny sounds you make while painting “pop, zip, wow, boom, etc.”

SONG OF THE MONTH

I'm a Little Snowman (sung to I'm a Little Teapot)

I'm a little snowman, round
and fat
Here is my nose, here is my
hat
When the sun comes out I
cannot play
I begin to melt away



Chubby Little Snowman

A chubby little snowman had a carrot nose
Along came a bunny and what do you
suppose?
That hungry little bunny looking for his lunch
Ate that snowman's carrot nose; nibble,
nibble, crunch!

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