



Bright Beginnings Early Intervention Program



Newsletter

March 2010

Volume 8, Issue 1

HAPPY BIRTHDAYS go to:

March - John, Aiden, Aaron

April - Chloe

May - Kayden

Now this sounds like a form of exercise that I might be able to handle!

Laughter is good exercise

Laughter causes several positive physical changes - you're already familiar with most of them. Think of the last time you laughed so hard you were in tears. Did you know that, along with the good time you were having, you were getting a good workout? Laughter has been called "internal jogging", and a great belly laugh can provide up to forty-five minutes of relaxation. Here's how it works:

1. Laughter is a series of spasms of the diaphragm - the muscle between the chest & abdomen that is most involved in breathing.
2. The spasms cause the lungs to expand & take in more oxygen. They also help to clean out the lungs. Remember what happened right after your belly laugh? You probably coughed & coughed. That deep, active breathing is great for the respiratory system.
3. At the same time, the heart is pumping more blood - and oxygen - to all parts of the body. Circulation & muscle tone improve. Blood pressure is lowered too.
4. All this activity increases the rate of digestion. That's reason enough for several laughs a day!

Excerpt from an article titled "Humor for the Health of It" written by Karla Garis, B.S. (Copyright 1990 by PRO-ED, Inc.)

Dennise Sorette, Executive Director

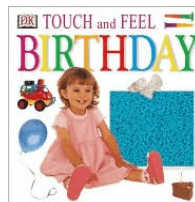


Happy St. Patrick's Day on
March 17th!

Updates

Credit Union Foundation Funding

Through the Credit Union Foundation Funding, Bright Beginnings Early Intervention Program has purchased some books for children with visual impairments. So, once again, we want to say thank you to the Credit Union Foundation for making this possible.



A note also from Dennise - please don't hesitate to call and cancel or reschedule your appointments anytime you or one of your family might have the flu, either the H1N1 or regular flu.

Congratulations to "big brother" Jacob on the birth of his sister, Sarah, and brother, Samuel.



Sharing Corner

The regular meeting for the *Valley Autism Support Team* will take place the first Thursday of each month, 7:30 - 9:00 pm at the AVRSB Autism Centre in the Kingston & District Elementary School. **Please note change of day for these meetings.**

www.annapolisvast.ca



Family Matters

For more information please contact Family Matters at 584-2210, or go to their website for more information:

www.acfrc.ca

Also check out the Annapolis Valley Regional Library at

<http://www.valleylibrary.ca>



You can access the Early Intervention of Nova Scotia Newsletter at the website below. If you are not able to access it and would like to see it, let us know and we will send a copy to you.

[Http://www.eins.ca/docs/newsletter-2009spring.pdf](http://www.eins.ca/docs/newsletter-2009spring.pdf)



Fun with Children

March Break will be here before we know it and we need to keep them busy. See page 4 of this newsletter for some ideas to break the boredom. I also found a couple recipes taken from *The Impatient Crafter on Yahoo! Canada Lifestyle* website. Now the first one might not sound too healthy, but everyone has to have chocolate once in awhile!!

Chocolate Modelling Clay (totally edible)

This is the perfect clay for children who like to play with their food. Have kids wash their hands well before this craft because with this clay, they can eat what they create. Use jujubes, chocolate chips and other candies for decorating.

280 grams chocolate chips

1/3 cups of corn syrup

To make the clay, melt the chocolate in the microwave for one minute. If it isn't completely melted, return to the microwave for 30 seconds at a time until melted. Next, add corn syrup and blend. Pour mixture onto a sheet of waxed paper. Spread until about 1 cm thick. Cover loosely and let stiffen for a couple hours. The chocolate will become very pliable. Divide the clay into small chunks to make it easier for little hands to handle.

Scented Sparkling Play Dough

Play dough is popular with all ages. This recipe uses Kool Aid drink mix (unsweetened) to add scent and colour and you can mix in some extra fine glitter for sparkle. Omit the glitter if your child is likely to sample the play dough. Have some cookie cutters and other kitchen utensils handy for creating.

1 cup all-purpose flour

1/2 cup salt

2 teaspoons cream of tartar

1 cup water

1 Tablespoon cooking oil

1 package unsweetened Kool-Aid

Extra fine glitter (optional)

Mix all dry ingredients together. Add cooking oil and water. Mix thoroughly. Microwave on high for 3 - 4 minutes, stirring every 30 seconds, until the dough is firm. Knead when cool. Store the play dough in an airtight container or zipper bag.

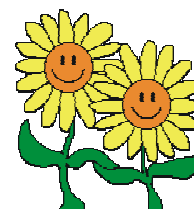


Do you know the history of April Fool's Day?

April Fool's Day or All Fool's Day occurs annually on April 1. The day is generally observed by playing a practical joke on a "victim" who soon becomes known as an *April Fool*. This custom is thought to have started in France during the 16th century but the British are credited with bringing it to the United States.

The commonly accepted origin of April Fool's Day involves changes in the calendar. At one time, the New Year celebration began on March 25 and ended on April 1. However, in 1582, King Charles IX adopted the Gregorian calendar and accepted the beginning of the new year as January 1. Those who refused to acknowledge the new date or simply forgot received foolish gifts and invitations to nonexistent parties. The butt of such a prank was known as a "poisson d'avril" or "April fish."

Hooray, hooray!
Spring is not far away!!!



Profile Section

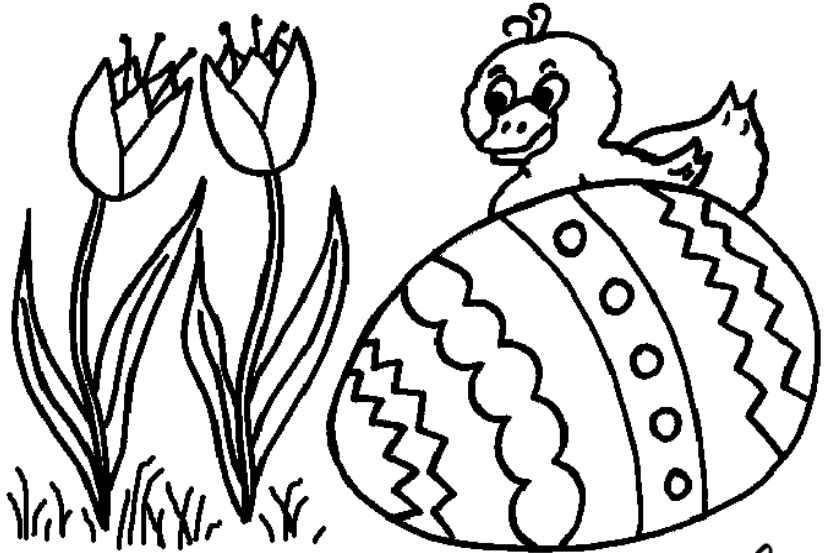
All things Easter

Do you remember the story "The Velveteen Rabbit"? Well, I certainly do and I found it on the internet! Here is the website if you would like to read this story to your children.

<http://user.mc.net/~urwhatur/velrabbit.htm>

I found this and a lot more on the following site:

<http://www.rexanne.com/easter-kids.html>



This year Good Friday will be on April 2nd and Easter Sunday on the 4th.

[A picture for you to colour](#)

The Traditions of Easter

As with almost all "Christian" holidays, Easter has been secularized and commercialized.

Since its conception as a holy celebration in the second century, Easter has had its non-religious side. In fact, Easter was originally a pagan festival.

As it happened, the pagan festival of Eastre occurred at the same time of year as the Christian observance of the Resurrection of Christ. It made sense, therefore, to alter the festival itself, to make it a Christian celebration as converts were slowly won over. The early name, Eastre, was eventually changed to its modern spelling, Easter

The Easter Bunny

The Easter Bunny is not a modern invention. The symbol originated with the pagan festival of Eastre. The goddess, Eastre, was worshipped by the Anglo-Saxons through her earthly symbol, the rabbit.

The Germans brought the symbol of the Easter rabbit to America. It was widely ignored by other Christians until shortly after the Civil War. In fact, Easter itself was not widely celebrated in America until after that time.

The Easter Egg

As with the Easter Bunny and the holiday itself, the Easter Egg predates the Christian holiday of Easter. The exchange of eggs in the springtime is a custom that was centuries old when Easter was first celebrated by Christians.

From the earliest times, the egg was a symbol of rebirth in most cultures. Eggs were often wrapped in gold leaf or, if you were a peasant, colored brightly by boiling them with the leaves or petals of certain flowers.

Today, children hunt colored eggs and place them in Easter baskets along with the modern version of real Easter eggs -- those made of plastic or chocolate candy.

Also, don't forget Mother's Day on
May 9, 2010



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Spring break boredom busters

7 tips for keeping kids busy -- and happy -- the whole March Break.

By Dee Van Dyk (taken from the Canadian Living website)

"I'm bored. There's nothing to do."

Those words are enough to make a parent's heart sink like a stone. Spring break is just around the corner and a week of unstructured time could be a kid's recipe for boredom. However, a little planning around your personal time and budget, and you can craft a unique and interesting Spring break plan for your family. Check out the ideas below to get you started.

1. Involve your children in the planning

Kids are more likely to actively engage in the activity if they have had some say in it. Have everyone write down their interests and then pull together lists of activities to do based around those interests.

2. Check out what's available in your community for day camps

Working parents often scramble to work out childcare arrangements over Spring Break. Check out community leisure centres, the library, planetarium and zoo for day camps that meet your child's interests.

Community centres will often put together special Spring Break programs, as well. Spring hockey, dance, cooking, writing and art camps give parents and children a wide scope of activities to choose from.

(Anne Marie's NOTE: check out Annapolis Valley Regional Library or the Annapolis County Recreation Department)

Again, this is an opportunity for kids to take some ownership of their time and interests. Older kids can do Internet research for themselves to find programs that appeal to them.

3. Put together an activity jar

Injecting a little fun and excitement doesn't need to be time consuming or expensive. Draw up a list of activities that your child enjoys (a trip to the park, paint-by-numbers, *Cranium*, *Monopoly*, an afternoon story, a trip to the movies) and put them in a jar. Then have your child pick an activity each day. It doesn't really matter if they are activities you might do anyway -- it's fun to pick out of the jar and be surprised!

4. Involve your extended family

Is Spring Break a good time for your child to spend with Grandpa and Grandma? Think back to when you were a child. Did you bake with Grandma or build a birdhouse with Grandpa? Chances are, both your parents and your child will enjoy a little quality time together. You might even choose to front the money for tickets to the movies or the zoo.

5. Be a tourist for a day

Many people have never been to the city sights in their hometown. Take a look at your surroundings with fresh eyes. What sights and venues bring tourists into your city?

Do some research; plug into the Internet to search your local tourism link for ideas for things to do locally.

6. Band together with other parents to fight spring break boredom

Divvy up the Boredom Busters with other parents. Whether it's a trip to the zoo, a morning craft time, an afternoon at the playground, or an evening at the movies, joining forces with other parents in the same boat can make a week of planned activities more manageable for all involved

And finally:

7. Have a backup plan

The weather is always variable this time of year, so have a backup plan for outdoor activities. The only thing worse than a bored kid is a wet, cold one!