

FAMILY BULLETIN

A newsletter for parents, families and care providers from
PacificCARE

Enriching the Lives of Children and Families



SUPPORTING SCIENCE LEARNING AT HOME

From Canadian Child Care Federation Resource Sheet #72

9 327 PRIDEAUX ST NANAIMO BC V9R 2N4

PacificCARE

Parents are the first and most important early educators of their children. As children grow, they acquire much of their understanding and attitudes about the natural and technological world from their parents. Science is all around us. It can be in your home, outside or elsewhere. Children are naturally curious about the world they live in and hands-on, relevant activities with an emphasis on learning about the science in everyday life will help them form a deeper understanding of how the world works. The goal is for children to develop an awareness of their surroundings.

Teachable moments are learning opportunities that occur spontaneously every day. Parents are in the ideal position to seize these opportunities. You can't plan a teachable moment, but by planning ahead, you can ensure you are ready to take advantage of one when it occurs. Your child may show particular interest in something or you may see an opportunity to point out something that is unique or worth sharing. Talk about how playing in the shade will be cooler on a hot, sunny day. Ask your child questions or follow up on their questions. Conduct an experiment on the spot. Encourage them to ask questions and seek out their own answers. Investigate the concepts by doing further research together with your child.

How to Design an Experiment

- Experiments don't have to be elaborate, but they do need to be safe. Simple experiments may include the POE method—Predict, Observe, and Explain.
- Have the child predict what they think may happen. Will it be hotter in the shade or the sun? Do the experiment and observe what happens. Fill two glasses with water and put one in the shade and one in the sun.
- Ask your child whether their prediction was correct and try to explain what may have happened and why. Why was the glass of water in the sun warmer than the one in the shade? How did it get that way?

- Try to do the experiment in a different way and observe what happens. A correct explanation is not necessary right away. You can tell your child that you do not know the answers and then you can try to find out the answer together. Put the glass of water from the shade into the sun and see how long it takes to get as warm as the one already in the sun or mix the hot and cooler glasses of water together and feel the temperature of the resulting water.

Science is everywhere. You can turn almost any discussion into a science discovery. Just ask your child some simple questions:

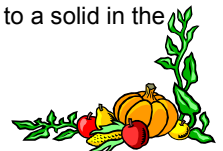
- What do you think will happen?
- Let's try to measure how long, how big, how fast it is, etc.
- If we do it this way instead, let's watch what happens.
- What does it feel like?

Try to relate it to previous experiences so your child makes links and builds knowledge. Most importantly, have fun, be safe and share the experience!

*Prepared by Wings of Discovery™ Let's Talk Science
(www.letstalkscience.ca)*

FALL SUGGESTIONS... for activities that you can do with your child.

- ❖ Visit a pumpkin patch to see how pumpkins grow on vines. Compare the sizes of different pumpkins.
- ❖ Take a trip to the grocery store and find both fresh vegetables and canned vegetables. Talk about the farm where the food may have been grown.
- ❖ Bake a cake with your child and talk about how it changes from a liquid to a solid in the hot oven.





Pacific CARE

Sponsored by
Pacific Child and Family Enrichment Society
Funded by the Ministry of Children and Family
Development



PacificCARE has services for both parents and caregivers, offering free referrals to parents looking for child care, and providing information on how to choose quality care for their child. Licensed caregivers are regulated by Community Care Facilities Licensing and Licensed Not Required (LNR) and Live-Out-Nannies (LON) allow us to check their documentation (criminal record, references, etc.) and address any health and safety issues. All caregivers on our program have access to support networks and a quarterly newsletter.

www.pacific-care.bc.ca

- Child care referral form
- Newsletters
- Crafts
- 0-6 Network
- Services for parents
- Workshops

Email: mailbox@pacific-care.bc.ca

Computer internet services available at our downtown Nanaimo office. Please drop by to access this free service. (For child care related use)

- **Here's a great web site** with many checklists for helping you prepare for any emergency including earthquakes. There are checklists for what to have in your car, in your home, what first aid supplies you should have; what food and water emergency supplies you should have and much more.

Thanks to Western Canada Family Child Care Assoc. of BC "Caregiver Connection" Newsletter Fall 2004

www.ocipep.gc.ca/info_pro/checklists/index_e.asp

PUMPKIN BREAD

Yield - 1 Loaf (serves 12-18)

- 1/3 cup vegetable oil (75mL)
- 1/2 tsp ground cloves (2mL)
- 1 cup fresh or canned pumpkin puree (250mL)
- 3 eggs
- 1 cup sugar (250mL)
- 2 tsps. ground cinnamon (10mL)
- 1/2 cup raisins (125mL)
- 2½ cups Bisquick (625mL)

Preheat the oven to 350°F (176.6°C)

Prepare a 9"x5" loaf pan.

In a large bowl, mix all the ingredients together. Pour the mixture into the prepared pan. Bake for 45 minutes. Cool before removing from the pan. Cut into slices when you are ready to serve.

Looking for child care? PacificCARE offers a FREE child care referral service to the following areas:

Campbell River, Comox Valley, Oceanside, Nanaimo, Ladysmith, Nanoose, Alberni Valley, North Island, West Coast and Powell River.

Call: 1-888-480-CARE (2273)

or

(250) 716-2022 (Nanaimo)

Classified/Advertising

The Natural Mother & Baby Centre *shantala*
12 - 321 Wesley St in the Old City Quarter

Shop in the **STORE**

Tues/Wed 12:30 - 4,
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Saturdays 11 - 4 OR

Class information and 24 HOUR online registration

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www.thenaturalmotherstore.com

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Emergency Contact Numbers

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Helpline for children 1234	310-1234
Child Find BC	1 888 689-3463
Kids Help Phone	1 800 668-6868
Poison Control	1 800 567-8911
BCNurse Line	1 866 215-4700
Parent Help Line	1 888-603-9100