



# KEEPING IN TOUCH

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## "WINTER WONDERLAND"

### Outdoor Play

Excerpts from an article by Sharon Schleicher,  
Day Care Licensing Consultant, Washtenaw County, Michigan

#### Health benefits of outdoor play

- Playing outdoors in cold weather does not cause illness in children. Colds, flu and illness are caused by viruses and bacteria. Children confined in warm, stuffy rooms with several other children have greater exposure to germs causing sickness.
- Frequent exposure to fresh air, exercise and sunshine increases a child's general fitness and resistance to infections.
- During active play outdoors, the viruses and bacteria are dispersed into a larger, more mobile air space decreasing the risk of spread to others.
- Physical activity increases the air exchange in children's lungs and improves blood flow through the body giving germs shorter contact with respiratory surfaces.
- The number of obese children are increasing putting them at a higher risk for developing heart disease by the time they reach their thirties.

#### Benefits of outdoor play

- Outdoor play relieves stress and reduces anxiety
- Physical activity increases physical strength and coordination.
- Physical movement increases self-confidence and competence is developed
- Leadership skills are developed
- Opportunities to play cooperatively, taking turns, share and solve problems with other children
- An awareness of environmental surroundings and appreciation of nature

#### Role of the Facilitator

- Facilitator-supported experiences are used to give children "warm up" activities such as Hokey Pokey and Head and Shoulders. This promotes muscle and motor development, and contributes to the children feeling psychologically secure.
- Child-initiated exploration refers to activities led by the child depending on the child's interest. Outdoor child-initiated play increases children's powers of observation and their ability to build on their observations. Self-directed fantasy play in the yard is an essential feature in young children's cognitive and psychosocial development.

#### Research Finds

- Physical activity improves children's attentiveness and decreases restlessness.
- Children play outdoors less often than they did a generation ago.
- 33% of today's kids participate in hopscotch, jump rope, and a variety of street games compared to 85% of their moms when they were children.

#### Resources

Rhonda Clements, "Research Finds Decline in Outdoor Play," *Education Update Online* June 2003

"The Importance of Outdoor Play," National Association for the Education of Young Children

"Outdoor Play in Winter Weather," *Inside Child Care*, Winter 2001

B. Dietze and B. Crossley, *Opening the Door to the Outdoors*, Canadian Child Care Federation

(from *Michigan Child Care Matters Newsletter*, Issue 70, Winter 2005)

### Dressing for Winter

*If you have parents who have not felt a Canadian winter yet, they may be in for a surprise!*

In the winter, the temperature can drop below -30°, which is cold enough to be dangerous. It is best to be prepared. You should be careful if you have young children. Children should be dressed in warm dry clothes when they go outside in winter.

*Play safe, dress warm, and enjoy your first winter in Canada!*

#### RELATED RESOURCE

*Dressing for Winter Handout*  
[Adobe PDF, 2 MB]



Download and print this handout:  
[http://www.settlement.org/sys/library\\_detail.asp?doc\\_id=1004151](http://www.settlement.org/sys/library_detail.asp?doc_id=1004151)

# CMAS Updates

## Special Needs Survey

Thanks to all of you who participated in the Special Needs survey. The survey is now closed. We will be analyzing the informative feedback you shared to help us develop recommendations.

## Child Care Model

As you may have heard, the delivery of settlement services is changing. As part of that process, CMAS has launched a project to develop a new model for CIC-funded child care. By now, you should have received information regarding our consultations. We do hope that you will make the time to participate in the surveys and to also join us on a conference call, sharing your ideas on what a modernized child care service could look like.

## Annual LINC Childminding Conference

The theme for the conference this year is, *Building Healthy Communities*. We have an amazing selection of workshops that will make this a great learning experience. By now, all organizations should have received and submitted your registrations. Remember: **if you have queries on the conference you can call Adele or Rosalie at: 416-760-2570.**

## Child Abuse Training

CMAS has teamed up with Pearl Rimer, of BOOST Child Abuse Prevention and Intervention, to offer 1-day training sessions across the province. This workshop is designed specifically for LINC childminders and will focus on helping childminding staff with such issues as early identification, effective intervention and overcoming fears in reporting.

We have scheduled child abuse training in different regions. If you wish to find out where the training is being offered please visit our website:

[www.cmascanada.ca](http://www.cmascanada.ca)

## H1N1 Information

CMAS has sent out an information package on the H1N1 influenza virus to all of our programs. We hope that it is helpful to you!

Please note that we have permission to reprint posters on topics such as *Cover Your Cough, Handwashing* and *Sneeze in Your Sleeve* in over 17 languages. If you would like copies of the posters, visit our website at:

<http://www.cmascanada.ca/news/h1n1/>.

Then use the order form to put in your order.

## UPCOMING EVENTS

### "BUILDING HEALTHY COMMUNITIES"

#### Professional Development Conference for LINC Childminders

December 10-11, 2009,  
Toronto Marriott Downtown  
Eaton Centre Hotel

### Best Start Resource Centre 2010 Annual Conference

Feb 17-19, 2010  
Toronto Ontario

This comprehensive program addresses issues relevant to your work and areas of interest, from preconception to child health.

<http://www.beststart.org/events/detail/bsannualconf10/index.htm>

## RESOURCE

### *Best Start NutriSTEP: How to Build a Healthy Preschooler*

Here is some information for caregivers and parents from the Best Start NutriSTEP (Nutrition Screening Tool for Every Preschooler) program.

This educational resource guide provides information on feeding children 3-5 years old. It is available for download, and printed copies can be ordered free of charge from Service Ontario Publications:

<http://www.beststart.org/resources/nutrition/index.html>

## PROFILE Tiina Betlem



Tiina Betlem is our newest CMAS consultant. Tiina has worked in the field of Early Childhood Education for over twenty five years. Her experiences include teaching in licensed day care, establishing a Resource Centre and Toy Library in Richmond Hill, YMCA, supervising ECE students in their field placements through Centennial College and supporting home-based child care. She is enjoying visiting the programs and looks forward to establishing supportive relationships.

## CMAS

### Childminding Monitoring Advisory & Support

17 Fairmeadow Ave.,  
Suite 211  
Toronto, Ontario  
M2P 1W6

Phone 416-395-5027  
Fax 416-395-5190

[www.cmascanada.ca](http://www.cmascanada.ca)

General email:  
[info@cmascanada.ca](mailto:info@cmascanada.ca)