

Lennox & Addington Resources for Children

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Helpful Websites

<http://www.childcareland.com>

(file folder games and activities)

<http://www.speakingofspeech.com>

(speech strategies and activities)

<http://www.dotolearn.com>

(site for parents and professionals of children with special needs)

<http://www.polyxo.com>

(autism information and strategies)

<http://www.enchantedlearning.com>

(printable booklets)

<http://www.apples4theteacher.com>

(file folder games and activities)

We're on the web!!
Check us out @
www.
larc4kids.com



Lennox & Addington Resources for Children Resource Teaching Program

Volume 1, Issue 2

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Let the Play Date Fun Begin!



Play dates are a great way for your children to practice their social skills and gain confidence in their relational abilities. An added bonus is that regular play dates can also give you a break! If you're wondering exactly how to get started scheduling play dates with your children's friends, just follow these easy steps:

Your Responsibility It's very important that you stay close by while the kids are playing. If you're not in the same room, make sure you'll always be within earshot. Generally speaking, you don't want to be more than one room away. Also, make sure you ask the other parent about any food allergies or health concerns before they drop off their child.



Brainstorm Think about who you might like to swap play dates with. Perhaps there is another parent from your child's class who has children the same age as your own, or maybe there is a neighbour whose children your kids enjoy spending time with.

Do Something Fun Together Invite this parent and his/her children to meet you at an informal place, like playgroup. This will allow you to get to know the other parent and see how the kids interact. If all goes well, you'll be ready to begin planning play dates.



"We're Bored" Try to think of some simple activities for the kids, like playing legos or board games. Try to stay away from TV or video games during the play date. These are activities your child can engage in alone, and you want to get the most out of this play date time. If they get really bored, give them some markers and empty boxes. Making a fort is always great fun! In addition, you can also offer a simple snack for the kids to share, which can serve as a great distraction from the idea that "we're bored."

Activities for the Host Play dates give you a great opportunity to relax on the couch with a cup of tea and a good book or magazine, or even sort through a pile of old mail. Sit down and put your feet up while you keep an eye on the kids who are playing peacefully.

Communicate With the Other Parent When the other parent comes at the arranged pick-up time, be sure to provide some valuable feedback about how the play date went. Did the kids get along okay? What did they do? Is there something positive you can share about how the kids spent their time together?



Think Ahead to Next Time If you feel the play date went well and you'd like to do it again, let the parent know. You could say, "This went so well, I was wondering if you'd like to do it again. Maybe we can even swap play dates on a regular basis."



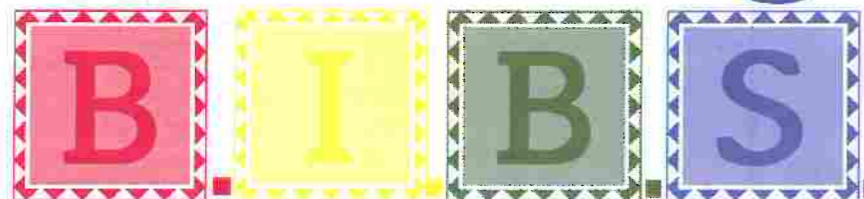
Rules You'll want to establish some ground rules such as "Doors always stay open," and "We only eat in the kitchen." If the idea is to repeat these play dates regularly, you'll want there to be some structure and continuity.

What We Do!

- Assist your family in obtaining assessments or testing for your child as needed.
- Assist families and child care staff in identifying strengths, needs and developing goals for your child.
- Assist you in choosing an appropriate child care setting.
- Foster and promote inclusion in a community child care setting.
- Connect your family to available funding such as ACSD and SSAH.
- Assist you and your child with the transition to preschool and later elementary school.
- Attend or organize case conferences, as needed.
- Act as a liaison and advocate with the childcare setting to consult, and coordinate resources to ensure inclusion.
- Work with yourself and the child care staff to develop an individual goal plan for your child.

Basic Infant & Baby Supplies, is a not-for-profit agency operated by the Lennox & Addington Foster Parents Association and staffed solely by volunteers.

Discovering



B.I.B.S offers families in our community discounted baby supplies, formula & diapers, as well as, quality used clothing, for all age groups.

B.I.B.S is the host site for the Good Food Box & the Healthy Lunch Box which provides families with access to valuable savings on healthy foods.

For more information on B.I.B.S Locations, services or to volunteer please call:
613-354-2473



* Volunteers are needed at all locations!!!

B.I.B.S Hours of operation are:

Napanea

Monday - Friday
9AM to 3PM.

Amherstview

Tuesday,
Wednesday &
Thursday
10AM - 3PM

Northbrook

Thursday
9AM - 3PM