

MPCRC Parent Newsletter



Mississauga Parent-Child
Resource Centres

Upcoming Events

Monday, January 27 ~ Family Literacy Day. This year's theme is "15 Minutes of Fun" and encourages families to take time each day to have fun with their children. Cooking together, reading stories, role playing with toys, and playing games are all ways to support your child's growing language and literacy development. Contact your main centre to learn about Literacy Day events being held in a centre near you.



Ages and Stages - Fine Motor Skills

0-6 Months

Between 0-6 months your infant begins to discover and learn their body. Clapping your hands in front of their face and clapping their hands for them will encourage them to try it themselves. Singing "Twinkle, Twinkle Little Star" and using your fingers to make the twinkle, is a great way to encourage finger play and developing their fine motor skills. Making your infant aware of their hands leads to hand-eye coordination and an understanding of hands and their function.

6-12 Months

Catering to your infant's fine motor development can be as simple as encouraging them to grab their feet! Putting colourful socks on your child's feet will encourage them to grab their toes, pull off their socks, and utilize their newfound fine motor abilities.

Begin to give your infant the opportunities to feed themselves. Placing finger foods in front of them and showing your child how to pick up the food, encourages them to use their hands and fingers to grab the food. Your infant is using a "palmar grasp."

12-18 Months

Providing the opportunity for your infant to place objects in a bin and dump them out is a great way to fulfill their current interests. Challenge your child by cutting a hole on the top of a large container (i.e. a coffee can, Pringles can, wet wipe containers, etc) and showing them how to place small toys through the hole. Open the lid, dump them out, and repeat. Your child will begin to imitate your actions utilizing and exercising their fine motor abilities.

18-24 Months

Begin to introduce large crayons to your child. They are able to use their palmar grasp to hold the crayons and apply pressure to scribble. The scribbles will begin as loose and sporadic; however, this will lead to more refined strokes as their fine motor abilities continue to expand.

Children often enjoy building. Begin to use blocks that your child is able to stick together and pull apart. Opening and closing containers with lids are also a great way to practice these fine motor skills.

2-3 Years

Incorporate a craft into your child's fine motor development. Begin by using pipe-cleaners and encourage your child to feed the beads through. This will certainly be a challenge, so don't hesitate to model how to complete this task, and assist them by holding the pipe-cleaner. As their small muscles develop and their confidence builds, using gimp/string to feed the beads through will continue to challenge your child's abilities. To pick up the beads, your child is using their thumb and index finger, creating a pincer grasp.

Finger paint is also great for this stage. Place multiple colours in front of your child and allow them to mix the colours together. Making different shapes and images using their hands and fingers allows your child to continue developing their fine motor skills.

Slime Recipe

- 1 1/2 cups of CLEAR glue
- 1 1/2 cups of liquid starch.
- Mix it all together, separate the slime into a few small bowls and add food coloring to each bowl (you only need a few drops of food coloring)
- Continue mixing the slime to the desired texture.



This is a great project you can do together that your child will learn from and enjoy!



Importance of Fine Motor Skills

As an adult, it is easy to take our everyday fine motor abilities for granted. However, we must remember that children are learning these skills and find these "easy" tasks extremely challenging.

Fostering the growth and development of your child's fine motor skills is a stepping stone towards writing, typing, lacing shoes, creating sculptures, sewing, playing piano, and much more!

3-6 Years

Playdough is a great way to continue the growth and control your child has over their hands and fingers. Pulling the playdough apart, rolling it into a ball, and patting it flat are only a few ways in which children can use the dough to continue developing their fine motor abilities. There are 34 muscles in those tiny hands, and they need to exercise!

Begin encouraging your child to zip up their sweaters, tie their shoes, and button their buttons. All of these tasks require the use of their fine motor skills. Allow your child to try these tasks, but if they begin to feel frustrated, let them know you are there to help.



Programs Offered

Mother Goose

Mother Goose introduces songs with finger play to you and your infant. Songs such as Twinkle Twinkle, The Itsy Bitsy Spider, The Finger Family, and The More We Get Together encourage your child to use their hands in imitating your actions. This is a great way to start developing their fine motor skills. This program is for infants 0-12 months and their parents/caregivers.

Ready, Set, Go!

This program gives your child the opportunity to engage in songs, sensory activities, a story, and a craft. Crafts and sensory activities are great ways for children to utilize their fine motor skills. Modeling and assisting with tougher tasks, and reminding them you are there to help, is a good way to help your child become confident in their developing skills and abilities. Ready, Set, Go! is for children 12-24 months and their parent/caregivers.

Preschool Time

Preschool Time gives children the opportunity to engage in multiple activities, songs, a craft, and story. Preschool children are beginning to gain independence and utilizing the skills they have developed. They will be able to make their crafts using a variety of materials and manipulating them in various ways to fulfill the desired outcome. This program is for children 3-6 years and their parents/caregivers.

Visit our website for a calendar of all our programs and extended program descriptions.
www.mprc.ca/centres.php

Fundraising

Fundraising is an important source of revenue for our agency. It is partly what allows us to continue to offer our level of service to families in Mississauga and Brampton.

This past year, we have raised money through initiatives such as our Fundschrift fundraiser, where a percentage is given back to MPCRC and our E-Waste fundraiser that raised more than \$1,200. Our Pancake Breakfast fundraiser was a fun event that raised close to \$1,000. Our Holiday Fundraiser continued to be very successful, raising more than \$2,500 last December.

Thank you for participating in these initiatives to support our centres and the work we do. Please consider a donation to our centres this December through our Holiday Fundraiser in your centre now.



2012-2013 Statistics

Total unique adults served	12,314
Total unique children served	11,733
Total Served	24,047

Total adult visits	82,729
Total child visits	93,867
Total Visits	176,596

That's an average of 617 client visits per day!

How to get involved

Volunteer

Volunteers are asked to apply by filling out the application form found on our website at www.mpcrc.ca/volunteers.php. Volunteers will require a Police Check and a schedule will be discussed based on both your availability and the centre needs. Volunteers are asked to help with tasks such as craft preparation, programs assistance, and interacting with the children.

Join the Board

Our Board of Directors is made up of volunteers who provide expertise in a variety of areas. We are seeking passionate and caring professionals to join our volunteer Board of Directors as we begin the implementation of our five-year strategic plan.

Come work with us as we strengthen our planning systems, further our support to centre staff and volunteers, and diversify our funding sources. If this sounds like an opportunity for you, please send your resume with a cover letter to boardrecruitment@mpcrc.ca. More information is available at www.mpcrc.ca/volunteers.php.

Join the Program Committee

The Program Committee is made up of clients and staff, working together to ensure that the programs we offer align with best practices in child development research and client needs. If this sounds like something you would be interested in, please speak with staff at your local centre for more information.

Website:

www.mpcrc.ca

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