

COMMUNITY COMPLEX

GOOD BEGINNINGS DAY CARE

FUNDRAISING

As an organization we are thrilled to announce that we are taking our fundraising efforts in a refreshing “new direction”. We have been fortunate in the past with our own endeavors and have chosen to partner with local non-profits in our community. Please watch for more information regarding our plans to support - Oxford County Animal Rescue and The Salvation Army. “Together we can/will make a Difference.”



Thank you for your continued support.



SPRING 2018 NEWSLETTER



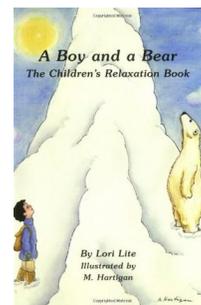
A BOY AND A BEAR *The Children's Relaxation Book*

Lori Lite

“A Boy and a Bear is a story that teaches young children how to use diaphragmatic breathing or relaxation breathing to self-soothe and relax. Children learn belly breathing as they follow the boy and bear on their adventure. This relaxing technique helps children to fall asleep.

Children love to pretend that they are the bear or the boy as they practice deep breathing. This effective stress and anger management technique, also known as diaphragmatic breathing can have a calming positive impact on your child. It can lower stress. It can be used to decrease pain and anger.”

This children's relaxation book can be purchased on Amazon or ordered through Merrifield's book store in Woodstock, Approximate cost: \$20.00





In March, two of our educators, Joan and Megan had the opportunity to go to the Winter Rethink Conference in London. They were invited to share some of the activities and materials that they have incorporated into their classroom to bring the outdoors in. Bringing nature into the classroom has been a very positive experience and has enhanced their classrooms atmosphere. The children really enjoy the natural materials and are very engaged when they are part of the classroom.



Joanne Babalis

Inquiry-based learning as a process. "How to get started with project work"



The Good Beginnings Curriculum Committee invited Joanne Babalis to present to educators from Good Beginnings, as well as, educators from other agencies. She challenged us to expand on our ideas of inquiry-based learning and how to encourage long term projects within our classrooms. These long term projects allow children to be actively engaged in their own learning and providing children with many opportunities to express their ideas and view in ways that are meaningful to the children.