



Spring 2009



East End Children's Centre

For families, caregivers & friends

Announcements...



Did you miss our parent information sessions?

Dr. Helena Owens was a great guest speaker on January 12th, providing information and responding to questions about everything to do with child and family health!

Dr Owens talked about food intolerances and their link to chronic inflammation (ear infections, eczema and asthma - to name a few). Some of the major culprits are cows' milk, wheat, and sugar. However, there are many others. She provided a handout about fevers. She talked about all the nasty bugs children in group care seem to pick up (and share with you) and ways of strengthening health.

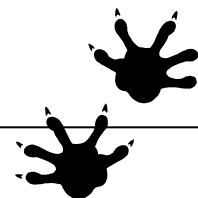


Anya Colangelo held a very intimate session on Infant Development with four moms and their adorable babies, followed by a session for staff. Anya, an educational therapist, discussed the basics of how movement and reflexes function in infant development. Anya likes to see babies spending time on their tummies, to strengthen the core, and to spend several months crawling, to get both sides of the the body (and brain!) working together. Tummy time can be spent on the parent's chest, if baby seems uncomfortable on the floor.



Did you know?...

- You can receive naturopathic health care from the Canadian College of Naturopathic Medicine at approximately half the standard rate? Care is provided by fourth-year students, supervised by a fully qualified ND.



Wondering What to Give?

CanadaHelps.org

- **An easy way to make a donation to East End Children's Centre and your other favourite charities, using your credit card**
- **Your tax receipt is issued automatically**
- **Search for East End Children's Centre using our charitable #101544351 RR0001 or by our official name: East End Child-Parent Development Centre of Metropolitan Toronto**



Birthday Parties at Kimbourne!

Enjoy the Kimbourne space for your next birthday party!

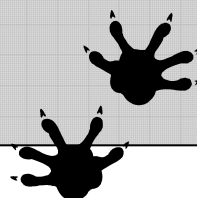
Rates:

Saturdays, 1:30 - 3:30: \$225

Tues, Wed, Thur 1 - 3 pm: \$175

Check our website for more information:

www.eastendchildrenscentre.org





East End Children's Centre

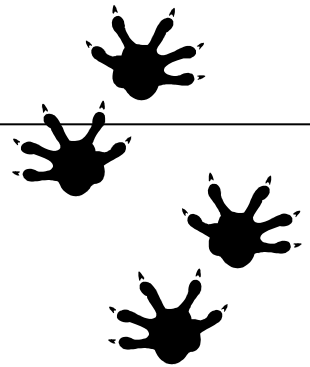


Tea Tree Oil - One of Nature's Best Antiseptics!

Tea Tree Oil fights E. coli and staphylococcus aureus pathogens on the skin. Tea Tree Oil can be effectively used to treat **acne**, **dandruff**, **fungal infections** of the nails and skin including **athlete's foot**. The essential oil is effective against **dust mites** and **head lice**. It fights 32 strains of Candidas albicans which is responsible for yeast infections.

Tea Tree Oil can be purchased in drug stores and health stores.

(Source: *The Big Carrot's 2009 Wellness Diary*, published by Wellness Way)



No More Monsters

Night time fears are a common disruption in children's bedtime routines. Sometimes triggered by movies, books, changes in life (e.g. divorce, new school, new sibling), the evening news, video games, shadows or simply imagination. The fear of monsters can be very real.

Liz, a mom and caregiver at our Terry Fox and Kimbourne programs, experienced monster fear with her 3 year old causing a disruption in sleep.

It is important to recognize that it takes time for children to distinguish real from imaginary. This can be confusing and frightening to someone so small and vulnerable.

Liz discussed the monster issue with other parents in the drop-in. (that's the great thing about drop-in programs - the empathy of peers, and often great advice!) Liz's friend told her about "Monster Repellent" (see recipe).

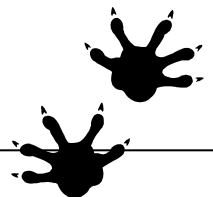
After explaining that this spray would keep monster's away and then generously spraying her bedroom; Liz's daughter began sleeping peacefully.

As much as we wish our attempts to rationalize would comfort our children's fears, sometimes they just need us to enter their world, where monsters certainly do live under the bed or in the closet.

Monster Repellent Recipe

2 oz water
2 oz lemon juice
1 tbsp sparkles
1 rose petal (other flowers work equally well)

Mix ingredients well and pour into a spray bottle; spray generously in your child's bedroom





East End Children's Centre



Q & A with our newest staff member: Jerry Lee

Jerry, tell us about your professional experience with early childhood education...

I have volunteered and worked at numerous day care and early learning centres across the Greater Toronto Area. I have had approx. five years experience working in drop-in settings and have found the overall experience of working in a drop-in to be most fulfilling and inspirational.

What "special skills" do you have in your toolbox?

I speak fluent Cantonese and English. I have been certified in Leadership Training, Conflict Mediation, and Crises Intervention. I spent four years doing children's radio programming on the Toronto Canadian Chinese Broadcasting Corporation (TCCBC) and worked in film and television since 2001.

What is your favourite aspect of working at EECC?

My favourite aspect of working with the East End Children Centre is meeting all the wonderful families and staff. I have never found myself so passionately moved to be around such positive energy before.

Since having started working here, I have become more inspired and more motivated in all that I am and do.

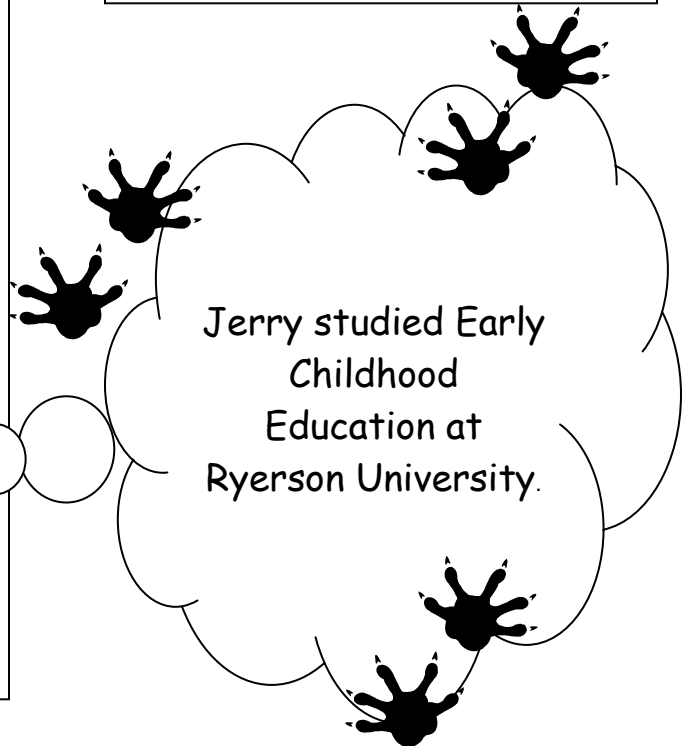


EECC on the web

Surf over to East End Children's Centre's website at:

www.eastendchildrenscentre.org

- ☒ Information on upcoming events and programs
- ☒ Current calendar
- ☒ Birthday party information
- ☒ Our famous play dough recipe
- ☒ How to donate to EECC
- ☒ Toy lending
- ☒ Clothing exchange program
- ☒ AND SO MUCH MORE!





East End Children's Centre

March Break News



- ❖ Terry Fox will be CLOSED -----
March 16th-20th
- ❖ Please remember that, except for Saturdays and evenings, our programs are intended, designed and funded for children from birth to Senior kindergarten.

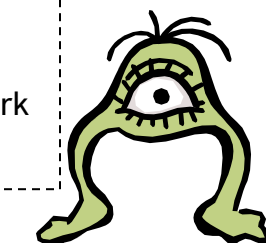
Regrettably, we DO turn families away when they bring children grade one and up to the drop-in.

Please make alternate arrangements for your school-agers if you plan to be at the drop-in over the March Break.



March break activities for school-aged children

- Visit a Toronto public library
- Play at a local playground
- Host a play date with friends
- Swim at a city run swimming pool
- Go bike riding
- Visit the local skate park



Our Regular Schedule

 Kimbourne Park United Church 200 Wolverleigh Blvd. (basement) 416-469-0495 Drop-In Hours: Tues, Wed, Thurs 9 am - 12 noon Saturdays 10 am - 1 pm	 Terry Fox Recreation Centre Gledhill School 2 Gledhill Ave. 416-425-4051 Drop-In Hours: Mon & Fri 8:45 am - 12 noon Wed 12 noon - 3 pm (Sept-June) This program closes the first Wednesday of each month	 Presteign United Church 2538 St. Clair Ave. E. North-East of the St. Clair & O'Connor intersection 416-469-0495 (Yvonne) Drop-in hours: Fridays 10:30 - 1:00 pm
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Parents, and caregivers... we're glad you like our programs! However, please adhere to the above hours of operation, which are dictated by funding availability. We can not accommodate early arrivals, nor can we pay staff to stay late when families don't leave at closing time. Thanks!

