

STRONGSTART BC

Early Learning Centers

StrongStart Closures

Nov 11- Remembrance Day

Nov 12- NI Day

Nov 21- CP4YC

Snack Time in the Early Years Settings

When you follow the Satter Division of Responsibility in Feeding (sDOR), your child will become Eating Competent. It encourages us, the adults, to be responsible for the **what, when, and where of feeding** and let your child determine **how much and whether to eat of** what you provide. sDOR applies at every stage in your child's growing-up years, from infancy through the early years through adolescence. sDOR says to feed your baby on demand, letting him/her determine the timing and tempo of feeding. As he/she develops and becomes more regular in his/her eating patterns, you gradually take on responsibility for **when** and **where** to feed. Most children are ready to join in with the meals-plus-snacks routine of family meals by the end of the first year or the beginning of the second year. After that, a parent's job is to maintain the structure of family meals and sit-down snacks throughout your child's growing-up years.

Trust your child to eat

For children, eating is like any other skill such as jumping or bike riding – they learn it bit by bit, at their own pace, because they *want* to, not because adults make them. They will eat like a child: some days a lot, other days not so much, only one or two foods and not everything at a meal. What they eat one day they ignore the other.

With an **Open Snack** set up in our StrongStart programs, we are encouraging children to eat when their bodies feel hungry and build their relationship with food. We can help establish habits like hand washing, serving, using manners, and interacting with the group. Snack time is a language-rich activity, as informal conversation occurs between children and between adults and children. Appetite to Play is a province-wide initiative to promote and encourage physical

Happening

THIS MONTH

Connaught Heights StrongStart

Nov 6 Kinsight consultant

Nov 19 SFU Language Lab Child

Nov 25 Fraser Health Dental Clinic

Queensborough StrongStart

Nov 7 Kinsight consultant

Nov 18 SFU Language Lab Child

Nov 20 Librarian visit

Skwo: wech StrongStart

Nov 6 Kinsight consultant

Nov 8 CCRR consultant

Nov 18 Librarian visit



Uplifting quote + song that illuminates:

"October is a symphony of permanence and change" Bonaro W Overstreet



Inspiring song: *"The House of the rising sun" the Animals 1964*

activity and healthy eating with children in the early years by informing, engaging and empowering the communities around them.

<https://appetitetoplay.com/about>

The sharing basket

Playing and learning takes a great deal of energy. We will try offering extra snacks for children who have finished the snacks from home. Our sharing basket may include fruits, crackers, or granola bars.

Birthday celebrations

Celebrations are an important part of a child's social development. They are a fun way to mark special occasions, honour customs and culture. We plan ahead to incorporate celebrations into our program, and we plan around activities, not food.

Dress for the weather

We are playing outdoors every day, kindly ensure your child is dressed for the weather.