

A NEWSLETTER FOR PARENTS AND CAREGIVERS

Brought to you by Community Action Resource Centre

April
May
June
2011

Child Care Registry

Our Child Care Registry serves parents looking for child care and caregivers providing child care in or out of their homes, on a full or part-time basis.

We provide parents with a full range of information on various child care options available to them in-home licensed or

informal, childcare centres, etc. The Child Care Registry keeps a list of informal (unlicensed) care providers and tries to connect them with parents seeking care.

The services of the Child Care Registry are free.

CARC also provides FREE information and referral on community agencies, job search, seniors' programs, education, recreation, government programs, emergency food banks and clothing depots, immigration and anything else you need to know.

Call or visit our office, we look forward to meeting you!

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COMMUNITY ACTION RESOURCE CENTRE

is a non-profit charitable organization governed by a volunteer Board of Directors. We provide a range of programs and services that help to improve the quality of life in our community:

- Support to individuals
- Group programs
- Facilitating access to social, community and government services
- Community development and community capacity building

Contact us:

COMMUNITY ACTION RESOURCE CENTRE

1884 Davenport Road, Unit #1, Toronto ON M6N 4Y2

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Email: info@communityarc.ca Website: www.communityarc.ca



A registered charitable organization

Funded by Toronto Children's Services



COMMUNITY PAGE

READY FOR READING !!!!

Toronto Public Library is happy to invite you to our upcoming event " Family Time" Great opportunity for families and care-givers of children 5 years and under to participate in sharing stories, song and rhymes.

When: Saturdays(May 14 to June 18)

Where: Evelyn Gregory Branch

120 Trowell Ave, Toronto, On

Time: 11:00 am- 11:45 am

Please register in person or by calling 416-394-1006

<http://www.torontopubliclibrary.ca>



Summer Day Camp

If your child is between the ages of six to twelve then join us for our exciting day camp programs. Children will learn a sense of community; develop positive relationships and take part in creative, skill-building activities. Camp programs also provide a variety of trips and outings in and around the city. We offer camps in March, July and August. Children must live in the Davenport catchment to be eligible.

Summer Day Camp July/August 2011: 9:00a.m. – 4:30 p.m.

Extended Care 8:30a.m. – 9:00am/ 4:30p.m. – 5:30p.m

For more information or to register please call (416) 588-3755 ext 550.

Summer Day camp is for children living in the area bordered by Bloor St, Ossington Ave, the CN Railway line and St Clair Ave.

<http://www.dpnc.ca>



Sabor Latino



The Stop community centre offer you the opportunity to participate and interact with people over good food. This includes a variety of community kitchen which help build food skills, reduce social isolation and participants access to healthy food, as well as regular food demonstrations on the preparations of various foods.

Come and join us every 1st and 3rd Thursday of each month, 4 pm to 8 pm

For more information about **Sabor Latino**, please contact:

Hussein Bernardo at 416-652-7867 ext. 238

<http://www.thestop.org/community-cooking>



KIDS PAGE

KNOW HOW TO BRUSH YOUR TEETH?



Dentists say that the most important part of tooth care happens at home. Brushing properly along with regular dental checkups, can help prevent tooth decay and gum disease. The minimum time you should spend brushing your teeth is 2 minutes twice a day.

Tips on Proper Brushing:

- ◆ Hold your brush at a 45-degree angle against your gumline. Gently brush from where the tooth and gum meet to the chewing surface. In short, brushing too hard can cause receding gums, tooth sensitivity, and, over time, loose teeth.
- ◆ Use the same method to brush all outside and inside surfaces of your teeth.
- ◆ To clean the inside surfaces of your top and bottom front teeth and gums, hold the brush almost vertical. With back and forth motions, bring the front part of the brush over the teeth and gums.
- ◆ Using a forward-sweeping motion, gently brush your tongue and the roof of your mouth to remove the decay-causing bacteria that exist in these places.
- ◆ Use an egg timer or play a favorite song while brushing your teeth to get used to brushing for a full 2 to 3 minutes. Some electronic toothbrushes have timers that let you know when 2 minutes are up.

http://kidshealth.org/teen/your_body/take_care/teeth.html



Spring Chill Cake !!!!!

Ingredients Needed:

- ◆ 1 box angel food cake mix
- ◆ 1 pt. frozen strawberries (thawed)
- ◆ ½ gallon vanilla ice cream
- ◆ 1 tub of cool whip
- ◆ Red Food coloring (optional)

How To make "Spring Chill Cake"

- ◆ Make cake according to box directions.
- ◆ Crumble cake up with hands; Mash cake up into softened ice cream.
- ◆ Stir in strawberries and Pour into tube pan; freeze.
- ◆ Remove from pan. Frost with cool whip tinted with a few drops of red food coloring.

<http://www.activitiesforkids.com/recipe/chillcake.htm>



EDUCATION AND CHILDCARE

CHILD CARE INFORMATION FOR PARENTS AND CAREGIVERS

Are you a parent seeking information on your child care options—day care centres - formal/ informal - licensed/ unlicensed?

Are you a caregiver providing childcare in your own home in the West Toronto area? Or do you need information on programs for babies, children, or parents/ caregivers in the West Toronto area, or other information to support you?

We help PARENTS and CAREGIVERS with information on child care programs and / or informal caregivers in the community.

To obtain more information please call Marilia or Yaquelin: (416) 652-2273 or (416) 654-0299 at :

COMMUNITY ACTION RESOURCE CENTRE

1652 Keele St. Unit # 110

Toronto, M6M 3W3



5 tips to help improve your kids' study habits !!!!

Many students have experienced waking up in a cold sweat as a result of an upcoming test, forgotten assignment, or sub-par report card. You can help your child avoid these restless nights with these simple tips and tools that will help put any student on the path to the head of the class.

How to improve your kids' study habits?

- ◆ Track your kids' priorities and progress
- ◆ Provide a trusted source
- ◆ Help your kids' homework look the part
- ◆ Does it add up? Graphing calculators can help
- ◆ Encourage taking notes in class
- ◆ Always double check your child homework
- ◆ Do not lose the communication with the teacher

<http://www.microsoft.com/athome/intouch/studyhabits.msp>



HEALTH PAGE

Are You Prepared for the Allergy Season?

**What are Seasonal Allergies?**

A seasonal allergy is an allergic reaction to a trigger that is typically only present for part of the year, such as spring or fall. This type of allergy refers to a pollen allergy, such as trees, weeds and grasses. Perennial allergies, on the other hand, are usually present year-round, and include allergens such as pet dander and house dust mite. Molds can be a seasonal or perennial allergy trigger.

What are the Symptoms of Seasonal allergy?

Symptoms of seasonal allergies include sneezing, runny nose, nasal congestion, itching of the nose, and post-nasal drip. Not all people experience all of the symptoms of hay fever, and in some people, only one symptom will predominate. It may be difficult to tell the difference between seasonal allergies and the common cold, and only an allergist may be able to tell the difference.

What Causes Spring allergies?

Spring allergies are a result of pollen from trees, which can start pollinating anytime from January to April, depending on the climate and location. Trees that are known to cause severe allergies include oak, olive, elm, birch, ash, hickory, poplar, sycamore, maple, cypress and walnut. In certain areas of the world, some weeds will also pollinate in the springtime.

What causes Fall allergies?

Weed pollen is the main cause of seasonal allergy in the late summer and early fall. Depending on the area of North America, these weeds include ragweed, sagebrush, pigweed, tumbleweed and cocklebur. In certain areas of the world, some trees can pollinate in the fall as well.

Here are a few helpful tips to prevent allergies!!!

- ◆ Always talk to your Doctor about Seasonal Allergies.
- ◆ Keep windows closed prevent pollen from drifting into your home.
- ◆ Vacuum carpets, rugs, and furniture on regular basis.
- ◆ Good dusting solution(Ex pledge)
- ◆ Stay indoors when the pollen count is reported to be high, and on windy days when pollen may be present in higher amounts in the air.
- ◆ Air purifiers can cut down the amount of allergens
- ◆ Minimize early morning activity when pollen is usually emitted -- between 5-10 a.m.
- ◆ Machine-dry bedding and clothing. Pollen may collect in laundry if it is hung outside to dry.



FAMILY / PARENTS PAGE

Mother's Day

Mother's Day is a the most popular festival after Christmas and Valentines Day. (We celebrated)in the second Sunday in the month of May. People pay tribute to their mothers on the day and thank them for their constant support and love. Besides, cards and flowers are the most commonly used methods of expressing love for moms.

As Mother's Day is a festival with strong emotional value, it has been commercialized to a large extent with compelling advertising strategies. Sale of cards breaks all records on mothers day. Many people also take their mothers out for a dinner on Mother's Day and bake special cakes for them. Mothers are also pampered with gifts and day off from kitchen by their loving children or spouses.

Caring children make it a point to greet Mother's Day to their own moms, grand mothers and to women who are like their mothers.(Those staying away from their mothers visit them and make them feel special). While those who cannot pay a visit call on phone. No wonder, phone traffic is highest on the occasion of Mother's Day.

<http://www.mothersdaycelebration.com/mothers-day-canada.html>



Obesity-Related Health Problems in Kids

It's well known that childhood obesity is a risk factor for chronic diseases in adulthood. However, many parent

s might not realize until problems arise is that overweight and obese kids and teens often have weight-related problems during childhood.

Kids who are considered obese are at risk for:

- ◆ Obstructive sleep apnea (blocked breathing during sleep)
- ◆ Breathing problems (such as asthma and exercise intolerance)
- ◆ Type 2 diabetes
- ◆ High blood pressure (hypertension)
- ◆ Bone and joint problems
- ◆ Liver disease
- ◆ Elevated cholesterol and triglycerides
- ◆ Menstrual irregularities

How to Prevent obesity:

Kids need to stay active, eat healthy , limit how much time a child spends watching TV. Help children develop a positive self-image.



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Client Services

- Information and referral by telephone or drop-in
- Form filling, letter-writing, advocacy, follow-up, worker liaison
- Informal supportive
- Counselling
- Crisis Counselling
- Settlement services & support
- Interpretation and translation
- Voice Mail, mail and message services
- New and used clothing bank
- Income tax clinics
- Housing Connections Access Centre for subsidized housing
- Community Access Program (CAP) - internet access

Community / Group Programs

- Community Dining
- Child Care Registry & Newsletter
- Ontario Early Years Centre Satellite Service
- Children's Drop-in Recreation Program & Summer Camp
- Community development & community capacity building
- Group workshops in English and Spanish

Volunteer

Opportunities

We rely on our dedicated team of volunteers, without whom we could not provide so many programs and services.

If you would like to contribute to the quality of life in your community while learning new skills, give us a call!

We will be happy to assist you!

MISSION STATEMENT:

" Our organization works to build the capacity of our communities by mobilizing resources and providing supportive social services, for the empowerment of individuals and groups. We focus on serving the most vulnerable and disadvantaged"

Support to Newcomers

- Settlement services and support
- Information, referral and orientation
- Interpretation and translation
- English Conversation Group "The English Club"
- Spanish-speaking women's support group
- Information sessions on topics of interest to newcomers

DAVENPORT SITE:

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