

# Child and Family Program NEWSLETTER

SPRING 2021

Welcome to the SPRING edition of the Thunder Bay Region Child and Family Program newsletter! Happy Spring!

We hope you find the content useful in your role; connecting with children, parents and community.

## April 6th

Let's Talk Series - join us as we continue with our networking and sharing resources.

## March 2021

Coordinators and staff participated in a virtual conference - 'Our Journey Together Building Connections'. The conference highlighted many of the considerations and practices in working with young children and their families, particularly as we continue to provide a combination of in-person and virtual programming. Our goal is to connect Indigenous Child & Family Programs and support one another on this journey.

## March 19, 2021

Ministry of Education released the FN Child and Family Program Operational Guidance Version 3.0 March 2021. The information found within this guidance document is meant to support First Nation partners in re-opening child and family programs and to provide clarification on operating with enhanced health and safety measures. This guidance document will be modified as applicable when these restrictions can be lifted and/or amended to reflect new advice at that time.

Child and family programs are permitted to operate in accordance with the COVID-19 Response Framework in green, yellow, orange and red zones. Programs located in grey-lockdown zones must remain closed for both in-person and outdoor programming. All child and family programs that are permitted to operate must have enhanced health and safety measures in place.

## **DRUM CIRCLE**

### The Circle

This concept of the circle is very important to the Anishinaabeg--a word in the Ojibwe language meaning 'the People'--and because the circle has no beginning or end, it brings people closer together. It is used extensively in powwows. The dancers are in the center, the drums and the audience circle around them and the concessions surround the gathering. The powwow brings the circle of people closer to family, friends and the comfort and vitality of the culture.

### The Drum

The drum has its own life. It is made from two once-living beings - the tree and the animal (deer, elk, moose, etc.). They gave up their lives to contribute to our happiness and life. The drum must be treated with respect. It helps people stay in touch with the heartbeat of Mother Earth.

Read more at [Drum Circle](#)

Circular drums are made by stretching an animal hide over a wooden frame that can be small enough to fit in a child's hand or large enough to seat a six-member host drum at powwow.

Drums can be used at the beginning of an important meeting to pray for good work or at the end of an event to pray for safe travels home for attendees. There are songs for water-keepers and women; travelling and hunting. There are welcome songs that are played for the public and private songs that can only be sung by the owner. Drums are also meaningful in traditional Indigenous gift giving. Read more at:

[The Drum: Heartbeat of our Indigenous Cultures | Indigenous Tourism BC](#)

## How to Plant an Herb Garden

For in-ground gardens, make sure you have well drained healthy soil. Work in some fresh compost each year to improve nutrients, drainage and moisture retention.

If you're using containers, fill them with potting soil, which stays lighter than garden soil.

Most herbs need a gentle soaking once a week or more often depending on heat and rain.

Pinch off the top leaves on herbs such as basil to encourage a fuller plant, and to keep it from flowering and going to seed. Whatever fertilizer you use for vegetables, use for herbs.

Read more at [How to Plant an Herb Garden](#)

## The Pizza Herb Garden

Most kids love pizza. Who can blame them? Pizza with its gooey cheese, delicious crust and tomato sauce dripping with herbs and spices is a favorite of many adults as well. A pizza herb garden is a terrific way for a child to learn about culinary herb gardening and where one of their favorite foods gets its great taste.

A pizza herb garden consists of growing basil, parsley, and oregano. To make it even more exciting for the child, you can let him or her grow a few tomatoes as well. Plum tomatoes make a good choice, as these veggies work especially well when using them for making tomato sauce.

A fun way to design a pizza herb garden is to make it in the shape of a slice of pizza.

- Start by planting two plum tomato plants in the back of the garden, leaving two feet between them.
- Next, plant two basil plants in front of the tomatoes, leaving about a foot between them.
- In front of the basil, plant two parsley plants, leaving six inches between them.
- Finally, in front of the parsley, plant one Greek oregano plant.

Once the tomatoes are ready, you can include the child in the pizza making process by letting him or her harvest the tomatoes and herbs, and depending on the age of the child, help in the preparation of the sauce and pizza.

Read more at Gardening Know  
How: [Herb Gardens For Children](#)



## Family Outdoor Activities

**Go Boulder**ing – Find an area to let the kids scramble and climb around on small boulders for a fantastic outdoor gross motor activity with many physical, mental, and emotional benefits.

**Explore a Shore** – Take the time to explore a seashore, lakeshore, river shore, and/or creek shore... Learning happens naturally when we get outside!

**Squirrel Learning Ideas** – Invite children to learn about squirrels with this list of squirrel facts, fun squirrel-themed learning ideas, and cute squirrel crafts for kids!

**Walk Across Fallen Trees and Logs** – Give children the opportunity to develop their kinesthetic and vestibular sensory systems with this outdoor gross motor balance challenge for kids.

**Roll Down a Hill** – Rolling down a hill is excellent for the developing sensory system.

[Outdoor Learning and Nature Activities for Kids | Rhythms of Play](#)



For submissions for the next issue please contact:

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