

Parent and Toddler Information Pack 2011



Transforming Ireland

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What is a Parent and Toddler Group?



A *Parent and Toddler Group* is an informal group within the local community, which provides an opportunity for young children and their parents/carers to meet.

All groups offer opportunities for friendship, learning, and play.

Who runs the group?

A voluntary committee of parents is formed, and officers are elected/appointed. This committee (with the support of all the other parents attending the group), oversee the smooth running of the group.

Who uses the group?

Although called a toddler group, all children under the age of five are welcome to attend.

Grandparents, aunts, uncles, childminders and nannies as well as the parents, are also welcome to attend the group.

How long is a session?

The groups usually meet one morning a week for approximately two hours.

Fees.

A small fee is charged to cover rental, snacks, insurance, toys etc. Usually €2 to €3 per family per week is paid.

What does the group offer?

Some groups have children as their primary focus and provide activities such as painting, play dough, sand and water play, music, books, games, singing, story telling, jigsaws etc. These activities promote learning through play.

Other groups focus on the parents, and provide adult activities and speakers.

The group also provides parents with a safe and supportive place, to discuss the challenges and joys of being a parent.

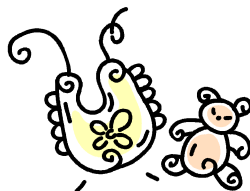
For first time parents this support is invaluable.

It also challenges isolation, especially for parents on their own, or living in rural areas, and these parents can develop deep and lasting friendships.

Many groups aim to strike a balance between the children's needs and the adult's needs.

All groups strive to provide a secure, friendly, supportive and safe environment, for babies, toddlers, and young children and for the parents/carers.

In a *Parent and Toddler Group* parents/carers stay with their children, and are responsible for them at all times.





What happens during a Parent and Toddler Session?

- The appointed parents arrive before opening time, to prepare the room and to set up the Play Activities.
- All parents and children are welcomed.
- New members are welcomed by a designated adult, and then introduced to the group, and its routine.
- A programme of activities will be in place for the children.
- Birthdays and other special events and parties are organised and celebrated.
- As the group is also a meeting place for parents, it will give them the opportunity to share parenting experiences etc.
- As well as assisting with the children's activities for the morning, the parents may have a guest speaker invited, for example a Speech and Language therapist, Public Health Nurse, Child Psychologist, Aromatherapist etc.
- A light snack is made available for children and adults.
- All parents and children help at "Tidy Up" time.
- All parents/carers are responsible for their own children, at all times.

Venues.

Venues are diverse and include church halls, community centres, schools, health centres, sports centres, hotel rooms, and purpose built premises. Check that the play space is large enough and also that there is a safe outdoor play area.

Make sure there is adequate parking space and that the children do not have direct access to the parking area, once they are inside the venue.



Getting Started.



Identifying the need for setting up a Parent and Toddler Group.

Identified by:

- Parents
- Public Health Nurse
- Local Doctors
- Local Childcare Groups
- Local Primary schools
- Local Community groups and agencies

Choosing suitable Premises.

- Are the premises safe and secure?
- Are the premises well lit, with plenty of natural light?
- Are there adequate toilets and wash hand basins?
- Is there hot and cold running water?
- Is access safe for pedestrians?
- Is there adequate play space?
- Is there space for buggies etc?
- Is there secure storage for toys and equipment?
- If other groups use area, are there separate storage arrangements for each group?

- Are their potential facilities for a nappy changing area?
- What rent has to be paid?
- Is there sufficient space for car parking?
- Is there a suitable food preparation area/kitchen?

Contacting relevant agencies.

(See enclosed list of telephone numbers)

- Galway City & County Childcare Committee
- Local Community Development Councils and Associations.
- Partnership Boards
- IPPA(Irish Preschool Playgroups Association)/NCNA
- Health Service Executive West - HSE West

Visiting other groups.

All groups have something different to offer so:

- Talk to parents from other groups
- Arrange to attend sessions in other groups
- Note Layout, Toys and Equipment etc.

Finance.

- Open a bank account
- Apply for funding. (Galway City and County Childcare Committee). See information page on funding.
- Decide how much to charge per session.
- Decide whether you will charge per child or per family.
- Decide whether there will be a membership fee.
- Decide will the charge cover tea/coffee/biscuits and drinks for the children.
- Decide will you fundraise.

Deciding on an opening date.

- Decide which day of the week to hold the session.
- Decide on a morning or afternoon session.
- Decide the number of hours the session will run.
- Decide how many weeks of the year the service will be available.

Suitable Toys and Equipment.

- Provide sufficient toys.
- Make sure that you purchase age appropriate toys.
- Ensure all toys are clean and safe.
- Include a range of activities e.g. play dough, paint, sand, water, building blocks, jigsaw etc.
- Include a book corner, which is comfortable and cosy and has a wide range of books.
- Provide musical activities.

Code of practice.

The purpose of a code of practice is to provide a guide as to what is good practice in your group, for example what Health and Safety measures are in place. Some of these measures might be:

- ❖ Has the group got Insurance?
- ❖ Is there a telephone on the premises
- ❖ Implement a "No Smoking Policy"
- ❖ Be aware of "No Go" Areas within the premises
- ❖ Are the premises and toys kept safe and clean?
- ❖ Is there someone trained in First Aid, present at all sessions.
- ❖ Is there a first aid kit? See appendix "contents for a first aid box"
- ❖ Is there a fire drill procedure?
- ❖ Ensure Fire exits are clearly marked and Keep fire exits clear.
- ❖ Is a register kept etc?
- ❖ Is there an accident and Incident book on the premises
- ❖ Is there a procedure in place around "Outings"
- ❖ Is there a disposable unit for soiled nappies?
- ❖ Fit all electrical sockets with socket protectors.
- ❖ Encourage hand washing after activities and before snack. Use liquid soap and disposable towels.
- ❖ Use age appropriate toys.
- ❖ Supervise children at all times. Parents/carers responsible for their own children.

Fire Drill.

1. Raise alarm:

Appointed person (leader) blows whistle (3 blasts) to alert parents and children of fire in the building, and collects the register, which is kept near the whistle.

(Whistle never used for anything else).

2. Evacuate Building:

With appointed Assistant in front and appointed leader at the rear, children and parents go to fire assembly point outside the building.

Appointed leader checks children and parents present against the register.

3. Call the Fire Brigade:

The appointed person phones the Fire Brigade from the nearest telephone.

The appointed leader stays with the children and parents.

4. Putting out the fire:

If it is safe, without risk to oneself, a member of the committee not needed for the children, may tackle the fire, using the appropriate extinguishers, until the fire brigade arrives.

First Aid Box
For
Parent and Toddler Group

- Disposable Gloves x 3 pairs
- Sterile Cotton Wool
- Normal Saline (Sachets or Bottle)
- Sterile Gauze (4cm x 4cm) x 4
- Conforming Bandage x 2 (e.g. 1" Cling Bandage, 2" Crepe Bandage)
- Triangular Bandage x 6
- Hypo-Allergic Tape
- Hypoallergenic Plasters (20)
- Sterile Eye Pad x 6
- Scissors
- Thermometer



Organising the session.

- Decisions on the day to day running of the group are made by the Committee. Welcome all parents and children to the group.
- Parents/carers are responsible for their own children at all times.
- Decide on basic rules e.g., rotas for activities, cleaning schedules, setting up, tidying up, making drinks, washing up etc.
- collecting fees,
- signing in and roll book
- Actively involve the parents in supporting and supervising the children's play.
- Decide on activities.
- Decide on how much time to spend on each activity.
- Decide on Choice of equipment.
- Decide on Room layout.
- Provide a safe area for babies.
- Provide a safe area for crawlers.
- Provide natural materials to cover sensory exploration.

Seek support/advice from the staff of the Galway City and County Childcare Committee, on speakers, outings, fundraising events etc.

Management.

- ❖ See information Page on committees.

Training.

- ❖ A training calendar can be obtained from the offices of the Galway City and County Childcare Committee.
- ❖ Or on our website: www.galwaychildcare.com

Good Parent and Toddler Groups are run by a group of parents rather than an individual.

Parents and their children are the group.

Promoting Child Welfare

If there is a concern as to the welfare of a child consult with the social work department who will advise you on how to proceed.

Galway Child Protection, Social Work Services

Galway Child Protection, Social Work Services, Galway City

Local Health Office, 25 Newcastle Road, Co. Galway.

Tel: (091) 546366 /370/ 325 /369

Duty Social Worker 9.30am - 5pm

Duty office hours are from 9.30am - 12.30am Monday/Wednesday/Friday.

Galway Child Protection, Social Work Services, Galway County

Tuam Social Work Department, Health Centre, Vicar Street, Tuam, Co.

Galway. Tel: (093) 37200

Loughrea Social Work Department, Health Centre, Loughrea, Co. Galway.

Tel: (091) 847820

Ballinasloe Social Work Department, Health Centre, Brackernagh,

Ballinasloe, Co. Galway. Tel: (09096) 46200

Oughterard Social Work Department, Health Centre, Oughterard, Co.

Galway, Tel: (091) 552200

REASONABLE GROUNDS FOR REPORTING:-

- A disclosure from a child in relation to abuse by an adult or child/adolescent
- An account by a person who witnessed the abuse of a child
- Evidence of an injury or behaviour which indicates abuse, and is unlikely to be caused any other way
- Evidence of Injury or behaviour which is consistent with abuse, but also where another or innocent explanation is given, however other factors and indicators are present to support the concern of abuse.
- consistent indication over a period of time, that a child is suffering from emotional or physical neglect or lack of adequate supervision.
- A disclosure by an adult that they were abused as a child by someone who now has contact with children

Parent and Toddler Groups.
Suggested Speakers/Workshop.

- Physical Activity Programme such as "Stretch and Grow"
- Contact HSE Health Promotion Services, for Free Community Courses. Telephone number: 091 548320/091 548321
- PHN. Breast feeding/Bottle-feeding/Immunisation /Child development etc.
- A talk on Childminding
- First Aid for Children. Contact local Red Cross etc
- Love of Reading/ Story telling. Someone from local Library
- A talk on Homeopathy. See local papers
- Baby Massage. See local papers
- Post natal depression. Someone maybe from Aware or PHN
- Representative from one of the Baby Formula companies, such as Milupa, Cow and Gate etc. They bring loads of goodies!!!!
- Yoga for Mothers and Babies. See local papers
- Creative activities. Maybe someone from local playgroup.
- Value of Play. County Childcare Committee.
- Dental Hygiene for babies/toddlers/young children. Local dentist/dental hygienist



Committee Roles and Responsibilities.

Committees

Electing a Committee.

- The committee is elected mainly from the parents of the children attending the Parent and Toddler group.
- They are chosen as representative of all the group's members, to deal with the administration of the service, and to ensure that the service runs smoothly and effectively.
- All nominees must be proposed and seconded and must be willing to serve on the committee.
- Officers will be elected as well as committee members.

The Galway City and County Childcare Committee will support the new Committee, in understanding their roles and responsibilities

Function of the committee.

The function of the committee is to deal with the administration of the group, and to ensure that the Parent and Toddler Group runs smoothly.

Role of committee members.

Chairperson's role:

- To convene meetings
- To draw up the agenda with the secretary
- To ensure that the agenda is followed
- To make sure that the meeting is orderly and that everyone has a chance to speak
- To ensure that all decisions are noted and acted upon

Secretary's role:

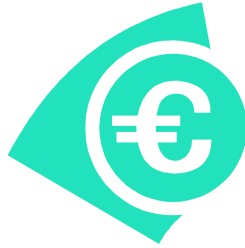
- To record minutes of all decisions made at meetings
- To notify members of all meetings
- To keep records of all secretary's expenses
- To receive and answer correspondence as directed by the committee
- To write an annual report for the Annual General Meeting.

Treasurer's role:

- To open a Bank account
- To keep records of all financial transactions
- To ensure that at least two signatures are required for withdrawals
- To pay all bills that are approved by the committee
- To lodge all money to the appropriate account
- To inform the committee of its financial position at every meeting
- To prepare a financial report for the Annual General Meeting

Other committee roles:

- Publicity Officer - arranging advertising, posters etc
- Fundraising Officer - to seek funds to provide resources, expand the group, and offer a quality service.



Funding For Parent and Toddler Groups.

Funding is initially required to establish the service and thereafter to ensure that the service is sustainable.

Sources of Funding

1. Statutory Funding and Grants

- Parent and Toddler Group Initiative Grants. Funded by the Irish Government and apply through the Galway City and County Childcare Committee
- Partnership Boards.

2. Other Sources

- Fees: Membership and Admission.
- Fund-raising.
- The National Lottery.
- Local Businesses.
- Local Banks.
- **Local Credit Unions.**

Insurance for parent and Toddler Groups.

Insurance.

Before opening the service, comprehensive insurance must be arranged. It must contain the following:

- Public Liability
- Equipment cover
- Cover for Outings
- Cover for Children and parents

See information Page on insurance

- ❖ Please check with your Hall Committee, as the Hall Insurance may cover your group.
- ❖ Feel free to contact any insurance company for quotations.
- ❖ **IPPA** are offering in January 2011 :
 - Parent and Toddler Membership for €67.00
 - For first time members an affiliation fee of €31.50 applies.
 - Insurance Covering up to 35 pre-school children (subject to space requirements).
 - **€90.00*** which is not attached to either a Playgroup, Part Time Daycare or Limited/Full Daycare service.

The insurers for above are Royal and Sun Alliance and the broker is Alan B. Kidd & Co., Ltd.

PLAY



What Is Play?

It is difficult to define play, yet whatever the definition of play might be, children learn and acquire a lot through play.

- Play is key to every child's well being
- It is a natural instinct that needs to be nurtured.
- Through play, children practice the roles, which will be part of their adult life.
- Play is a fundamental right and is important in its own right.
- It encourages healthy, emotional, physical and mental development.
- Play encourages children to be creative, and to develop ideas, understanding and language.
- It assists in the development of relationships.
- Children express and work out emotional aspects of everyday experiences through play.
- Play can be co-operative, solitary, competitive, creative destructive, messy, structured, and spontaneous.

Most important of all:

Play is stimulating and rewarding and Play is Fun

**"It is not an additional aspect of a child's life - it is a child's life".
(Susan Isaacs, psychologist 1993).**

Some suggested Activities

- ❖ Waterplay
- ❖ Sandplay
- ❖ Painting
- ❖ Playdough
- ❖ Story telling
- ❖ Song and Dance
- ❖ Arts and crafts
- ❖ Table top activities.

All activities to be supervised.

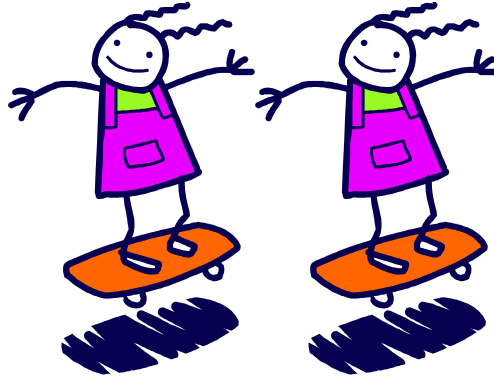
See below for age appropriate activities and toys.

Toys, Play and Development

TOY SAFETY

- Toys bought should be suitable for the age group.
- Does it carry the CE mark of safety?
- Are any hazards well labelled?
- Soft toy must have well- sewn seams; nose and eyes must be securely fastened.
- For children less than 3 years, avoid toys that can fit into the mouth.
- Beware of sharp points and rough edges.
- Check age suitability on packaging.
- Regularly check toys for broken parts. If a toy is irreparable, discard it.
- Store toys safely. Teach children to put toys away safely.
- Periodically check toy boxes and shelves for safety.

Choosing toys for children



A toy is something, which encourages play which in itself produces learning.

- Is the toy safe?
- Will the child like the toy?
- Can the toy be used in a variety of ways?
- Is the toy durable?
- Is it appropriate to the age of the child?
- Will the toy capture the child's interest?
- Is it fun?
- Is it too mature/immature for a child?
- Does it involve interaction with others?
- Can it be kept clean easily?

It is important when choosing toys, to be aware of toys that promote multi-cultural awareness and gender equity, which are essential in developing children's sense of respect and moral responsibility.

A selection of toys and activities to promote development



INFANTS

Physical Development	Activity Centres, stacking toys and rings, push-pull toys, small soft toys for throwing, squeaky toys, and large plastic strings of beads, soft mat. Outdoor activities.
Emotional and Social Development	Stuffed animals or dolls, music making toys, books with rhymes, simple picture books, telephone, and mirror.
Cognitive (Problem-solving) Development	Stacking toys, boxes and cups, crib mobiles, squeaky toys.
Communication and Language Development	Books with rhymes, simple picture books, music making toys.
Creative Development	If the children are participating in more sensory and creative activities, for example; play dough, finger painting, sand and water play there needs to be complete supervision at all times during the activity.



Toddler

Physical Development	Push/ pull toys, pedal toys, cars (Big enough to ride), balls, beanbags, and mat. Outdoor activities. Running, hopping, ballgames etc.
Emotional and Social Development	Mirror, dolls, tea set, cash register, pretend food, telephone, dress up clothes for the dolls and children, musical instruments, puppets, big boxes. Animals.
Cognitive (Problem-solving) Development.	Blocks big and small, Picture cards, floor and tabletop jigsaws, peg boards, shape sorters.
Communication and Language Development	Books with simple stories, tape recorder, telephone, puppets, musical instruments
Creative Development	Paints and brushes, paper, crayons, chalk, play dough, junk materials, cardboard box etc. Sand play and sand play toys, water play.

PRE-SCHOOLERS

Physical Development	Push / pull toys, pedal toys, cars (Big enough to ride), balls, beanbags, mat. Encourage outdoor activities. Skipping, ballgames etc.
Emotional and Social Development	Mirror, dolls, tea set, cash register, pretend food, telephone, dress up clothes, musical instruments, puppets, big boxes, Small model vehicles: cars, buses, fire engines, planes, garage, trains, train set, boats and trucks. Small model figures: safari set, farm animals, insect and birds, dinosaurs and people. Dress up clothes - different occupations, old clothes, multi-cultural clothes.
Cognitive (Problem-solving) Development	Blocks big and small, Picture cards, peg boards, jigsaws - floor and Table -top jigsaws, shape sorters. Sand and water play.
Communication and Language Development	Big and small books with simple stories, tape recorder, telephone, puppets, musical instruments. Plays, concerts, role-play etc.
Creative Development	Paints, paintbrushes, paint sponges, paper, crayons, chalk, glue, play dough. Junk materials - cotton wool, cardboard box etc. Sand play and sand play toys, water play and water play toys.

<p>Moral Development</p> <p>It is important when choosing, to be aware of toys that promote multi-cultural awareness and gender equity, which are essential in developing children's sense of respect and moral responsibility.</p>	<p>Multi-Cultural books, posters, dolls, dress up clothes etc.</p> <p>Toys should <u>not</u> be classed or divided into boys and girls toys. This only promotes stereotypical attitudes.</p>
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Sample Constitution for a Parent and Toddler Group, managed by a Voluntary Committee

1. Name:

The name of the Parent and Toddler Group is:

.....

2. Notification:

The group should notify the Galway City and County Childcare Committee (091752039), to avail of grants, support, information and assistance.

3. Aims and Objectives:

Aim.

- "Our Parent and toddler Group is an informal group within the local community, which provides an opportunity for young children and their parents/carers to meet.
- The group will offer opportunities for friendship, learning and play".

Objectives.

- To offer a safe and secure space for children and their families
- To offer opportunities for children to socialise in large groups.
- To address isolation and loneliness, experienced by Parents, especially in rural areas.
- To share information and experiences.

4. Powers:

For furtherance of the aims of the group the committees may:

- Rent/Lease premises as may be needed.
- Provide equipment as may be needed
- Receive money and make payments on behalf of the group.
- Become affiliated to a:
 - a) Childcare Organisation,
 - b) Local or National Network
 - c) County Childcare Committee.
 - Do such things as may benefit the group

4. General Meetings:

An Annual General Meeting (AGM) shall be held in

_____ each year at which the Annual Report and verified accounts for the preceding year will be presented and agreed.

- The AGM will take place the beginning of the school year.
- A special general meeting (EGM) may be called at any time at the request of the committee or one quarter of the members.
- The secretary will send a note to each member of the date, time and place of any general meeting, with an agenda, at least two weeks before the date of the meeting.
- The chairperson will be responsible for convening the meeting.
- No decisions may be taken at any general meetings if fewer than _____ members attend. A new meeting must be called.
- The quorum for meeting will be one quarter of the members. The chairperson will have a second or casting vote.

5. Committee Roles and Responsibilities:

- The committee elected, who will be responsible for the weekly organisation of the group, will run the Parent and Toddler group.
- The membership of the group will consist of all those parents, carers, and volunteers, who attend the group meetings.
- This will be recorded via the register, which is signed at each group session.
- The Parent and Toddler Group will be made up of these members and the committee.
The committee will consist of:
- Chairperson, Secretary and Treasurer and not less than four or more than _____ other members.
- The committee is responsible for the running of the group and should meet approximately six times per year.
- The committee will retire each year at the A.G.M but a member may be elected again unless he/she has already been on the committee for three consecutive years. The new committee will be elected by a show of hands or by written vote.
- A committee may fill casual vacancies on the committee until the next A.G.M.
- The treasurer will keep account of all income and expenditure and will prepare accounts for the A.G.M.

- The treasurer will open a bank account in the name of the group. All cheques will be signed by two of the three named people. The chairperson will be sent a duplicate bank statement.
- The treasurer will arrange the collection of the fees in respect of each child attending the group.
- In the event of the group deciding that the Parent and Toddler Group can no longer function according to its aim, a general meeting will be called, and any decisions to disband must be carried by more than two thirds of those present.
- If the meeting agrees that the group is wound up, the committee will transfer any remaining assets to another Parent and Toddler Group.
- If there is no A.G.M for two successive years, and if no members of the committee makes the necessary arrangements any other member may do so.
- The secretary will keep minutes of all committee, general and special meetings and will also give notice on good time of all impending meetings.
- The chairperson will be responsible for convening the meeting as per constitution.
- The treasurer will give a written statement of accounts at all general and committee meetings

7. Change of Constitution:

- This constitution may only be altered at an A.G.M. or E.G.M. with two thirds of members at a meeting voting in favour of change.
- The members of the group approved the constitution.

_____Chairperson

_____Secretary

_____Treasurer.

Date: _____

Useful Telephone numbers

Galway City and County Childcare Committee 091 752039

Health Services Executive, Western Region Pre-school services
091 771928

Health Services Executive, Western Region Childcare Unit
091 775315

Health Services Executive, Western Region, Health Promotion Unit
091 523122

Health Services Executive, Western Region Community Services
091 524653

Galway Rural Development
091 844335

Galway City Partnership Board
091 773468

Alan B. Kidd & Co. Insurance Company
01 4975465

IPPA Irish Pre-school Playgroups Association
01 4630010

A list of Parent and Toddler Groups, in Galway City and County, is available from the offices of the Galway City and County Childcare Committee.

Useful Websites

Here is a selection of useful websites for parents. Please note that Galway City and County Childcare Committee is not responsible for the content of any external websites.

Office for the Minister for Children and Youth Affairs

<http://www.omc.gov.ie>

Adoption Board

<http://www.adoptionboard.ie>

Adoption Loss

<http://www.adoptionloss.ie>

Children's Rights Alliance

<http://www.childrensrights.ie>

Department of Education and #Skills

<http://www.education.ie>

Department of Health and Children

<http://www.dohc.ie>

Department of Social Protection

<http://www.welfare.ie>

End Child Poverty Coalition

<http://www.endchildpoverty.ie>

Equality Authority

<http://www.equality.ie>

IPPA - the Early Childhood Organisation

<http://www.ippa.ie>

Irish Foster Care Association

<http://www.ifca.ie>

Irish Society for the Prevention of Cruelty to Children (ISPCC)

<http://www.ispcc.ie>

National Federation of Services for Unmarried Parents and their Children

<http://www.treoir.ie>

National Parent's Council

<http://www.npc.ie>

National Youth Council of Ireland (NYCI)

<http://www.youth.ie>

Office of the Ombudsman for Children

<http://www.oco.ie>

Pavee Point

<http://www.paveepoint.ie>

Simply Signing - Sign language for babies

<http://www.simplysigning.ie>

UNICEF

www.unicef.org

National Children's Nurseries Association

www.ncna.ie

The Border Counties' Childcare Network

www.bccn.ie

Childminding Ireland

www.childminding.ie

Galway County Council

www.galway.ie

Galway City Council

www.galwaycity.ie



Home Made Play Dough Recipe

- 1 cup / 130grams of flour
- 1 cup / 220grams warm water
- 2 teaspoons / 10 grams of cream of tartar
- 1 teaspoon / 5 grams of oil
- 1/4 cup / 60 grams of salt
- Food colouring - few drops depending on intensity of colour preferred. Change to suit programme ideas: i.e. - red in February - for St Valentine's Day; Green in March - for St Patrick's Day; etc.
- Optional: essence of peppermint, vanilla, etc.

Mix all ingredients in a medium saucepan, adding food colouring last. Stir constantly over medium heat. Dough will start to form into a ball. Remove from pan and knead until blended smooth. Place in plastic bag or airtight container when cooled.

Taos Súgartha Baile

- ⊕ 1 chupán / 130 gram plúir
- ⊕ 1 chupán / 220 gram uisce bogthe
- ⊕ 2 taespúnóg / 10 gram gealtartar
- ⊕ 1 taespúnóg / 5 gram ola
- ⊕ $\frac{1}{4}$ cupán / 60 gram salann
- ⊕ Biadhathú - cúpla braon - ag brath ar an méid dath atá ag teastáil.

Is féidir an

dath a athrú de réir na hocáide - dearg i Mí Feabhra le haghaidh

Lá San

Vailintín; glas i Mí Márta le haghaidh Lá Fhéile Pádraig, agus mar sin de.

- ⊕ Más mian leat, is féidir úscra fanaile, nó úscra lus an phiobair a chuir leis.

Measc na comhábhair ar fad i sáspan, Is é an biadhathú an comhabhár deiridh a cuirtear leis an meascán. Déan é a mheascadh os cionn teas mheasartha. Tiocfaidh cruth liathróide ar an taos. Tóg amach as an sáspan é agus déan é a fhuineadh go dtí go bhfuil críochnúlacht mhín air. Cuir isteach i mála plaisteach nó i soitheach aerdhíonach



Kid Painting Ideas

Children of all ages love to paint. Painting with children can also be a great way for them to experiment, learn about colours and how they mix.

Tips.

Before you begin a painting activity, don't forget to cover your work surface before you begin and put on old clothes or painting smocks.

Substitute Brush Ideas.

- Q-tips or cotton swabs
- Cotton Balls
- Fingers
- Toes
- Twigs or sticks
- Feathers
- Toothbrush
- String or yarn
- Printing/Stamping/Stencilling Objects
- Fruit or vegetables
- Corks
- Cookie cutters
- Wood blocks

Leaves
Textured Fabric
Lace
Doilies
Sponges
Stamps
Stencils
Plastic lids from containers (to make circles)
Wheels from toy cars

Other Painting Tools

Blow Paints
Squirt bottle
Eyedropper
Old or Cheap Toys



Paint Variations

Watercolour
Poster Paint
Paint Sticks
Wet Chalk
Add Water to Thin Paint
Add Flour or Starch to Thicken Paint
Add Sand
Add Glitter
Add Fake Snow
Add Whole Spices (Like Cloves or Peppercorn)

Painting Projects

Bubble Painting - Mix a little bit of paint into bubble blowing mixture and put into pie tin or similar container. Have children blow bubbles with a straw and then lay paper on top of the bubbles. Make sure the child knows how to blow, not suck, so they don't get a mouth full of soapy paint.

Straw Painting - Put a couple of drops of thinned paint onto paper and give child straw to blow different patterns.

Mirror Image Painting - Fold a piece of paper in half and then open it back up. Paint some images, shapes, or just drops of paint on one side of the fold. Fold the paper back over on top of the painted side and smooth it with your hand to make sure the paint contacts the blank side. Open up the paper to reveal a mirror image. This painting technique can be used with a lot of different projects.

Paint Flicking - Cut out the top and one side of an old cardboard box to make a screen to protect the surrounding areas and lay paper in the bottom. Flick paint onto paper to make pretty patterns using an old toothbrush or a paintbrush. You can also show the child how to hit a paintbrush against a stick to flick paint on to the paper.

Spray Painting - Use old spray bottles filled with different colours of watered down paint. Use the bottles to create spray paint pictures. You can use regular sized pieces of paper or a large piece of butcher paper. A site visitor shared that she uses the reverse side of wallpaper strips with her kids. This project is best done outdoors.

Sponge Stamping - You'll need some of those cheap kitchen sponges that are really flat and dried out when you first get them. Cut out a variety of shapes before they get wet and expand. Then turn the kids loose with the sponges to create sponge stamp paintings. This also makes great wrapping paper.

Colour Mixing Experiment - Use paper plate and SMALL drops of primary colours (RED ~BLUE ~ YELLOW) and mix drops together to find out what colours you can make. After this add a drop of WHITE paint to the centre to see how this affects the colours and to experiment with the ranges of each colour you can mix.

String Mirror Image - Fold a piece of paper in half and open it back up. Dip a piece of string or yarn in paint and lay it on one side of the fold so that a piece of unpainted string hangs over the edge. You can do this with several strings and colours, or just one. Fold the paper back over the string and hold in place while you gently pull the string out from between the folds. When all of the strings have been removed, open up the page to reveal a mirror image made with string.

Crayon Resist Painting - Use a white crayon to draw anything you want on a white piece of paper. Then paint over the crayon using thinned paint or watercolours. You can use different colour crayons on different colours of paper to make a different effect.

Leaf Outline Painting - Collect leaves and arrange them on a piece of paper. Use a sponge dipped in paint to dab around the leaf edges. Carefully lift the leaves to reveal your design.

Reverse Fingerpainting - Place a small amount of paint on a table. Have the child fingerpaint on the table. When the child has the design they want, help them lay a piece of white paper over the design and rub the paper all over. When you lift the paper, you'll have a reverse of the finger-painted image. After everyone is done painting, spray a little shaving cream on the table and let the children fingerpaint in it before they help to wipe up the mess. ~

Submitted Anonymously

Puffy Paint Picture - Mix equal parts of flour, salt, and water to make puffy paint, and then colour it any colour you want with food colouring. Fill squeeze bottles with the paint mixture and then use them to create designs on thin pieces of cardboard (like the backs of cereal boxes). Let the pictures dry completely. When they dry the paint will be puffed up and it will sparkle. ~

Submitted by Leslie



Children's Sand and Water Play

Sand and water play offers children opportunities to use their senses to discover the natural world. Toy companies offer a large variety of wooden and plastic sand and water tables for indoor or outdoor use by infants, toddlers and preschool children. Toys to use for sand and water play includes molds, scoops, pails, shovels, sifters, rakes, sand or water-wheels, pipes and sand scrapers. Additional dramatic play toys that might be used with either sand or water include animals, fish, sea creatures, dinosaurs, boats, large trucks and diggers, small toy people, and cooking props, such as pots, pans, pitchers, dishes, bowls, cups and spoons.

