

Info P'tit Bonheur

Summer Edition 2021



Big changes to P'tit Bonheur...

A big change has recently taken place at Le P'tit Bonheur: a new childcare worker is now in place!



“It is with sadness and a heavy heart that I am leaving my position at P'tit Bonheur to take on new professional challenges by joining the family business FIPEC. It is with a lot of experience, knowledge and an ever-growing interest in the community that I leave with my head held high. I have known Marie-Ève very well for over 20 years (and yes!), I have no fear of leaving you in good hands”

- Jolianne

“It is with great pleasure that I will take over from Jolianne at P'tit Bonheur. The community is a whole new challenge for me that I am entering with optimism. It is with great pleasure that I will welcome you and respond to your requests and needs at the Le P'tit Bonheur parental support service.”

–Marie-Ève

The photo below is that of our two speakers (old and new) with the new P'tit Bonheur promotional banner that we have the great honor to present to you. Made to be more consistent with all the promotional material of the services already updated as well as to give a fresh look to the parental support service, we changed the banner last February and March.

Service of P'tit Bonheur

Being a parent is both wonderful and terrifying at the same time. At P'tit Bonheur, we would like to make this the happiest reality as possible. We offer families of children from 0 to 6 years old various services to support them in this great adventure.

- **Respite care** from birth to six months or more depending on the situation.
- Psychological **support** and small technical **advice** (through friendly calls/and or home visits).
- Rental of safe **equipment** for babies and children as well as a loan or donation of educational toys.
- **Clothing repairs** for babies and children, **food assistance** (preselected), milk, diapers and hygiene products: on individual requests.

Accompanying transport services: for medical and/or social visits during reference. These services are offered to families living in the territory of Saint-Siméon to Port-Daniel Inclusively.

***All our services have been adapted to protect the health and safety of all in the context of Covid-19**

Developing the **language** of toddlers according to their interests

If your child is playing in the kitchenette talk with them for example about the food they are handling in the moment. This turns out to prompt the development of language skills, through either their interests or the activities they enjoy. This applies even more if you have a child that is slow to speak.

Why?





Your child senses that you are interested in what it is they are doing. Understanding the little one is easier through association, the learning that is happening is in the “here and now”. Their attention remains focused on the object they are manipulating, allowing for the information processed to increase. The repetition of the new term/word becomes more tempting for the child because it will be useful and practical for them while remaining interested.

How?

- By imitating the noises and sounds your little one makes already;
- By putting words to the needs they seem to have /express;
- By pointing at what they are looking at in the moment and naming it;
- Encouraging taking turns when playing with them (both you and the child taking turns repeating words/terms learned)

Source: Naître et grandir, 2021

The bicycle with and without pedals, the tricycle, the scooter, where to start?

Tricycle (on average around 3 years old)		<p>The child should be able to:</p> <ul style="list-style-type: none"> -Alternate movement between both legs at the same time as directing handlebars -Have a good sense of balance and some coordination -Have a good perception and awareness of space (to orient themselves and bypass obstacles) - Have enough skills and stability to remain seated while making movements while avoiding falling
Two wheel bike without pedals (on average around 3 years old)		<ul style="list-style-type: none"> -The child should have the same skills as those listed for the tricycle. -The small stabilizing wheels are a good transition before using, independently the 2 wheeler without and with pedals. -The 4-wheel makes it easier to learn to ride a bike and a tricycle (the child learns to push with his legs for travel while maneuvering handlebars).
Scooter (on average around 4 years old)		<ul style="list-style-type: none"> -Aides the child in learning to maintain their balance for a long period of time -Allows the child to go at their own pace and at the speed they want -3 and 4 –wheel scooters are a good transition before using a two-wheeler (usually around 2-3 years old).
Bicycle in apprentice mode (on average, around 5 years old without the stabilizing wheels)		<ul style="list-style-type: none"> -This is the More difficult stage, as the child needs more balance and in addition, a given speed must be achieved in order to obtain and maintain balance -The training bar connecting the adult’s bike to the child’s bike is a good way to achieve this; as it provides a sense of security for the child. -The training bar can also be used by adults standing behind the child, to help them acquire a certain stability and better orient the direction of the bike. -The small stabilizing wheels are also a good transition before moving up to a bicycle.

+ Never force your child to ride it has to remain enjoyable for them and be at their own pace! +

NEVER FORGET TO WEAR A HELMET!❗

Food Allergies...

Between 6 and 8% of Québec children (under 18 years old) live with a food allergy

The most common allergies in children:

milk, eggs and peanuts, but also...

soy, sesame, wheat, gluten, fish , shellfish (Maman pour la vie, 2014)



Tips for avoiding them (even if they are impossible to avoid completely):

- Check the label and list of ingredients on foods when buying them.
- Choose brands recognized for their non-allergenic priorities.
- Plan ahead so as not to be caught off guard: always bring a snack
- Avoid cross-contamination (clean surfaces well when changing foods, avoid recipes containing more than one allergen)
- Check online recipes with ingredient lists

Practical advice to prevent allergic reactions:

Carry one of the following options with you...

- EpiPen
- Allerject

Wear one of the following...

- Medical bracelet
- Medic alert jewelry
- tags/badges
- temporary allergy tattoo

Source : Maman pour la vie, 2014

Staying well informed is the best solution!



**CENTRE D'ACTION
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