November 2025

One Little Finger

One little finger tap, tap, tap
One little finger tap, tap, tap
Point it to the ceiling
Point it to the floor
And lay it on my head

Two little fingers tap, tap, tap
Two little fingers tap, tap, tap
Point them to the ceiling
Point them to the floor
And lay them on my ear

Three little fingers tap, tap, tap.
Three little fingers tap, tap, tap
Point them to the ceiling
Point them to the floor
And lay them on my nose.

Four little fingers, tap, tap, tap
Four little fingers tap, tap, tap
Point them to the ceiling
Point them to the floor
And lay them on my mouth

Five little fingers clap, clap, clap
Five little fingers, clap, clap, clap
Point them to the ceiling
Point them to the floor
And lay them on my face

Peek a boo, peek a boo

Behaviour: Ways to Guide Your Child's Behaviour

- Remember your child's age. It is hard for very young children to control themselves, even when they know the rules. As children grow, they understand rules and can remember them better. When you choose how to guide your child's behaviour, think about what he is able to do at his age.
- Direct attention to another activity. When your baby wants something dangerous, try showing her another toy. Take her attention away from the dangerous object. Does your toddler want to do something that is against the rules? You can get her busy with another activity. Take her hand and say, "I want to show you something over here."
- Offer choices. If your child is 1½ to 2½ years old, he probably likes to say "no" a lot. Try not to ask questions that require a "yes" or "no" answer. For example, if you have to go to the store, do not say, "Do you want to go to the store now?" Instead, try, "We're going to the store now." Then right away offer a choice between two things that you can accept. "Would you like to wear your jacket or your sweater?"
- Follow up with consequences. Children age 3 years and older can understand the link between what they do and the results that follow. You can set consequences for their behaviour to help them learn from their mistakes. For example, if your child throws food on the floor, she must help clean it up. Be sure that any consequences are fair, realistic, safe, and right for your child's age. Be kind and firm when your child does something she is not supposed to do. You need to follow through with the consequences you said would happen.

Key Message
No matter how well you teach your child to behave, all children misbehave sometimes.

For more information about Nobody's Perfect, or to download this document, please search " Nobody's Perfect Tipsheets" on Canada.ca

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SURREY PLACE

Surrey Place is an organization that helps children with Autism and developmental and sensory-related concerns. If you suspect or have concerns about your child's health, development or behaviour then this is a good resource for you.

Please go to the website for more information.

https://www.surreyplace.ca/

Make Way for a GREAT Day

Cauliflower Soup

Ingredients:
- 1 medium head cauliflower, broken into florets
- 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2-1/2 cups water
- 2 teaspoons chicken bouillon or 1 vegetable bouillon cube
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups 2% milk
- 1 cup shredded cheddar cheese
- 1/2 to 1 teaspoon hot pepper sauce, optional

Directions:
1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.

Finger Painted Fall Tree

Materials:
- Paper for background
- Brown construction paper for tree
  Or draw tree with crayon or marker
- Yellow, red ad brown paint

Directions:
1. Cut out tree shape and glue on paper
   Or draw tree shape
2. Dip finger into different coloured paint and dab on tree to make the leaves.

Fall Collage

Go for a nature walk with your family and gather a variety
of different materials:

- Leaves
- Twigs
- Seeds
- Nuts
- Flowers
- Construction paper
- Glue

Gather all your materials and glue them to a sheet of construction paper to create your own fall collage.

Comfort Play &Teach

Creative Arts

Art supports children's growth in so many ways, allowing children opportunities to explore materials (i.e. paint, paper, paste, clay, beautiful junk), to strengthen their motor skills, to express their thoughts and feelings, to appreciate and learn from the efforts of their peers, and to feel pride in their own creations. Educators can provide unlimited Comfort, Play & Teach time by encouraging children to look at and create art.

Comfort

- Art experiences should be open-ended and process oriented. This helps children to feel capable as they shape dough, smear paint, tear paper, arrange and glue collage materials or build three dimensional structures from boxes, berry baskets and paper towel rolls. Creative art activities can motivate children, build their confidence and foster pride in their achievements and in their unique work.

- Children can relax as they finger paint and experiment with lines, spirals, swirls, dots, or make hand prints and squish paint between their fingers. Combining flour, salt, vegetable oil and water into dough that can be patted, pinched, rolled and squeezed might help children to release tension as they create different shapes. Playing tranquil music adds inspiration to art experiences as well.

Play

- Enjoying and creating art is not restricted to the art table! Children discuss their drawings, practicing expressive language skills. They discover art techniques by viewing picture book illustrations. They can assemble puzzles made from art gallery post cards. Making play dough teaches math concepts, while collecting nature items for collages helps children notice beauty in their environment.

- Many concepts are learned indirectly as children explore and experiment with art materials. While painting they learn about *colours*, and what happens when colours combine. Constructing with beautiful junk teaches about *space*. Assembling collages builds children's understanding of *textures* and *patterns*. Lots can be learned about what is involved in creating art, simply by creating it!

Teach

- Using different art materials such as paint brushes, crayons, scissors, glue sticks, markers and modeling dough not only enables children to create works of art in various ways, but helps them to practice small motor skills and develop eye-hand co-ordination. Many of the skills that children use to represent their ideas through art will eventually be used to represent their ideas in writing.

- Creating art encourages the development of divergent thinking and problem-solving skills. As children use familiar items in unexpected ways, for example, pine cones and tree bark for print making, coffee grounds for play dough, labels from cans for collage or pipe cleaners and aluminum foil for sculpting, they expand their imaginations while discovering different possible uses for things.

Your feedback is very important to us!

Please feel free to share ideas, resources and/or concerns with:

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