



## Bright Beginning Family Day Homes April Newsletter 2026



# Happy Spring!

As we all enjoy this warm weather that spring has and is bringing to us, many of us are taking advantage of planning activities outside. Remind parents to bring their children's helmet when riding their bikes/scooters, as well as appropriate clothing for their children. Go around your outdoor spaces, making sure it is safe and clean for the little ones.

Your Consultant will conduct Spring/Summer Safety checks during their visits.

Check out our website  
[Here](#)  
[Password for educator](#)  
[resources :](#)  
[Edu1234](#)



# Upcoming events



Tuesday, April 20th

Please submit your estimate in Timesaver along with the google form for your supplemental fees



Agency Staff Meeting  
April 7<sup>th</sup> at 6:00pm  
via zoom.

Wednesday, April 22

✦ Earth Day ✦



Statutory Holidays

Friday, April 3rd

Good Friday

Monday, April 6th

Easter Monday

The Office will be  
CLOSED.

Contact info

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# Self Selected Open Ended Play



## Self selected play

is defined by the children 'self selecting' where they want to play and what they choose to play with.

This allows children to be in-dependant thinkers and make their own choices.

Children are allowed to explore the materials and create what they wanted, how they want, this allows children to become in-dependant and begin to problem solve on their own.

This kind of play builds creativity, intelligence, empathy, cooperation, problem solving and leadership skills. Social and emotinal abilities are also developed with self selected open ended

## Open ended play

is defined as materials that have multiple uses and they have limitless possibilities.

With openended play there are no rules, no expectations and no pressure to produce a finsihed product.

The adult can be involved and engaaged and in the children's play but they dont takeover or direct how the play goes.

The adult can enhance the children's exploration and learning by offering or suggesting more or other materials but is careful not to be invasive to the play.

## What Can You Do To Promote Self Selected Open Ended Play

### Set up interesting areas/provocations/invitations to play for children

- Have areas ready when the children arrive in the morning
- Have something new and exciting out when they wake up from their nap
- Leave materials out for children for long periods of time
- Allow children to go back and forth to different play areas as they choose
- Allow children to save projects to come back to later; have trays/cookie sheets to save projects on or use the top of toy shelves

- Water/sand/sensory play available throughout the day
- Art activity set out and allow children to come when they choose
- Ask open ended questions to get the children thinking:  
"Tell them about your picture"  
"You made long lines on your paper"  
"How did you mix the paint to get that colour"  
"How did you make your building so tall"

### Open ended materials :

in each area of your playroom; scarves, fabric, simple wooden blocks in a variety of sizes

### Recycled materials;

Cardboard boxes, tubes, popsicle sticks piece of wood, stumps

### Natural materials;

Sticks, bark, leaves, pinecones, rocks/pebbles

Most importantly give children the time and space to explore, create, imagine on their own. Be there to observe and guide the children

# Kids in the kitchen



## Bunny Cottontails

### Step 1:

- Line a baking tray with baking paper.
- Place 1 cup (80g) dessicated coconut on a plate



### Step 3:

- Use a fork to dip 1 white marshmallow in the chocolate to lightly coat.
- Gently tap the fork on the side of the bowl to remove excess
- Transfer to the coconut and toss to coat
- Place on the lined tray
- Repeat with the remaining white marshmallows chocolate and

## Ingredients

- 1 cup(80g) dessicated coconut
- 2 packs of marshmallows
- 200g white chocolate melt

### Step 2:

- Seperate the white marshmallows from each packet
- Place white chocolate melts in a heatproof bowl over saucepan of swimmring water
- Stir occasionally with a metal spoon for 5 mins or until chocolate melts
- Remove from heat



# Educator spotlight

## Sukhbir.K

Sukhbir joined Bright Beginning Family Day Homes in December 2025 and has been a wonderful addition to our agency. She is caring, passionate, and loves working with children through play, drawing, and dancing.

Sukhbir is most comfortable with toddlers and preschoolers because she enjoys their curiosity and love for exploring new experiences. A typical day in her program includes free play, circle time, nap/rest time, meals, and special activities based on occasions and celebrations.

One of Sukhbir's greatest strengths is her calm and patient nature. She supports children during high-energy moments and helps resolve conflicts by listening, offering choices, and encouraging turn-taking.







# BALANCING

Draw a line down the middle of the paper. Paint on one side of the line only. Fold paper in half to transfer the image to the other half of the paper

ARTS/  
CRAFTS

Use youtube for the music only. Show the children what to do and they can follow you instead of the video. Jive, twist, boogie, turn around, and balance on one foot.

MUSIC

Play hopscotch and freeze tag. Practice stork stands to balance. Do yoga poses outdoor.

OUTDOOR  
PLAY

Stack open ended items such as plastic cups, pieces of wood, or metal cans. Add popsicle sticks or rulers to add to stacks.

MATH

Balance pails on a broom handle. Balance woven baskets on head and walk.

MULTICULTURAL

SCIENCE

Put a soft ball between feet and roll onto your back and up. Use all of ur body to balance as you rock.

DRAMATIC  
PLAY

SENSORY

BALANCE DISHES ON A TRAY IN A RESTAURANT PLAY AREA. STACK DISHES. BE AN ARCHITECT AND BUILD A STRUCTURE AND BUILD A STRUCTURE. DRAW IT ON PAPER.

Balance bean bags and/or sponges on body parts

Include children's interests on your flowchart: Any put a bean bag on her head and found it fell off when she moved. She found a way to make it stay on her head as she walked by placing it in just the right place.

