

PARENT & CHILD CARE LINK

A combined newsletter for Parents and Child Care Providers

Boundary

Your community's **best** source for



child care information and resources

Boundary Park Mall

Box 435 Grand Forks, BC V0H 1H0

250-442-5152 or 1-800- 475-2823 fax 250-442-2811

Email bccrr@telus.net

www.childcarechoices.ca

HOURS OF OPERATION

Fatima Faria	Executive Director
Louise Heck	Program Coordinator Child Care Consultant
Christie Wheaton	Coordinator II

Monday	12:00 - 6:00
Tuesday	10:00 - 4:00
Wednesday	10:00 - 4:00
Thursday	10:00 - 4:00
Fridays	Closed

Annual Valentines Ball
Perley Elementary School
Thursday February 9, 2012
9:30 - 11:00

One Little, Two Little, Three Little

**One little, two little three little
heart shapes**

**Glitter, glue
and lots of scotch tape**

**I love you,
Will you be mine?
It's a Valentine!**

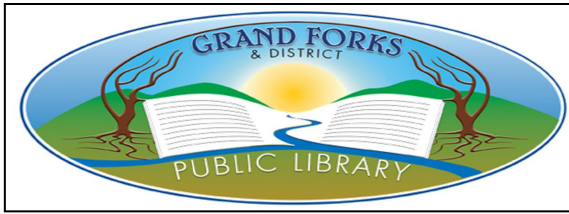


Happy Valentines Day!

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*Sponsored by Sunshine Valley Child Care Society
Funded by The Province of British Columbia*



Storytime

Friday mornings
Resuming January 13th
10:15 – 11:00

Drop-in Program All Ages Welcome!!

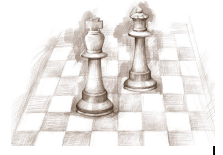
No Pre-registration required.

The Grand Forks
& District Public Library Outreach comes to
The Village at Christina Lake
Every Wednesday from 10-4
Children's Storytime by Request

For more information on Library programs
Call 250-442-3944 or email leastwood@gfpl.ca

Saturday Afternoon Chess Club

Chess club meets at the library
on Saturday afternoons . 3:00.
All ages and levels of players welcome.



Celebrate!

Family Literacy Day

Teddy Bear Pajama
Storytime

Thursday, January 26
6:30- 7:15

Grand Forks Public Library

Stories, Cookies and Milk

Wear your P.J.'s !



Take your family on a Journey to Learning!

Join CBAL and the Grand Forks Public Library for a fabulous series of activities celebrating Family Literacy Day!

Pick up your "Journey to Learning" passport. This passport sends your family on a learning adventure exploring the community, from home, to the library to the supermarket! Passports will be available starting Jan. 10th at the following locations: Boundary Child Care Resource and Referral, Glanville Centre, Granby Dance Studio, Grand Forks and District Public Library, and at the Perley and Hutton Strong Start Centres.

**Each family that completes the learning passport by January 27th
will be entered into a draw for a gift basket from CBAL.**

Wednesday Jan. 26th at Hutton Strong Start—from 5-8pm "Journey to Learning" **Activity Stations.**

Thursday Jan. 27th at BFISS CAPC- Glanville Centre- from 1-3pm."Journey to Learning" **Activity Stations**

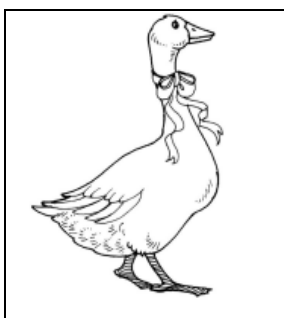
Thursday Jan. 27- Grand Forks Public Library – Pajama Story Time – 6:30-7:15 with cookies and milk to follow.

Saturday Jan 29th – The Smart Apple Game from 12:30 to 3:00 at the Grand Forks Public Library. Come and explore the different ways you are Smart with Aple lore, games and activities.



Watch for details for Family Literacy Week Jan. 23-28th Programs and activities throughout the community
[<http://www.cbal.org>] www.cbal.org

Congratulations!



Kamiljit Gill-Hollihn and Chris Hays
*For taking the training to become
Certified Parent-Child Mother Goose facilitators
in the West Boundary!*

*The training was made possible through the cooperation of
Columbia Basin Alliance for Literacy, (CBAL)
Boundary Child Care Resource and Referral (BCCRR)
and the West Boundary Community Action Program for Children (CAPC) program*

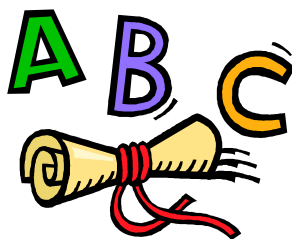
Family Rhyme Time

Little Peoples Center
Mondays

Starting January . 23 10:00 am

Register @ 442-5314

FREE! All Families Welcome!



What is Alphabet Soup?

A fun preschool cooking
and literacy program!

Starting January 24. 10:30 - 11:45
at Hutton Strongstart

Sponsored by Columbia Basin
Alliance for Literacy (CBAL)
Register with Michele 250-442-7123

Child Care Course offered in West Boundary

Whether you work in a licensed facility, is a stay-at-home parent providing informal care for friends and family or want to care for as many as seven in a licensed family grouping, training and support go a long way toward making your child care business or career a success.

The Boundary Child Care Resource and Referral is offering the Level 1 Family Child Care course. Twelve modules (10 X 2 1/2 hour sessions) with topics ranging from health, safety and nutrition to child development, programming and business will be covered.

This can also be offered on four full Fridays (Location to be determined)

Beginning February 2012

\$60 for full course or \$8.00 per module

Call 442 5152 or 1 800 475 2823 to register.

You may also contact WB CAPC Coordinator,
Deborah Baker at 446 2540 or 446 1941



ccrr
Child Care
Resource & Referral

**Registration fee will be refunded for
anyone who registers to as an LNR or
licensed family child care provider.*

**This training can be offered in the
West Boundary with 5 registrations*

Child Care Providers are needed throughout the Boundary

StrongStart Family Centres

StrongStart offers fun and creative activities for children and their parents/care providers such as:
*Story time, music and singing * Access to books, puzzles and art materials *Movement and large muscle play activities *Play areas that promote creativity and exploration for both individual and group play. *Healthy snacks

Hutton Elementary School

Mondays and Thursdays 8:30-11:30

Tuesdays 12:30-3:30

Wednesdays 5:00-8:00 p.m.

Fridays 8:30-11:30

Perley Elementary School

Glanville Centre

Mondays 12:30 - 3:30

Tuesdays 8:30 - 11:30

Wednesdays and Thursdays 12:30 -3:30

Christina Lake Elementary School

Mondays 9:00 - 12:00

Wednesdays 12:30 - 3:30

3rd Sat of the month 9:30-12:30

Greenwood Elementary School

Monday and Wednesday 1:00-4:00

Fridays 9:00-12:00

Midway Elementary School

Mondays 9:00-12:00

Thursdays 1:00-4:00

Rock Creek Elementary School

Tuesdays 1:00 - 4:00 Thursdays 9:00 - 12:00

Beaverdell Elementary School

Tuesdays 9:00 - 11:30

West Boundary Community Action Program for Children ~ CAPC

For families with children under 6

~Coordinator~ Deborah Baker~

The CAPC Parent group meets at the Rock Creek Community Medical Society building
Wednesdays from 11 - 2:00 for discussions, activities and lunch.

**Wednesday January 18 ~ Organization!*

Facilitated discussion with Louise Heck from the Boundary CCRR

**January 25th. Let's share the power of knowledge on "Family Literacy Day"*

**February 8th. "Escape Right Fire Safety" for the whole family –*

Join us with the Beaverdell Volunteer Fire Hall Personal to gain valuable knowledge on how to prevent a house fire and to gain the experience necessary for saving lives.

**February 22nd, Nutrition in the early years*

**February 29th "Helmet & Bicycle Safety" .*

Keep in touch with Deborah to find out what is happening or to give suggestions for future topics

Call 250 -446-2540 or 250- 449 -1941

West Boundary CAPC is sponsored by the Rock Creek Community Medical Society.

*Care Provider Networking Evening
Wednesday January 24*

6:30 at the BCCRR

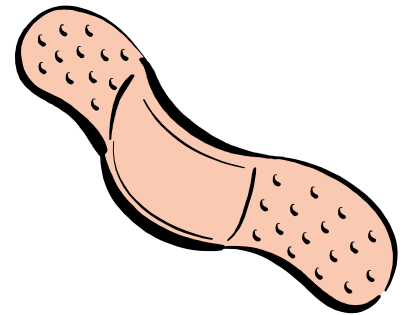
*Join us as we relax and watch the
acclaimed documentary "Babies"
(please rsvp)*

*Babies: A look at one year in the life of four babies from around the
world, from Mongolia to Namibia to San Francisco to Tokyo.*



Emergency Child Care First Aid

Grand Forks February 25 2012
Rock Creek June 9, 2012
Register with Selkirk College
250 442 2704



Food Flair for Child Care ~ now available Online!

***What is healthy eating for a child? How do parents and child care providers
promote good health and positive attitudes towards food?***

Decoda Literacy Solutions is delighted to announce the long anticipated Food Flair Training Resource modules! These resources were developed in response to the need for more in-depth information on the rich content of Food Flair, a resource in the LEAP BC family of resources. The content of each module has been developed and reviewed by dietitians and early childhood development professionals. We are grateful for their contributions. The resources are available on the Decoda Literacy Solutions website at:

<http://decoda.ca/children-families/leap-bc/food-flair/food-flair-training-resources>.

We welcome your questions and feedback at info@decoda.ca.

Decoda Literacy Solutions

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Find us on Twitter: <http://twitter.com/decodaliteracy>

Find us on Facebook: <https://www.facebook.com/pages/Decoda-Literacy-Solutions/148691295202161>

Decoda Literacy Solutions is the new provincial literacy organization for British Columbia. It brings together the work, experience and expertise of Literacy BC and the literacy department of 2010 Legacies Now.

Keeping Your Family Safe Carbon Monoxide in the Home

Adapted from CTV News report

The winter months are a dangerous time for carbon monoxide leaks, as more fuel-burning appliances are running in homes.

After a Gatineau family of four was hospitalized for carbon monoxide poisoning, Marc Messier from the Ottawa Fire Services took CTV Ottawa's Stefanie Masotti on a tour of a house to see where the dangerous areas are.

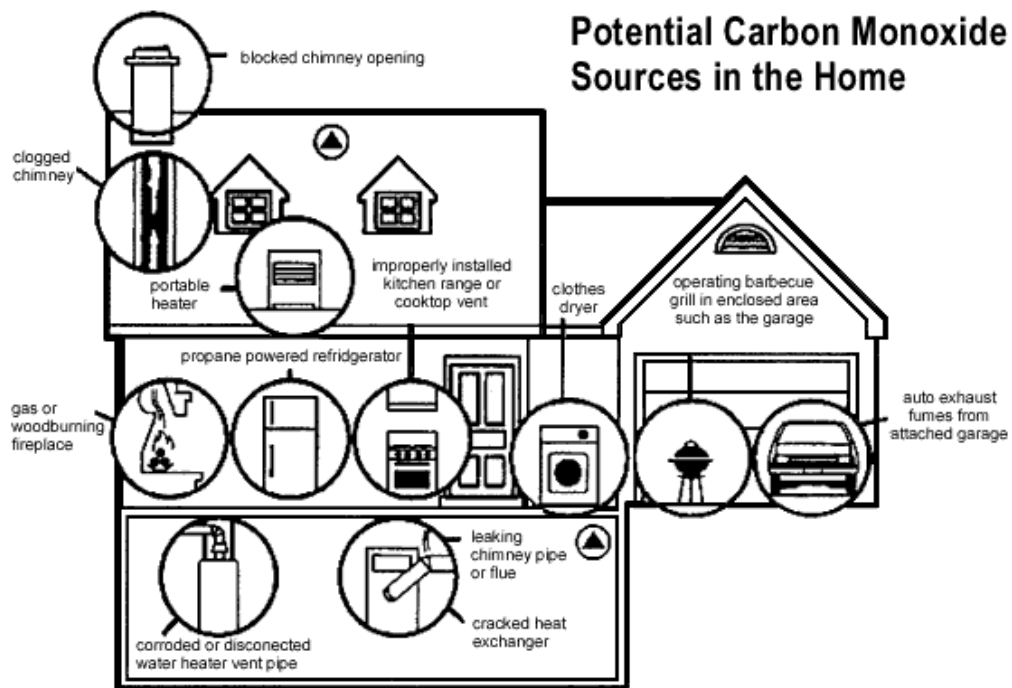
Messier said snow in the winter can trap dangerous gases inside as snow blocks furnace exhaust from leaving. Also, broken fans from gas fireplaces and hot water tanks can be a problem. "If for some reason the fan doesn't turn on . . . carbon monoxide will end up feeding back into the home," he said.

Symptoms of carbon monoxide poisoning include dizziness, nausea, fatigue and loss of co-ordination. Death can also occur.

With anything that burns fossil fuel a potential source of risk, Messier said he recommends a carbon monoxide detector for all homes as the gas can't be smelt, tasted or seen. He said some detectors can even test for more dangerous substances.

Many simply plug into electrical outlets," he said. "If it does have a battery, change it every six months; every time you change your clock, change your battery."

These detectors can be found at many stores at prices ranging from \$30 to \$80, but Messier said they should be a back-up plan for prevention. He said a good start is to get your appliances inspected to make sure they're working properly.



More About Carbon Monoxide

SAVE LIVES – INSTALL A CARBON MONOXIDE ALARM

Carbon monoxide (CO) is odourless, colourless, tasteless – and very poisonous.

CO poisoning suffocates you from the inside by stopping your blood from absorbing oxygen. Exposure to high levels of CO can cause brain damage or even death.

Regular inspection of your fuel-burning equipment and appliances by a licensed Heating, Ventilation and Air Conditioning (HVAC) contractor is the most important step in preventing the dangers of CO build up. CO alarms are your back-up line of defense.

A smoke detector won't detect carbon monoxide

You must buy a separate alarm. You can find carbon monoxide alarms in hardware and department stores. You should always follow the manufacturer's instructions for installing, maintaining and testing the device.

Follow these guidelines:

- Install at least one CO alarm, preferably outside upstairs bedrooms. Don't install your CO alarm directly above your furnace or water heater
- Your alarm should be Canadian Standards Association (CSA) approved, and should carry the Canadian Gas Association's blue flame symbol.
- When you change your clocks in October and May, test your alarm and change the batteries
- CO alarms have a limited life. If you have a battery-operated CO alarm, know the lifespan of its batteries and sensors. A CO alarm sounding intermittently may be a sign of a low battery or an aging sensor. Be sure to read the manufacturer's instructions thoroughly

• If your carbon monoxide alarm sounds

- Open windows and doors to let fresh air in
- Check to see if anyone in your household has **symptoms of CO** exposure, such as:
- Headaches
 - Nausea
 - Dizziness
 - Drowsiness or fatigue
 - Burning eyes
 - Confusion
 - Loss of coordination
 - Unconsciousness

If someone shows symptoms:

- Leave the building immediately and seek medical help
- Call 911 or your local fire department
- If you experience these symptoms inside, but feel better outdoors or away from home, CO may be the cause
- Request a CO blood test from your doctor, to determine if you are exposed to CO

If no one has symptoms:

- Reset your CO alarm and check its batteries (some alarms sound when batteries are weak)
- Keep windows and doors open to get fresh air moving
- If you have a wood-burning fireplace, make sure the damper is open, and open a window for extra ventilation
- If your alarm continues to sound and you can't find the cause, leave your windows and doors open and call an [HVAC contractor](#) to check your natural gas equipment. If an HVAC contractor isn't available, call your local fire department
- Remember, humidity from your bathroom or kitchen and chemical fumes or exhaust from a gas-powered engine can set off a CO alarm

Message from Citizen Engagement Team, Ministry of Education

The BC Government announced in the 2011 Speech from the Throne, that British Columbia will be changing the BC Education system and moving towards a more personalized learning model throughout the Province for all of our learners. The Ministry is reaching out to the citizens of BC in a unique way, through the [BC Education Plan](#) Blog (www.bcedplan.ca), and we want your opinion.

The Blog is a forum in which the Ministry is posting a number of different questions over the coming months, that we want your assistance in answering. While we know that BC's Education system is a good one, there is definitely room for change and we need to move to a 21st Century Learning model, that will include input from teachers and district staff in the field, parents, students, citizens of the Province, and staff within the Ministry of Education. This will be a collaboration as we move forward and develop the specifics of the BC Education Plan.

By providing the opportunity for personalized learning for all of our learners, we can provide a model which focuses on the individual needs, strengths and aspirations of each student, giving them the chance to be more responsible for their own success. We will continue to assist them in learning basic core skills but we will also provide them with the freedom to pursue their individual interests and passions in life. We will also encourage a more inclusive relationship between the teacher, parent and individual learner and an increased commitment of parents to be partners in their child's education.

The role of the teachers will continue to be as guides, mentors, coaches and content experts and they will be required to work more closely with individual students and their parents to create a learning atmosphere that is beneficial to every learner.

A PDF has been developed to highlight the website and we would appreciate you sharing this with your colleagues as well as your friends and family. Please feel free to distribute this PDF throughout your community as appropriate. The Ministry of Education very much appreciates your assistance in helping us get the word out about the BC Education Plan far and wide throughout the Province.

Thank you for your assistance .

Citizen Engagement Team, Ministry of Education.

Happy New Years! Last year a magazine for parents asked their readers and staff to share their parenting New Year's resolutions for the upcoming year. Health Matters Online thought we'd share a few of these inspiring resolutions with you as we move forward into 2012.

Clean less - play more:

The kids don't care how clean the house is - having fun with mom and dad matters much more.

Remember to take a deep breath:

When times get stressful take a big deep breath before reacting. It can make all the difference in the world.

Quit smoking:

One parent wrote "I am going to quit smoking so I can be here for my children when they are older."

Provide more fresh food:

Serve more fresh food and less processed food. Processed foods are often high in saturated fats, sugar and salt. For more info visit [Healthy Families BC](#).

Give more hugs:

Make hugging a part of your daily routine. Say good morning with a hug, say good night with a hug, use a hug to say

Grand Forks and District Recreation 250-442-2202 Programs for Parents and Tots!



Parent & Tot Swim Lessons

Ages 6 months to 3 years
Tuesdays 5:30 - 6:00 pm
February 7 - 21

Adult participates in the water with the child. Registration Fee: \$18.

Parent & Tot Swim & Play

Saturdays,

January 28 - March 3 10:30 - 11:30

Parents & Children 6 & under
sponsored by GFREC and



Helping all children succeed for life.

Parent & Tot Skate

Mondays, January 9 - February 27

10:00 to 11 a.m.

Thursday 1:15 - 2:15

Have fun and play on the
ice!



GF Aquatic Centre Loonie/Toonie

Fridays

Child & Youth \$1.00
Adult & Senior \$2.00

Beginning Ballet

Ages 3 - 5

Hip Hop Ages 5 - 8
Call for more info

Creative Moves and Tumbling Fun

3-4 year olds

Instructor Stacey O'Donnell
Thursdays January 19 - February 23
9:30 - 10:15 \$25 for 6 sessions

Blessings Boutique in Grand Forks

Offers clothing, strollers, car seats, high chairs, bedding, sports equipment, books and toys at no cost for all families in our community with children ages newborn to 12 years.

Open on the **3rd Monday of each month** from 10 - 2 refreshments provided on Monday only.
Also open during drop-off time on **Thursdays, 12 - 3:45 pm.**

The Blessings Boutique is located in the **Gospel Chapel 7048 Donaldson Drive**, Grand Forks. Use the main entrance glass doors at the back parking lot. For more information call **Karren at 443-1295**. If you have used items to donate call Karren to arrange a drop off time between 9 - 11:30 am Monday or Thursday 12-4 pm.

Wednesday Women's Morning Out program (also known as **Mom's Morning Out.**) 9:30-12:30.

Conversation, activities and lunch all included.

Child minding is available for preschool aged children.

No church affiliation is required for this **FREE**, nondenominational program.



Membership to the BCCR is easy and affordable! For a one time \$20. registration and \$25 a year, borrow toys, games, baby equipment and a wide range of books and resources!

No membership is required to drop in and use our child friendly playroom with your children and friends! Feed or change your baby, arrange a play date.

This is **Your** community space!

Partners In Parenting
15th Annual Conference
Saturday March 3, 2012
West Boundary Elementary School
Rock Creek



Keynote :
Gary Anaka

“How to Grow a Child’s Brain”

Author of
Your Magical Brain: How It Learns Best

Gary is a dynamic public speaker, famous for his audience engagement, energetic and lively sessions. His presentations are always filled with humour and optimism to support everyone, from babies to seniors.

Is it possible to grow a child's brain? Definitely, YES! With the right conditions and appropriate support, the brain can grow to its fullest potential. However, it takes years of well chosen experiences interacting with parents, teachers and caregivers to wire the billions of complex neural circuits needed for language, emotions, math, creativity, logic, etc.

Discover:

- How movement grows the child's brain
- How to grow dendrites
- The basic needs of the child's brain
- How to brain smart your children early
- 10 strategies to build a brain for lifetime optimal performance

For more information
Call Louise Heck at Boundary CCRR
442 5152 or 1 800 475 2823
Or Deborah Baker, CAPC Coordinator
Rock Creek Community Medical Society
at 446 2540 or 449 1941

Early childhood is the most critical time for the human brain. Abilities and talents are hard wired in early childhood building the brain reserve that is needed for an entire life time.

Who is one of the architects of the child's brain? - You are!

Registration Packages will be available January 12!

Need childcare? We have a registry of licensed & registered childcare.

Subsidy rates increase if your childcare provider is licensed or registered with the BCCRR

“STATEMENT OF RESPONSIBILITY”

The Child Care Resource and Referral Program is a support and referral service for families and child care providers. The names of the child care providers and/or families are provided to families by request and are in no way a recommendation of the service provided by the particular care provider. The parent has the responsibility for ensuring that the child care arrangement ultimately chosen is suitable for the family's needs. The publication, Parent's Guide to Selecting Care (available at <http://www.mcf.gov.bc.ca/childcare/parents.htm>) may help you choose suitable child care for your family.