

Booster Seats

A new review of child passenger safety research in Canada shows that only 30 per cent use booster seats, says Safe Kids Canada.

This translates into a startling 1.8 million Canadian children who are put at risk of severe injury every time they ride in a vehicle because they are using a seat belt too early in their development. Car crashes are the leading cause of death for Canadian children under the age of 14. According to Transport Canada, each year a staggering 3,500 are injured while on average another 61 children are killed - the equivalent of two elementary school classrooms. The solution is simple - if your child has outgrown their forward-facing car seat and is under four feet nine inches tall or 145 centimetres, put them in a booster seat. It could save their life."

A booster seat reduces the risk of injury by 60 per cent. When a child is too small for a seat belt, it cuts across his or her neck and rides up on the abdomen, which can cause life-threatening injuries to the neck, spine and internal organs if the car is in a crash. A booster seat better protects a child by positioning the seat belt away from the neck and under the abdominal area.

How and when do you use a booster seat? Here are four tips to guide parents:

- Your child is ready for a booster seat when they have outgrown their forward-facing car seat, around the age of four or five, and are less than four feet nine inches tall.
- A booster seat lifts a child up so that the seat belt fits correctly. Make sure to secure both the lap and the shoulder belt properly so that it can hold your child and the booster seat in place during a crash or sudden stop.
- There are two different types of booster seats that you can use in Canada: a high back booster seat, which provides head and neck protection in cars without head restraints and a no back booster, which is used in cars that have adjustable head restraints.
- Your child may be ready for a seat belt when he or she is at least four feet nine inches, around the time your child reaches age nine, but often older.



Anxiety and stress increase levels of free radicals in the body, which can deplete brain energy. Antioxidants found in fresh fruit and vegetables combat the harmful affects of these free radicals. In addition, the boron found in apples helps to encourage positive thinking.
Brain Food for Kids by Nicola Graimes

Creating Planet Earth



What is the most important place on the planet for children? Is it the Amazon Rain forest? The Pacific Ocean? The Himalayan Mountains? How majestic! As adults we may think of lofty places of great natural importance, and yet the most important place on the planet for young children is...your back yard.

That's right. That small simple place that children visit every day is actually the most important place in the world. It is the place where children use their senses to explore the planet and experience the wonders of nature.

What do your children experience when they step outside? Are they able to touch dirt? Smell flowers? Find worms? Plant seeds? Climb trees? Hug chickens? All children deserve to squish mud and splash in puddles. All children need to smile at the sun and feel its warmth smiling back. Every child should be able to roll down hills and hide in tall grass. All children deserve to have their sense of wonder sparked by the possibilities of the planet.

But doesn't it take an extensive nature center or national park for children to make friends with the planet No! All it takes is someone like you to decide to bring nature into your back yard and allow children to explore. Plant bulbs that pop into flowers in spring. Bring dirt, sand, and water into your yard. Plant shade trees and fruit trees and trees that burst into fragrant bloom. Plant pumpkin seeds. Allow corners of your yard to grow wild. Hang birdhouses and bird feeders. Allow children to take naps outside in the grass. Add magnifying glasses and shovels to your outdoor loose parts collection.

Today people all over the world are making beautiful changes to their back yards by creating opportunities like these for children to play and explore in the natural world. As we beautify our back yards we are beautifying the world...and beautifying children's introduction to the planet.

Dream Big. Start Small. Never Stop.
Rusty Keeler from *The Wisdom of Nature-Out My Back Door*

SOME STATS...

- From April til June:
- We held 11 drop ins where 57 providers and 221 children came by
 - We did 118 referrals
 - We have 30 registered license-not-required providers and 53 licensed family childcare providers



Child care Chatter



Sept 2011

Your community's best source of child care information & resources

Coordinators' Corner

Fall Training: As we start our fall training, please note that we are having to charge a nominal fee for some workshops and we will need payment in advance. While we continue to list workshops in the body of our newsletter, for your convenience we are also including a Registration form and a list you can post on your fridge or bulletin board.



Resource Library for fall/winter....Our Resource Library is very highly valued and utilized by some providers and not used at all by others. Remembering that research shows a child care program that has a planned day is of higher quality than those who just "wing it", our *Theme Boxes* are a great resource. They assist providers in program planning by offering a variety of unique toys, puzzles, games and activities. Take a look on our website or give us a call to reserve the themes you want to plan around.

Nature Deficit, the latest fad or a serious issue? Richard Louv-- an author and activist for children's health -- says that we are raising a generation of children, who suffer from what Louv calls nature-deficit disorder. The deprivation is not trivial. Louv believes a relationship with nature is essential to a child's development and its based on a growing body of research linking our mental, physical, and spiritual health directly to our association with nature.

Why is this happening? Many of our once undeveloped places are turning into malls, homes, parking lots. Technology has us entranced. Children are kept on a tight leash by parents fearful of traffic and sexual predators. When children are outdoors, its often in the form of organized sports, on playgrounds that are based on ballgames and athleticism. Its common to see more bullying there, where as, in more natural environments, it's less about who's the strongest and the fastest and more about using the imagination.

What children are missing is unstructured play in a natural environment. This play is often manipulative -- damming a stream, digging a hole, building a fort. It involves all the senses and can lead to flashes of insight and connection, an abiding sense of one's place in the world.

Community Plan for a Public System of Integrated Early Care & Learning in BC: Developed by the Coalition of Child Care Advocates and Early Childhood Educators of BC, in response to our child care crisis -- high parent fees, low child care provider wages and not enough quality regulated child care spaces. Since the launch of the draft plan in 2010, thousands of BCers have been engaged by and with the Plan. Highlights include; new legislation...a BC Care & Learning Act, a new home for child care with Ministry of Education, the development of Early Years Networks, enhancing Kindergarten & Grade 1, strengthening School Age & Family child care. To learn more about the plan visit www.cccabc.bc.ca or www.ecebc.ca

Barb



Welcome New Providers!

Sylvia Antle, Tammy Burmeister, Kam Dosanjh, Karen Dykstra, Angela Gladu, Fallon Loughed, Nyree Priest, Niki Tavouktsoglou, Erin Irwin

Chilliwack Community Services Child Care Resource & Referral Program

Mailing Address: 45938 Wellington Ave. Chilliwack BC V2P 2C7

Location: 7112 Vedder Rd. **Phone:** (604)847-2237 **Fax:** (604)824-1123

IMPORTANT CRR NUMBERS

Coordinator:
Barb 604-847-2239
presseaub@comserv.bc.ca

Referrals/Subsidy:
Nicole 604-847-2237
deann@comserv.bc.ca

Provider Support:
Glenda 604-847-2242
hemmingerg@comserv.bc.ca

Resource Library:
Hana 604-847-2236
sladekh@comserv.bc.ca

Program Support/Newsletter:
Shelly 604-847-2241
hayess@comserv.bc.ca

www.crr.bc.ca or
www.childcarechoices.ca

IMPORTANT NUMBERS/WEBSITES

Child Care BC Help Line 1-888-338-6622
(Info on subsidy, operating funding, ECE registry
www.mcf.gov.bc.ca/childcare)

Child Care Liability Insurance:
Pacific Care 1-800-565-6510
Fax 1-250-756-2021
Whillis Harding 1-800-667-2217

Coalition of Child Care Advocates of BC
www.cccabc.bc.ca

Licensing Office 604-702-4950
Children's Help Line 310-1234
(to report abuse)

CCRR HOURS

- Mon through Thurs. 8:30—4:00 (by appointment after 3:00)
- Open only by appointment on Fridays
- Open on workshop evenings 6:30—7:00 for provider support and resource library transactions

Provider Evaluation of CCRR



Thanks to those of you who completed our CCRR Rating survey. If you are saying to yourself "What survey?"...Sorry, due to budget restraints we were only able to offer it to providers with email and any that we saw in person at the office.

- **Respondents were:** 47% Licensed Family, 39% Registered Licence Not Required, 7% Licensed Multi Age, 5% Licensed Group.
- **MOST IMPORTANT services:** Respondents rate *staff attitude, knowledge and accessibility* (in that order) as the MOST IMPORTANT services. Services that were rated of HIGH IMPORTANCE were *Newsletters and Workshops* followed by *Home Support and Resource Library*.
- **QUALITY of services:** Respondents rated *staff attitude, knowledge and accessibility*, as the HIGEST QUALITY services. These were followed by *newsletters and workshops*.

CCRR staff are proud to say "the services you want most, you have rated as the highest quality."

* **LEAST IMPORTANT service:** Respondents rated the LEAST IMPORTANT service as *Facebook* followed by *Provider/child Drop-ins*.

While some providers did not rate Drop-ins as very important, other providers speak quite highly of them. Family child care provider S stated that "I enjoy coming to the CCRR drop-ins for a number of reasons. At the end of the week it is a great opportunity for the children in my care to interact with friends they only see once a week in a fun and stimulating environment and for me to relax and share ideas and challenges with other providers. Over the years, these providers and staff at CCRR have become friends and a support system. They have worked through issues of running my business and dealing with children and they have been there to give me a pat on the back when needed. For some time I had a predominantly male daycare and this was the only chance for my one girl to be with other girls. I have watched her slowly come out of her shell and begin to take chances with other girls. Risking rejection, she has begun to ask "want to play with me" and has made new friends in the process.

The CCRR drop-in is one of the best parts of my weeks and I always look forward to it".

* **Some of the Comments we received:**

There were many compliments to staff (we all thank you!!).

There were a couple of complaints that reaching us was sometimes a challenge. I apologize for that. Due to budget limitations, all CCRR staff and our receptionists work part-time. Please try to make phone contact before dropping in.

2 respondents asked for evening hours. We are happy to have you stop by 6:30-7 on workshop evenings. Also, we can sometimes arrange for drop off or pick up of resources evenings/weekends, call for details.

One respondent suggested learning material catalogues be available. We always have Wintergreen and Louise Kool & Galt in the office. Feel free to borrow and share with other providers to do a cheaper "group" order.

There was also a suggestion for more training opportunities and perhaps a "distance education" course. It is something we are looking into.

Thanks again to all who participated.

For full results of the survey, it will be available on our website until Sept 30. www.ccr.bc.ca

BC Council for Families presents
Healthy Families, Brighter Futures: Family Services Conference
 October 21, 2011, 9:00 am – 4:00 pm
www.bccf.ca

Look for the training insert. You'll find a Pete the Cat story make and take, sit 'n chat, workshops on Best practice, Brain Dance, First Aid, and a community workshop at GW Graham.

CHILDREN THE HEART OF THE MATTER
 Conference in Surrey Feb 3rd & 4th, 2011
www.childcareoptions.bc.ca

Online Training

A website offering online workshops in Early Childhood Education:
Circle of Ideas. <http://www.circleofideas.net/>

LNR's: Please advise us if you take any other training so that we can count it toward your required training hours.

Provider/Child Drop-ins 9:00—11:00

Our weekly Friday morning drop-in is a great place to connect with other child care providers, give the children a chance to socialize with others and chat with CCRR staff. All family child care providers are welcome, even if you have no child care children on Fridays. We encourage you to give it a try.

Sardis 7112 Vedder Rd.

Sept. 9 & 23
 Oct. 7 & 21
 Nov. 4 & 18
 Dec. 2 & 16



Central Elementary School 9435 Young Rd.

Sept. 16 & 30
 Oct. 14 & 28
 Nov. 25
 Dec. 9

Please bring a healthy snack for the children

Child Care Subsidy Update

Important changes effective Sept. 1/11:

1. The maximum monthly rate for after school care: Four hours or less now \$175.00, More than four hours now \$210.
 2. Full time Kindergarten rate is now \$210 per month, and the all day K income cutoff for full subsidy down to \$21,480 from \$33,300.
 3. If you provide more than one full day of care in a month for a school aged child you must have the parent call the subsidy office after the 25th of the month to arrange for an authorization. A parent may call and request an authorization immediately for winter and spring vacation if they are aware of the exact dates required.
- 35,000 BC families receive child care subsidy. Yet, many parents still do not know about it. Providers please make sure to let new parents know about it, in case they are eligible.
 - Stat Holidays: A provider who closes on a stat holiday can claim that day on the subsidy claim form. If a parent works that day and a second child care provider is used that provider can also be paid by subsidy for that day.
 - Were you affected by the postal strike? How about getting your subsidy payment by direct deposit?

Surf's Up!



<http://www.babycenter.ca/podcast/lullabies/> Great website for pre-pregnancy to preschooler age. Includes games to do with your baby.

<http://www.infochilliwack.ca/> a website where you can access up to date information about the range of health and social services and programs that are available to residents of Chilliwack.

<http://www.youtube.com/HumanEarlyLearning#p/u/1/M89VFIk4D-s> The Importance of Early Child Development: Sensitive periods in early brain development are described by Dr. Clyde Hertzman, Director of the Human Early Learning Partnership.

www.greenheartinc.org/uploads/A_Parents_Guide_to_Nature_Play.pdf A look at what happened to children using the outdoors as nature's playground. This booklet show how to re-introduce the art of playing outdoors and the wonders and treasures that will help children learn and grow.

www.naturalearning.org Resource for childcare providers, administrators, and professionals seeking the latest information to create high quality, healthy outdoor environments for young children.

www.arborday.org/explore/ Fun effective resources to help educators, families, and others working with children to connect with nature.

Providers-Please Keep Us Updated:

- When you change your email, cell/phone number.
- When you have child care spaces.

BC Family Child Care Association Bursary
www.bcfcca.ca or call 1-800-686-6685

Celebrate National Child Day!
 November 20th

www.childday.gc.ca, offers activities for children and youth and provides suggestions for parents, caregivers and educators on celebrating the day. Please send your stories, photos and videos to DCA.public.inquiries@phac-aspc.gc.ca, to show how you celebrate NCD and promote children's rights in Canada.

RENTAL ASSISTANCE PROGRAM

BC Housing is working with organizations like Child Care Resource & Referral to reach out to low-income families to help make their rent more affordable through the Province's Rental Assistance Program. Applications can be picked up at the Chilliwack CCRR office. For more information call BC Housing at 1-800-257-7756 or visit <http://www.bchousing.org/>

Providers, please remember to give copies of the Parent Pages to the parents. If you need more copies, please let us know.

JOIN US NOW ON FACEBOOK! Look for Chilliwack CCRR

CALLING ALL KNITTERS!

Knit or crochet PURPLE baby caps for a campaign to prevent Shaken Baby Syndrome. The caps will be collected from now until the end of October and distributed during the month of November to new babies.

These caps help educate parents about the Period of PURPLE Crying, a time when babies cry more than any other time and can be very frustrating for parents.

Knit or crochet the newborn caps, mail them or drop them off to be received no later than OCTOBER 26, to



Claire Yambao, Provincial Program Coordinator
 Prevent Shaken Baby Syndrome BC
 BC Children's Hospital
 4880 Oak St. Room K1-201
 Vancouver BC V6H 3V4