

**CHILLIWACK COMMUNITY SERVICES
CHILD CARE RESOURCE & REFERRAL**
7112 Vedder Rd. 604-792-4267

www.crr.bc.ca



- Monday through Thursday 9:00–3:00

SUBSIDY INFO: Child Care BC Help Line 1-888-338-6622

Child Care Subsidy Update

- Renewals will no longer be mailed out. Parents will need to fill out a new application form and submit it one month before the expiry date of the claim.
- For Child Care Subsidy Applicants who have just started working, it is important to submit the application, child care arrangement form and attach a letter explaining the situation (i.e.. name of employer, start date of new job, hourly rate or monthly etc, work hours and days per week – that kind of thing).
- An Adjudicator will review the application, care arrangement form and letter of explanation and make a determination if they can issue subsidy until such time as the client is able to obtain proper pay stubs. Subsidy **MAY** be issued on a short term basis but not in all cases.
- What is important is that clients submit this information and not wait for their pay stubs before submitting their application etc.

Lil Rascals Kids Swap Meet
Saturday Dec 03, 2011 9:00—3:00
604 858 4034

CCRR CONFERENCE FOR CHILD CARE PROVIDERS AND PARENTS
IT'S ALL ABOUT ME
SAT. MARCH 3, 2012

CASCADE COMMUNITY CHURCH ABBOTSFORD
Presenter Dr. Vanessa Lapointe on:
A Child's Play, Understanding the importance & Wrestling, Battling, and G-U-N-s
Call 604-847-2241 for more info



“A person soon learns how little he knows when a child begins to ask questions.” *Richard L. Evans*

BC Healthlink: Dial 811 for access to nurses 24 hours per day, pharmacists from 5 pm til 9 am, and dietitians Mon—Fri 9 am til 5 pm. www.healthlinkbc.ca

Surf's Up!



www.missrupi.com Popular children's songs translated to Punjabi

www.communityplaythings.com has numerous articles for people who work with children

www.cda-adc.ca/en/oral_health/faqs_resources/teaching_resources/

The Canadian Dental Association provides you with resources for dental health, complete with a 'smile certificate' when a child loses their first tooth

www.fraservalleyautism.com A non-profit support and information group servicing from Langley to Hope.

Children keep us in check.
Their laughter prevents our
Heart from hardening,
Their dreams ensure we never
Lose our drive to make ours
a better world. They are the
greatest disciplinarians known
to mankind.

Queen Rania of Jordan

WRITE TO SANTA & HE'LL WRITE BACK!

Address: Santa Claus
North Pole HOH 0H0
Canada

Make sure you send it off by December 9th and don't forget to include your return address.



See www.canadapost.ca/santascorner for more fun and info

Celebrate **National Child Day** November 20th by:
Introducing your child to your place of work, send a card to a child, caregiver, or teacher in honour of the day, explore ways to make your neighbourhood a safer place for children, send a package of toys, clothes, or books to children in need...

KIDZ-GO 604-824-8007 A taxi/shuttle service

RENTAL ASSISTANCE PROGRAM

The Rental Assistance Program provides cash assistance to low-income, working families that have lived in BC for over one year. Applications can be picked up at the Chilliwack CCRR office during business hours.

For more information call BC Housing at 1-800-257-7756 or visit <http://www.bchousing.org/>

HOW TO GET KIDS TO EAT VEGETABLES

Tips from the No-Cry Picky Eater Solution

Over 65% of parents report problems getting their children to eat vegetables. Kids should eat 3-5 servings per day, but a third of kids don't eat a single serving of vegetables on a given day. There are easy ways to encourage your kids to eat -- and enjoy! -- vegetables. Try some of these tips.

~ Put vegetables on a pedestal.

It's an odd fact that while vegetables are a healthy cornerstone of any diet, they are usually relegated to a back corner side dish. While interesting recipes appear for main dishes, the vegetables are often steamed or boiled in a routinely boring presentation. Start treating vegetables as the star of the meal and your kids will too.

~ Name the star of the show.

Vegetables rarely get the spotlight. When kids ask, "what's for dinner?" we name the meat and starch - "Chicken and rice" or "Steak and potatoes" and don't even mention the vegetables. From now on, name the veggies first. Create a fun name for the vegetable of the day you can help your children view them in a different light. So, what's for dinner? "We're having Brilliant Bunches of Broccoli along with chicken and rice."

~ Search out new recipes for veggies.

Try stir-frying a mix of veggies with olive oil to give them an attractive presentation and a unique flavor. Add a sprinkling of nuts or seeds or a drizzle of sauce. Mix two or even three kinds of vegetables together for a colorful dish.

~ Get artistic.

It can be fun to serve vegetables in interesting containers or arranged colorfully in patterns or shapes

~ Let them dip 'em.

Serve a platter of raw veggies with dipping sauce such as ranch dressing, yogurt or hummus Kids often prefer raw vegetables over cooked, especially if they can dip.

~ Give kids a choice.

Routinely serve two vegetables at dinner so that you double the chance your child will eat at least one. Plus, seeing two vegetables will build an expectation that vegetables are important.

~ Get sneaky.

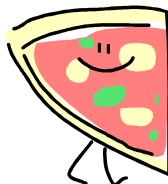
While you are teaching your child about nutrition, go ahead and hide some vegetables within other recipes to up your child's daily quota. It's easy to add chopped spinach to hamburgers, pureed squash into macaroni and cheese, crushed cauliflower into mashed potatoes, or bits of carrots and broccoli into spaghetti sauce. That way your kids get the benefits of vegetables no matter what.

Excerpted from *The No-Cry Picky Eater Solution* (McGraw-Hill) by Elizabeth Pantley

Technicolour Vegetable Pizzas

Preparation time: 20 minutes

3 cups frozen mixed vegetables with mushrooms
5 slices Italian bread (1 oz. slices; each ~ 1" thick and 5" long)
1 tablespoon olive oil
½ cup prepared pizza sauce
1 cup finely chopped tomato
½ cup very finely diced onion
1 tablespoon dried oregano leaves
1 teaspoon garlic powder
2 ½ tablespoons grated Parmesan cheese



Instructions: Pre-heat oven to 350° F and place oven rack in middle-high position. Microwave frozen vegetables, then pat dry. Brush all bread slices lightly with oil and spread each with ~ 1½ tablespoons sauce. Combine all vegetables in a medium-sized bowl. Carefully spoon vegetable mixture equally onto bread slices. Sprinkle with oregano and garlic powder and then with cheese. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately.

Serves: 5 Each serving **provides:** An excellent source of vitamin A and a good source of vitamin C, folate and fiber.

www.fruitsandveggiesmorematters.org/?page_id=85