

Sept 2011

**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

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*

For more into see www.purplecrying.info

Child Care Subsidy Update

Important changes effective Sept. 1/11:

- The maximum monthly rate for after school care: Four hours or less now \$175.00, More than four hours now \$210.
- Full time Kindergarten rate is now \$210 per month, and the all day Kindergarten income cutoff for full subsidy down to \$21,480 from \$33,300.

If you require *more than one full day* per month of child care for your school aged child please call the subsidy office to arrange for an authorization after the 25th of the month. You may call and request an authorization immediately for winter and spring vacation if you know the exact dates.

Surf's Up!



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

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

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

COMMUNITY WORKSHOP AT G.W. GRAHAM MIDDLE SCHOOL

Tuesday Nov. 4th

COST: \$10 at the door

No RSVP required

Social Emotional Wellness in Early Childhood: The Meaning Behind the Behaviour

7:00—9:00 p.m.

GW Graham Middle School Theatre
45955 Thomas Ave, Sardis

The social-emotional needs of young children will be examined from a mental health perspective. Participants will hear the research findings from leading experts on the meaning behind behaviour and look at daily strategies for healthy development in children.

Presenter Shelly Hassall MC, RCC is an early childhood mental health clinician and has supported hundreds of parents learning to coach social emotional skills in their children.

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



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/>

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

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 of national park for children to make friends with the planet No! All it takes is someone like you to decide to bring nature into you 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*

Affirming words from moms and dads are like light switches. Speak a word of affirmation at the right moment in a child's life and it's like lighting up a whole roomful of possibilities. Gary Smalley

If You Give a Mom a Muffin

If you give a mom a muffin,
She'll want a cup of coffee to go with it.
So she'll pour herself some.
The coffee will get spilled by her three year old.
She'll wipe it up.

Wiping the floor, she will find some dirty socks.
She'll remember she has to do some laundry.
When she puts the laundry in the washer,
She'll trip over some snow boots and bump into the freezer.
Bumping into the freezer will remind her she has to plan supper for tonight.

She will get out a pound of hamburger.
She'll look for her cookbook. (101 Things To Make With a Pound of Hamburger.)
The cookbook is sitting under a pile of mail.
She will see the phone bill which is due tomorrow.
She will look for the checkbook.

The checkbook is in her purse that is being dumped out by her two year old.
She'll smell something funny.
She'll change the two year old.
While she is changing the two year old the phone will ring. (Of course!)
Her five year old will answer it and hang up.

She remembers that she wants to phone a friend to come over for coffee on Friday.
Thinking of coffee will remind her that she was going to have a cup.
She will pour herself some.
And chances are,
If she has a cup of coffee,
Her kids will have eaten the muffin that went with it.
Written by Kathy Fictorie
Based on If You Give a Mouse a Cookie by Laura Numeroff

Did you know?

- Nine out of ten dads attend the birth of their child.
- Mothers say dads are their main support after the birth.
- A crying or smiling baby affects the heart rate and blood pressure of a father in the same way as a mother.
- Pre-schoolers who spend more time playing with their dads are often more sociable when they enter nursery school.
- Involvement of dads with children aged 7-11 predicts success in exams at age 16.
- Where dads are involved before the age of 11, children are less likely to have a criminal record by the age of 21.

www.workingwithmen.org BC Council for Families, British Columbia's hub for information and resources for and about families, has introduced the Fatherhood Series <http://www.bccf.ca/shop/category/fathering> six brochures for fathers.