

**NEWSLETTER**

# July & August



**OFFICE INFORMATION**

**Co-op Mall, Unit 7  
( Beside Sears )  
10200- 8th Street  
Dawson Creek, BC, V1G 3P8**

**Telephone: 250-782-1138  
Toll Free: 1-866-782-1138  
Fax: 250-782-2133**

**OFFICE HOURS**

**Monday -Friday  
9:00 a.m.-4:00p.m.**

**STAFF**

Carmen Girard  
**Program Coordinator**  
cfossum@spcrs.ca  
Ext. 221

Raelene Pearson  
**Resource Educator**  
rpearson@spcrs.ca  
Ext. 222

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**Personnel & Practice Coordinator**  
bratschker@spcrs.ca  
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## In This Issue

- Interactive Playtimes for July and August
- Summer time snacks, smoothies and shakes
- Nutritional Information
- 100 Summer activities for daycare providers
- Parent/Child Interaction Group park days
- Calendar of events

## Office Closure

**July 1st-Canada Day!  
August 3rd-British Columbia Day**

This Child Care Resource & Referral is a Program of South Peace  
Community Resources Society  
Provided with funding from the Province of British Columbia

# EXTENDED OFFICE HOURS

**SORRY!**

There will be no extended office hours for the months of July and August. We will resume our extended hours of one late night and weekend opening again in September.

# More WORKSHOPS to come...

Stay tuned for new workshops/training coming in September. We will be offering a variety of learning opportunities for you to take part in. Keep an eye on future newsletters for upcoming workshops that will be offered at  
Child Care Resource and Referral.

# Come One Come All To The Teddy Bear Picnic

Where: Kitchen Park

When: Wednesday July 15, 2009

Time: 11:00am-1:00pm

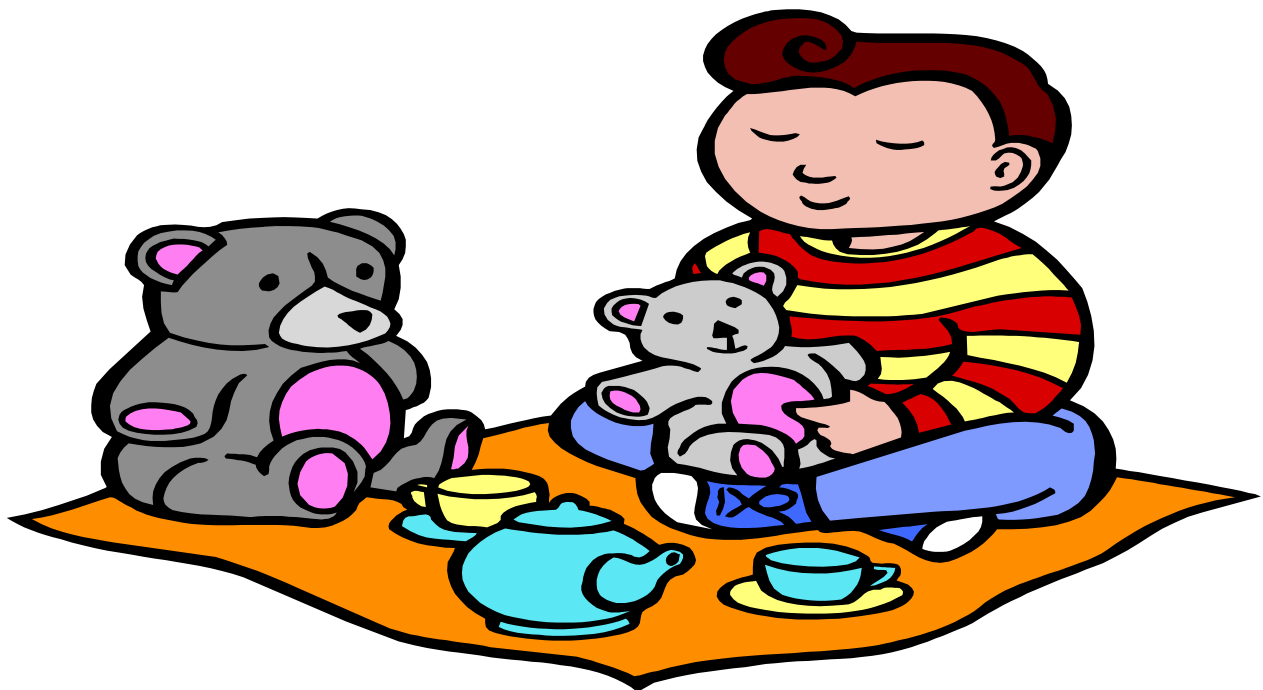
Cost: \$2.00 per child

Lunch will be provided by CCRR.

You have a choice between ham and cheese or peanut butter and jelly.  
Please let us know how many children will be in attendance; the child's  
name and sandwich preference.

Please RSVP by **July 2, 2009** to Raelene Pearson  
at 250-782-1138 ext 222 or [rpearson@spcrs.ca](mailto:rpearson@spcrs.ca)

**Don't forget to bring your favorite Teddy Bear and be ready for  
fun, food and games!!!**



# INTERACTIVE PLAYTIME

## July Interactive Playtime

Come join CCRR for a ***TEDDY BEAR PICNIC!!***  
Bring your favorite teddy bear and have a picnic with us.



Who: Licensed Family or Group Daycares  
When: Wednesday, July 15th  
Time: 11:00am-1:00pm  
Where: Kitchen Park on 17th Street  
Cost: \$2.00 per child includes lunch

More information on the previous page!  
Please R.S.V.P by July 2nd!!

## August Interactive Playtime

Come ***CAMPING*** with CCRR!

Who: Licensed Family Daycares  
When: Thursday, August 13th  
Time: 11:00am-1:00pm  
Where: Kitchen Park on 17th Street  
Cost: \$2.00 per child includes lunch

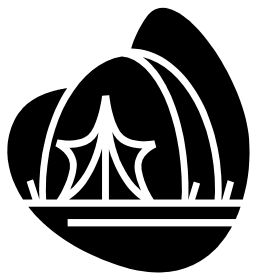
More information on the next page!

Please R.S.V.P by August 4th as we need to know how many will be in attendance!

# Come Camping With CCRR

**Join us on a fun filled camping trip!!**

**Pitch a tent, story telling, playground fun and a hotdog lunch provided by CCRR!**



Where: Kitchen Park

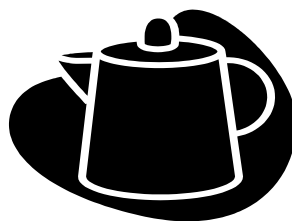
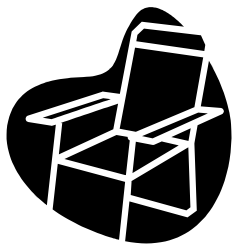
When: Thursday August 13, 2009

Time: 11:00am-1:00pm

Please let us know if you are planning to attend along with the number of children!

Call Raelene Pearson at 250-782-1138 ext 222 or email: [rpearson@spcrs.ca](mailto:rpearson@spcrs.ca).

Please **R.S.V.P.** by August 4, 2009



**ccrr**  
Child Care Resource & Referral

# 100 Summer Activities for Daycare Providers

**Need some ideas to fill those looooooong summer days?**

- Set up a tent and pretend to go camping
- Make ice cream in a bag
- Pick dandelions and make a craft with dandelions
- Ice Cream Tasting
- Build boats and sail them
- Make a nature book
- Water fun day-create your own water park
- Send a postcard of FSJ to children's home/ a relative
- Pen Pals with other daycares in town
- Build a lemonade stand
- Plan a playgroup with other daycares at park
- Go on a Scavenger Hunt
- Start a puzzle to work over summer
- Build a piñata & break it open
- Make a time capsule & bury it, at the end of summer dig it up!
- Art Show for parents-hang artwork outside along fence/walkway as they pickup
- Be a photographer-buy old cameras at garage sales & let kids take pic's without film.
- Pan for gold-bury gold nuggets in sand & let kids sift through to find gold (spray paint rocks gold)
- Make things out of cardboard boxes & paint them
- Bug Hunt
- Dig for worms
- Make a mud pie (if you dare!)
- Make chalk and draw outside with it
- Make a flower arrangement-let kids pick flowers and put in vase for parent
- Build an obstacle course in backyard
- Build a fort with sheets
- Create an AT-HOME Summer Camp
- Car Wash
- Make musical instruments and create a band
- Lay on your back and find cloud animals
- Set up a Toy store- Have children bring unwanted cheap toys & give fake money to buy
- Stuffed Animal Day-bring from home
- Make your own sundae
- If you have a sandbox build World's Largest Sandcastle
- Physical Activity-mini-Olympics, stations, sports, dance, hike, games
- Make your own popsicles
- Go rock hunting
- Invite someone as a guest speaker
- Press flowers and make a bookmark
- Have a family BBQ over lunch
- Christmas in July/August
- Nature Craft
- All about games
- Science Experiments outside
- Ice Cube Fun-ice cube painting, freeze water in outdoor toy molds & put in h2o table, fill milk cartons to make large blocks, fill pool with ice and let kids explore
- Puppet Show-make puppets & put on a show. Videotape and watch
- Pajama Day-let the kids come to daycare in pj's, pillow fight, video

Paint the town-set up easel, put paper on ground and let kids walk in paint, place paper along fence and let them paint, finger-painting. Clean up with hose

Set up your own version of story time once a week

Pet of the week-invite different pets & their owners

Birthday Party

Face paint for fun! Put out non-breakable mirrors & let kids face paint themselves

Eat a big watermelon & plant the seeds

Make paper airplane

Go on an Easter Egg Hunt

Have a Pet Show with stuffed animals

Put on a coloring contest

Follow the leader

Campfire songs

Enter art activities in the Fall Fair Exhibition (August)

Hire some *bored* elementary students to put on a play/puppet show/carnival

Dress up Day in Halloween costumes, give kids goodie bags

Dinosaur Dig-hide dinosaurs in sand and let kids search for dino's

Dramatic Play outside area-gardening, car wash (buckets & toy cars), grocery store.....

Little Chef lessons-every week make a different FUN recipes

Fly a kite

Tea Party-set picnic table up all fancy, have girls wear dresses

Tape Recorder with mike-let kids record voices & play back

Create an Ant farm

Neighbourhood walk-give each child a magnifying glass and have them study nature

Free play Day-let kids just play at their own leisure, their choice to pick what they want to play

Pots & Pans Band

Build Binoculars from toilet paper tubes & string, go explore to view nature

Homemade Parachute-use an old sheet and play games

Make a Waterslide-use a shower curtain on a slope & place sprinkler on it

Catalogue Cut-outs-let kids cut pictures out of catalogues

Play Hide-n- Seek

Start a collection-give each child a special box to collect things over the summer

Garbage patrol-pick up garbage around the neighbourhood

Vacation Book-create a book kids can take on vacation

Top Ten things kids want to do? Ask your group what they want to do this summer.

Games Day-duck, duck goose, red light/green light, what time is it Mr. Wolf, jump rope...

Go on a lion hunt around the yard (going on a lion hunt song)

Theme days-crazy hair, backwards, dino's, camping, fishing...

Go on the internet and print Bingo cards [www.dltk-cards.com/bingo/](http://www.dltk-cards.com/bingo/)

Turn on music and dance around

Make a volcano with vinegar, baking soda & red food coloring

Make a weather station (rain gauge, thermometer, wind sock, calendar with clip art of weather)

Taste/Smell testing station

Create a boredom box-if they say their bored bring out the boredom box of special activities

What' in the Bag game- place an object in a bag and let kids feel without peeking, let guess it

Make a big puddle with the hose and let the kids wade through it

Grow seeds, make a Mr. Grasshead

Make music with musical bottles filled at different levels

Crazy Hat Day-make or bring hat, put on a parade

Bike Parade-decorate bikes, set up course to ride on

Sink & Float water table-place objects that sink and float in table

Tickle contest-tickle everyone until their rolling on the ground

Learn to juggle

Old-fashioned games-potato sack races, 3 legged race, egg on a spoon, wheel barrow race, pass the orange...

# Summer Time Snacks!

## Peanut Butter and Banana Cookies

1 egg  
1/2 cup peanut butter  
1/4 cup margarine  
1/2 tsp vanilla extract  
1 banana, squashed  
1 cup all-purpose flour  
1/2 cup brown sugar  
1/2 tsp baking soda  
Pinch of salt



1. Mix together the peanut butter, margarine, egg and vanilla extract in a bowl until the mixture is well combined.
2. In another bowl, mix together the other ingredients and add to the peanut butter mixture. Mix until well combined.
3. Make balls with the mixture and place onto a cookie sheet. Flatten out with a fork.
4. Cook at 350 F for about 10-12 minutes and let cool.

## FRUIT KEBABS

1 cup vanilla yogurt  
2 tbsp orange juice  
2 tbsp powdered sugar  
14 oz canned pineapple in chunks  
1 cantaloupe, shaped into balls  
Red or green grapes  
4 bananas



1. In a small bowl, mix together the yogurt, juice and sugar. Set aside and refrigerate
2. Put the fruits on 6 skewers and cook in the oven if desired at 400 F for about 10 minutes.
3. Place the fruit kebabs cooked onto a plate and cover with yogurt sauce.
4. Serve

## RE-THINK WHAT YOU DRINK

Of all the fruit drinks, 100% fruit or vegetable juices are the best choice. Too much, of even 100% fruit or vegetable juices, isn't a good thing. Offer 100% juices in moderation. Here is how much juice your child can drink in a day:

- Children younger than 6 months of age no juice
- Children 6-12 months 1/4 cup
- Children 1-6 years 1/2 cup
- Children 7-18 years 1—1 1/2 cups

*Referenced from Northern Health*

# Smoothies and Shakes

## Orange Shake

Preparation time: 15 minutes

Yield: 4 servings



1 cup frozen unsweetened orange juice

1 banana

2 cups soy milk

1 cup water

Place all ingredients in a blender or food processor and blend until smooth.

Reference: Vesanto, M. and Forest, J. Cooking Vegetarian Cookbook. 1998. 239 pages.

## BERRY BLAST

Number of Servings: 4

Serving Size: 1/2 cup

1 cup cold milk

1/2 cup blueberries

3/4 cup raspberries

Yogurt



In a blender, blend all of the ingredients together until smooth.

Reference: Macdonald, HB. The Everyday Calcium Cookbook. 2004. Page 123.

# July 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
			<b>1</b> Canada Day! <b>CLOSED</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 	<b>9</b> Parent/Child Interaction Group <b>KITCHEN PARK</b> 10:30am-Noon	<b>10</b> Summer Cruise Car Show! 	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Teddy Bear Picnic Kitchen Park 11am-1pm	<b>*16*</b> 	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Parent/Child Interaction Group <b>KIN PARK</b> 10:30am-Noon	<b>24</b> 	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

# August 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Dawson Creek Fall Fair August 5th-9th</b></p>						1
2	<p>3 BC Day!</p> <p>CLOSED</p>	4	5	<p>6 Parent/Child Interaction Group</p> <p>TREMBLAY</p> <p>10:30am-Noon</p> 	7	8
9	10	11	12	<p>13 Come CAMPING with CCRR</p> <p>Kitchen Park 11am-1pm</p>	14	15
16	17	18	19	<p>20 Parent/Child Interaction Group</p> <p>KITCHEN PARK</p> <p>10:30am-Noon</p> 	21	22
23	24	25	26	27	28	29
30	31					