

NEWSLETTER

November & December 2009

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
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- The Latest News
- Informational Internet Sites
- Toy Lending Library Ideas for Winter!
- National Child Day Celebration
- Upcoming Workshops
- Winter Activities and Craft Ideas
- First Aid Course

Office Closure

November 4th: Professional Development Day
November 11th: Remembrance Day
December 21st-January 3: Christmas Holidays



SOUTH PEACE COMMUNITY RESOURCES SOCIETY

Check out our website at: www.childcarechoices.ca

NEWS



EXTENDED HOURS



Late Opening : November 10th 9:00am– 8:00pm

Weekend Opening: November 28th 10am-Noon

**There will be NO extended hours in December.
We will be closed from December 21st, 2009 until January 3rd, 2010.**

We will re-open on Monday, January 4th, 2010 at 9:00 a.m.

**HAVE A GREAT CHRISTMAS
SEASON AND
HAPPY NEW YEAR!**



Here is some great information for your home daycare!

CHECK THIS OUT!

The Canada Revenue Agency has information on “Using Your Home for Daycare.” This information will assist a care provider in understanding financials, record keeping and employer responsibilities. It provides the time limit for destruction of records and much more.

A great resource for any home daycare!

For further information check out the website below or come in to our office for a copy.

<http://www.cra-arc.gc.ca/E/pub/tg/p134/README.html>

LOOKING FOR THE FACTS ON H1N1

AND OTHER RELATED HEALTH TOPICS???

Below are links to the latest information on influenza and H1N1 from *reliable* sources; that being BC Center for Disease Control, Northern Health and BC Health Link.

www.bccdc.ca
www.northernhealth.ca
www.healthlinkbc.ca

NEED TO UPDATE YOUR CHILD CARE FIRST AID CERTIFICATE?

Upbeat First Aid will be offering the Emergency Child Care First Aid.

December 14th, 2009.

It will be held from 8:00am-5:00pm.

1328-102nd Avenue, Dawson Creek

For further information contact Jodi at 250-719-1357.

An Upcoming Workshop

PRESENTER BIOGRAPHY

Dr. Deborah MacNamara is an Educator and Counsellor in private practice with over 15 years experience working with children, adolescents, and adults. Her experience includes working with parents of young children to youth at risk and university students. She is on faculty at Kwantlen Polytechnic University in the Learning Communities Department.



Based in Vancouver, British Columbia, Deborah helps parents and professionals make sense of children and adolescents in their care, providing insight into troubling issues such as anxiety, aggression and agitation. From resilience to resistance, Deborah presents on a variety of topics of interest to parents, professionals, and child care providers.

Deborah is an authorized Neufeld presenter and practitioner after having interned with Dr. Gordon Neufeld and provides leadership to the Neufeld Institute. Her educational background is in counselling psychology, having studied at the University of British Columbia. As a Mother of two young children, she strives to balance work and family while cultivating an attachment village to raise her children in.

These workshops will be offered in both [Dawson Creek](#) and [Fort St. John](#) but will cover different topics.

Dawson Creek Workshop

Topics Covered:

- Cultivating Strong Attachments with Children
- Making Sense of Preschoolers
- Strategies for Attachment Safe and Developmentally Friendly Discipline

When: Sunday, November 29th, 2009

Where: George Dawson Inn Meeting Room

Time: 9:30am-5:00pm (1 hour lunch break)

Cost: \$20.00 per person which includes lunch!

**Pre-registration and payment is required by
November 23rd, 2009.**

Call Carmen @ 250-782-1138

Fort St. John Workshop

Topics Covered:

- Cultivating Caring Children
- Tantrums, Tears and Turmoil:
Understanding Frustration and Aggression
in Children
- Strategies for Attachment Safe and
Developmentally Friendly Discipline

When: Saturday, November 28th, 2009

Where: CCRR 10411-100th Ave (side entrance)

Time: 9:30am-5:00pm (1 hour lunch break)

Cost: \$20.00 per person which includes lunch!

**Pre-registration and payment is required by
November 23rd, 2009.**

Call Heather @ 250-785-5701

Workshop Outline continued on next page

Dr. Deborah McNamara Workshop Outline

Fort St. John

Cultivating Caring Children

We all desire caring and considerate children but there is much confusion about how to get there. This presentation addresses the developmental roots of these highly held virtues and the negative effects some of our prevailing practices in parenting and education have on caring. Included in this presentation are suggestions for how parents, caregivers and teachers can best cultivate these characteristics and social responsibility as a whole. This presentation serves as a good introduction to the developmental approach to raising children.

Topics Include:

- how social responsibility develops
- what moves a child to care
- practices that provoke defenses against caring
- the role of attachment in caring children
- safeguarding children's hearts to ensure caring

Tantrums, Tears, and Turmoil: Understanding Frustration and Aggression in Children

One of the best-kept secrets about children is that they need to have their tears often about the things that will not work in their life. How they manage their frustrations when things don't work out for them and when they don't get what they is critical to their maturation and development. Stepping-in to help them take up a relationship with their frustrations will be one of your best interventions as a parent or caregiver. Frustrations can become overwhelming, it is important to understand how this can lead to aggressive behavior if not handled well. Topics Include:

- the biggest source of frustration for a child
- how frustration leads to aggression
- the importance of tears in the adaptive process
- helping children through frustration
- aggression proofing your relationship

Dawson Creek

Cultivating Strong Attachments with Children

The need for attachment is the greatest need humans have. Despite over 50 years of research, parents, caregivers, and educators are only starting to realize the importance of attachment and how it develops, deepens, and needs to be protected in relation to children. The nature of attachment and its importance in the maturation process will be discussed as well as how to cultivate deep attachments. Strategies for developing and protecting attachments with children will be provided with a focus on discipline that does not divide.

Topics Include:

- the importance of attachment in the maturation process
- the 6 stages of attachment and how it develops in children
- cultivating deep attachments with children
- stuck children and the role of attachment
- attachment-safe and developmentally friendly discipline

Making Sense of Preschoolers

This workshop centers on 6 things that are important to understand when working or parenting preschoolers. The presentation themes address preschooler resistance, creative play, the importance of tears and understanding aggression.

Topics include:

- Lack of impulse control in preschoolers
- Attachment needs of preschoolers
- Resistance in the immature
- The role of tears in preschooler development
- Understanding and dealing with aggression

Dawson Creek & Fort St. John

Strategies for Attachment Safe and Developmentally Friendly Discipline

One of the biggest challenges faced by parents, caregivers and educators is the safe discipline of children in their care. Given that attachment is the greatest need children have, discipline that protects this attachment is critical. Based on real life scenarios from audience members, strategies for attachment safe and developmentally friendly discipline will be discussed. The format of this presentation will take a question and answer format so bring your discipline scenarios to share.

National Child Day Celebration

National Child Day is the day when people across the country take time each year to celebrate Canada's most precious resource-our children. National Child Day is held on November 20th and is a day to remember that children need love and respect to grow to their full potential. It's a day to marvel at their uniqueness and all they have to offer. It's a day to celebrate the family and think about how adults affect the development of children close to them.



Child Care Resource & Referral is partnering with the Early Childhood Educators of BC to hold a **Rug Rat Rodeo** in celebration of **National Child Day!**

When: Saturday, November 21st, 2009

Where: Northern Lights College
Gym, Dawson Creek

Time: 2:00pm-4:00pm

****FREE for Families****



games

activities

magic playdough

face painting

WOW BUS

door prizes



*Christmas Time
At CCR&R*

Who: Licensed Family Daycares

When: Tuesday, December 15th

Time: 9:30 am - 11:00 am

Place: CCR&R Office CO-OP Mall

Cost: \$2.00 per child

Join us for a great time singing
Christmas carols, making
Christmas crafts and even
meeting Santa Clause himself!!

Don't miss out for more
information call

Raelene Pearson at 250-782-1138
ext 222 .



Child Development Centre Preschool Program

9001 - 10th Street Dawson Creek

Two Licensed Preschool Programs for
Children 3-5 year old

Program Details:

Program offered Monday to Friday

9 AM - 11:30 AM or 12:45 PM - 3:15 PM

One Day Per week \$50 / month

Two Days per week \$100 / month

Three Days per week \$150 / month

Subsidy is available if qualify

*Quality Preschool Setting: Outdoor play, Crafts,
Circle Time, Swimming lessons available (additional
cost)*

FOR MORE INFORMATION Call 782-1161

**Spaces are available
for the afternoon program,
so call today!!**



TOY LENDING

Needing some ideas for those **Winter** months....check out these toys in our Lending Library.

You can borrow any of these and other items for a month at a time.

Come in and check out our **Theme Boxes** as well. They are full of fun toys, games and activities.



TY238—8' Giant Tee-Pee Tent



TY219—Activity Treasure Chest



TY213—Discovery Pentagon



TY 172-Soft Building Blocks 184pc

Christmas Tree Shapes Craft

This Christmas tree paper craft provides a good opportunity to practice shapes.
Ages 2+



Possible activities:

- Point out the different shapes used (circle, rectangle, diamond, triangle, star).
- Count the sides of the different shapes.
- Sort the 4 triangles from largest to smallest.

The craft is made with a piece of paper, some crayons, scissors, and glue. I always prefer to use a heavy paper (like construction paper), but it isn't necessary.

Sparkle Pinecones



Materials:

- pinecones collected from your yard...the longer ones are nicest
- glue
- Sparkles
- Plastic bag

From the website: www.dltk-holidays.com

Instructions:

- Have the children paint or roll the pinecones in a mixture of 2 parts school glue and 1 part water.
- Put some sparkles in the plastic bag and then put in the pinecones
- Shake the bag to coat the pinecones (kids version of shake and bake!)
- OPTIONAL: tie a ribbon onto them and hang them up!

Edible Snowflakes

<http://familycrafts.about.com>

Ingredients:

- Flour tortillas
- Oil

Preparation:

Using the same technique as cutting out paper snowflakes, make snowflake shapes out of flour tortillas, you may need to warm the tortilla in the microwave first to make it more flexible. Put a touch of oil in a pan and fry tortilla until it is crisp. Top with one or more of these ideas:

- Sprinkle it with powdered sugar
- Spread butter on one side of the tortilla
- Sprinkle lightly with cinnamon and sugar
- Use bologna, turkey, ham, cheese, etc. and make a snowflake sandwich

Try this creative snack made with tortillas.

Prep Time: 15 minutes

Cook Time: 5 minutes

Infant Activities (6-17 months)

Build Relationships with Infants:

“Play is an important medium for fostering relationships...they are given many opportunities to develop their social and cognitive skills” Authentic Childhood P89.

6-9 months

The Cushion Climb:

Babies need to climb. Heap a pile of firm couch cushions on the floor. The wee ones can climb the mountain. Stack them like ‘stairs’, and they can begin to master stair climbing safely. Play peek-a-boo behind the cushions. This helps babies trust that you always return.

9-12 months

Sing lullabies and recite soft poetry with your baby. Hold her in you arms and sing long, gentle poems. This creates a sense of security and special bonding.

12-15 months

Let Your Baby Help:

Babies learn through imitations and they want to do what you are doing. Choose safe activities for him to help with. Sort the laundry with his help. Sorting is a skill. Ask him to bring you a sock etc. He can help in the kitchen too. Give him a wet cloth to wipe a table. Give her a bowl and wooden spoon, so she can stir when you stir.

15-18 months

Changing Games:

Make a game of getting dressed and undressed. She can help by giving you her foot or raising an arm. Sing ‘I’m going to take that sock right off of your foot’ or ‘I’m going to take that arm right out of that sleeve’ to the tune of ‘I’m Gonna Wash That Man Right Out of My Hair’ from South Pacific.

These infant activities are taken from the book Baby Games-The Joyful Guide to Child’s Play from Birth to Three Years by Elaine Clow-Martin.

Chocolate Mint Spoon

Materials:

From the website: www.dltk-holidays.com

- red plastic spoons
- 2 Hershey chocolate bars (no nuts)
- crushed peppermint
- Gold ribbon

Instructions:

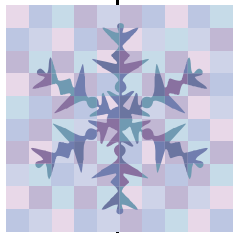

- Melt 2 Hershey bars/no nuts.
- Dip spoons in melted chocolate
- Immediately dip choc. covered spoon in crushed peppermint.
- Tie a thin gold ribbon on spoon handle
- Attach this poem through ribbon.

**Try Chocolate-Mint coffee Mommy
It's tasty as can be
And while you drink it Mommy
You can think of me.**

November 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4 CLOSED For Staff Training	5	6	7
8	9	10 Late Opening Bedtime Stories 6:30pm-7:30pm	11 CLOSED Remembrance Day	12	13	14
15	16	17	18	19	20 National Child Day	21 National Child Day Celebration 2pm-4pm
22	23	24	25	26	27	28 OPEN 10am-Noon
29 Deborah MacNamara Workshop 9:30am-5:00pm	30					

December 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Christmas Interactive Playtime 9:30am- 11:00am	16	17	18	19
20	21	22	23	24 Christmas Eve	25  Christmas Day	26 Boxing Day
CLOSED						
27	28	29	30	31 New Year's Eve!	New Year's Day!	
CLOSED						