

4219THAVE.N.  
POBOX746  
GOLDEN,BC  
VOA1H0

PH:344-49960R  
1-866-344-2900  
FAX:344-4560

hgccrr@uniserve.com  
WWW.CHILDCARECHOICES.CA

# Golden CCRR

## Newsletter



MARCH/APRIL 2011

### INSIDE THIS ISSUE:

Bursary 2  
This and That

Child Care 3  
Provider Profile

Subsidy 4  
Update  
Car Seat Expiry

Rainy Day, 5  
Indoor Play!

Phthalates 6

Crafts and 7  
Songs

Crafts and 8  
Songs

Extra Office Hours:  
Golden CCRR will be open  
Fridays 9am-4pm from April 4th 2011-June 30th 2011!

### Inspiring Words:

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Lao Tzo

"Be yourself, who else is better qualified?" Frank J. GIBLIN

"Childhood is a journey, not a race." Unknown

"One shoe can change your life." Cinderella

### Upcoming Events, Meetings, and Workshops:

March 11th, 2011 9am-3:30 pm @ COTR-LIRN (Learning Initiatives for Rural and Northern BC) **Building Community Bridges Workshop**, Networking workshop is free, with limited child minding spaces. Contact Joanne ([ecdcoalition@uniserve.com](mailto:ecdcoalition@uniserve.com)) to register.

March 21-April 1 2011: **Spring Break!** Remember, many children's programs do not operate during this time! Please refer to our calendar to see what's up!

April 13, 2011 6-8pm: **Dr. Gordon Neufeld** presentation @ the Senior Centre, cost: \$5.00 at the door. Dr. Neufeld is a well known parenting expert and co-author of Hold on to your Kids. This event will be informative and interesting, so please come out and join us! Please contact the Family Centre for more info 250-344-2000

# ccrr

Child Care Resource & Referral

**Annual Membership Fees:**  
Parents \$20.00

Associates/Community Partners  
\$30.00

Licensed Family and LNR Child  
Care Providers FREE

## Bursary Available:

Are you currently taking the Good Beginnings: Professional Development for Family Child Care Providers, The One Year Family Child Care certificate or an ECE course at a private institution?

BC Family Child Care Association (BCFCCA) wants you to know that we continue to administer a reimbursement bursary to qualifying participants. Please check out the BCFCCA website to review the criteria, bursary amounts, and get an application.

You must apply in the term you complete the course. If you are completing a course between January 1st and April 30th, a complete application and all the required documents must be postmarked no later May 30th in order to be considered. If you complete a course between May 1st and August 31st applications must be postmarked by September 30th. Don't delay; check out the bursary criteria and eligibility requirements at [www.bcfcca.ca](http://www.bcfcca.ca) today!

BC Family Child Care Association (BCFCCA) is the professional association of family child care providers in the province of British Columbia.

If you are ever wondering about different health issues and how they affect your kids, ask Dr. Nieman, an Alberta based paediatrician who is also a parent. He has some great info for parents!

'Healthy Kids' is a free site aimed at providing support and information to parents with children under the age of 16 years.

<http://www.healthykids.ca>

Thank You.....

CCRR would like to thank Cheryl from the Jungle Room for the donation of a Playmobile Fire Station, this cool toy is a very popular loan item for the kids! Drop in and see the wonderful new toys Cheryl has donated!

We would also like to thank Don and Seth for repairing some of our older toys so that they are safe to lend out once again...what a kind and generous thing to do!!!!

## Giant Steps



## Preschool

Suzanne Struthers, an Early Childhood Educator, offers a wide range of quality, flexible and inclusive services at her home-based preschool, Giant Steps. Using an innovative and current approach both in and outside the classroom, you'll often see Suzanne and the preschool groups of children aged 3-5 out and about at our public library, local parks or walking along the trails. With over 25 years experience listening and working closely with youngsters and families, Suzanne helps support and guide children's development, language acquisition and communication skills in a safe nurturing environment as they take their first steps outside the home to experience the joy of exploring, inquiring and learning through play.

Preschool Programs Offered for children aged 3-5:

M-W-F from 9:15 to 12:15

T-Th from 9:15 to 12:15

T-W-TH from 12:45 to 3:15

A Visiting Child Program is also offered to permit children who are not permanently enrolled in the program to attend when spaces are available.

Giant Steps is located at 403 Riverglen Drive. If you are interested in more information about the programs or interested in enrolling your child in one of the preschool program or as Visiting Child at Giant Steps, please contact Suzanne at (250) 344-6812 or [s.struthers@telus.net](mailto:s.struthers@telus.net)

## **Child Care Subsidy Updates**

### **New fill and print application form:**

You will be pleased to know that the Child Care Subsidy Application is  
Now available in a fill and print format on the internet:

<http://www.mcf.gov.bc.ca/childcare/forms.htm>

- Child care providers still need to use the printed reports...they are NOT online at this time!

#### **Current processing times:**

As of February 22nd, 2011 the service centre is determining eligibility within 7 business days of receipt of a completed application with all supporting documentation. Processing of claims for child care providers is at 1 business day. Phone calls are being answered within an average of 3 minutes. Processing times are within normal service standards. Processing times can change at any time.

### **Consumer Information Notice - Children's car seats and booster cushions:**

#### **How long are they safe?**

All children's car seats and booster cushions sold in Canada have an expiry or useful life date on them, even though this is not required by regulation. Manufacturers do this to inform current owners and prospective buyers of the potential risks of using car seats and booster cushions that may be missing important parts, labels or instructions and/or may have an unknown history which could lead to less than optimal safe performance when needed. People should not use children's car seats and booster cushions past their expiry or useful life date.

Manufacturers give an expiry or useful life date because over time:

- frequent use and exposure to sunlight can damage and weaken plastic;
- safe-use labels on the products fade or become hard to read;
- instruction manuals have likely been lost;
- food, cleaners, drinks and other materials that have been spilled or used on webbing, buckles, adjusters and other parts may prevent them from working safely;
- the history or condition of the car seat or booster cushion becomes hard to check (was it in an accident, was it stored in a place or in a way that caused damage to parts, etc.);
- safety regulations and standards may have changed, so safer products may now be on the market; and second subsequent owners may not get product safety recall notices if problems arise.
- In Canada, all provinces and territories require infants and toddlers to be buckled up in the appropriate car seat.

Several provinces also require booster cushions for children who have outgrown a child car seat but are too small for a regular seat belt. The provincial and territorial laws also say that the children's car seats and booster cushions must be certified to *Canada Motor Vehicle Safety Standards* and must be used according to the manufacturer's instructions. If you don't follow the instructions, or if you use them past their expiry or useful life dates - you may be putting your child's safety at risk and you may be found guilty of breaking the law.

Check out the following link to see if your car seat has expired:

<http://www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-notices-2007c10-menu-355.htm>

## Rainy Day...Indoor Play...

When the weather is keeping your preschooler from playing outdoors, try one of these great indoor games to keep him/her occupied!

### Beanbag Toss

**Materials:** 4-by-6-inch scraps of material, Needle and thread, Dried beans, Ziploc bag

**Directions:**

The Ziploc bag protects the beans even if the bag gets wet.

1. Fill a small Ziploc bag with dried beans.
2. Sew two squares of material together on three sides, leaving a space on the fourth side big enough to slide in the bag of beans.
3. Turn the bag inside out to hide the seams, insert the bag of beans, then sew up the space. (If you don't have time to sew a bean bag, pour beans into an old sock, knot the open end, and turn down the cuff.)
4. Use the bean bag to play catch, or have your child toss the bag into an empty laundry basket from a few feet away.

### Carpet Raceway Activity

**Materials:** Books or scraps of wood, Matchbox cars or other toys with wheels

**Directions**

1. Make a raceway or train track on a carpet by laying down books of equal thickness side by side to make a smooth lane, or use pieces of plywood or two-by-fours. (Your raceway can be any length and can be straight or have turns.)
2. This will transform the carpet into a smooth surface for racing toys with wheels.

### Animal Charades

**Materials:** Variety of stuffed animals, Pillowcase

**Directions:**

1. Place several stuffed animals in a pillowcase.
2. Close your eyes while your child takes one out and looks at it.
3. Have her put it back in the case and act out the animal, while you try to guess what it is.

### Fancy Duds of the Future

**Required:** Drawing supplies **Optional:** Magazines, junk mail, and other disposable picture sources

What will the well-dressed person of the future look like, say, in the year 2300, 2500, or 3000? Fashion trends certainly do change over time. (You and your kids might want to browse through an encyclopaedia and remind yourselves what people were wearing 100, 200, 300 years ago or more.) Make a drawing or collage of your kids ideas!

### I Love You Because...

**Materials:** Paper and pen, Crayons or markers

**Directions:** Ask your child, "Why do you love Daddy?" Write her responses on a sheet of plain or construction paper, and have your child decorate it with crayons or markers. Place the "love note" as a surprise in Dad's lunch the next day. You can vary the questions you ask your child, such as, "What's the funniest thing Daddy ever did?" Or do this for friends or grandparents and other relatives. Some of the answers you get may be priceless!

Have fun with your kids on these rainy spring days!

## Phthalates to be restricted in children's toys



*CTV.ca News Staff*

Health Canada has announced new restrictions on the use of six phthalates in children's toys and products used in the care of children.

Phthalates are chemicals used to make a type of plastic called PVC (polyvinyl chloride) soft and flexible. They can be found in a wide range of consumer products, including toys, vinyl floors, vinyl fabrics, as well as soaps, paints, and product packaging.

Research has shown that phthalates have a number of health effects, including as endocrine disruptors, disrupting the reproductive hormone systems of children. The chemicals can also cause liver and kidney failure when large amounts are ingested.

The new rules will limit the allowable concentrations of three phthalates -- DEHP, DBP and BBP -- to no more than 1,000 milligrams per kilogram (0.1 per cent) in all children's toys and products used in the care of children, such as bibs and baby bottles.

They will also restrict the permitted concentrations of DINP, DIDP and DNOP to no more than 1,000 mg/kg in the same products that children under four years old might put in their mouths.

Health Canada says while the phthalates in most PVC does not constitute a health risk, phthalates can leach out of soft vinyl when the products are sucked or chewed, migrating into the body through the saliva and creating a health risk.

Health Canada advises parents to monitor their children's use of soft vinyl (PVC) products not specifically designed for sucking and chewing, such as vinyl bibs, and bath or inflatable toys. They should remove these products from the child's environment if they observe the child sucking or chewing on them.

The new restrictions will come into force on June 10, 2011.

"These new regulations will ensure products that are imported, sold or advertised in Canada do not present a risk of phthalate exposure to children and infants." Health Minister Leona Aglukkaq said in a statement.

Rick Smith, the executive director of Environmental Defence Canada, which has long campaigned against the use of phthalates, applauded the decision.

"Canada's Phthalates Regulations are now aligned with measures taken in the United States and the European Union and will ensure our children receive the same high level of protection." he said in a statement.

The government announced plans for these restrictions in 2009.

Smith says in the interim, most manufacturers brought in their own voluntary phthalate bans.

"Manufacturers and importers have clearly gotten the message. The writing has been on the wall for this chemical for a while," Smith said.

"So what's happening today is really the final nail in the coffin."

Smith says caregivers shopping for new kids' toys will often find that the toys have labels that note they contain no phthalates.

"What parents should be most concerned about is hand-me-downs, so if you've got old bath toys kicking around, make sure they don't contain phthalates. If it doesn't say 'no phthalates' on the toy, chances are it does contain phthalates and I would buy a new rubber duck," Smith said.

**Here are some online sources of Green Toys for your kids:**

<http://www.greentoys.com/>

<http://www.learningtoys.ca/catalog/179>

<http://www.chapters.indigo.ca/toys/Green-Toys/606324-4294967151-cat.html>

# Games, Crafts, Songs, & Finger Plays:

## I'm a Little Leprechaun

(Tune of I'm a Little Teapot)

### Song:

I'm a little leprechaun  
Dressed in green,  
The tiniest man  
That you have seen.  
If you ever catch me, so it's told,  
I'll give you my big pot of gold.

### Actions:

I'm a little leprechaun  
**(hands on hips)**  
Dressed in green,  
**(point to shirt)**  
The tiniest man  
**(hold thumb and index finger about an inch apart)**  
That you have seen.  
**(point to the other people)**  
If you ever catch me, so it's told,  
**(make a motion like you're grabbing at a leprechaun)**  
I'll give you my big pot of gold.



### Torn Paper Shamrock

#### What You'll Need:

- Green construction paper
- Large sheet of contrasting paper
- Pencil
- Glue



#### What to Do:

1. Tear green construction paper into small pieces. Half inch squares work pretty well, but you can go a little bigger if you're working with a very young child.
2. Draw a large shamrock shape in the middle of the sheet of contrasting paper.
3. Spread glue around the inside of the design. Try to cover the entire surface of the shamrock so that covering it will be easier.
4. Put the torn green paper on the glue to create the shamrock design. Let the glue dry completely.

#### Variations:

- Drizzle a little glue on top of the torn paper and then sprinkle with glitter.
- Use this idea to create a greeting card for parents or grandparents.
- Use the torn paper idea to create a pot of gold, leprechaun, or other St. Patrick's Day design.

### Saint Patrick's Day Game:

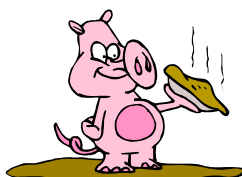
(Modify Doggy Doggy where's your bone to be Leprechaun, Leprechaun where's your shamrock)

- One child is the leprechaun -- sits in the middle of the circle with eyes closed
- One of the children in the circle hides the shamrock behind their back - I always have an adult distribute the shamrock so all the kids get a turn.
- Circle children say: "Leprechaun, Leprechaun where's your shamrock? Somebody has it in their Pocket! Guess who? Maybe you? Maybe a monkey from the zoo! Come on Leprechaun find your shamrock."
- Leprechaun opens eyes and has 3 guesses as to who has the shamrock.
- Child with the shamrock becomes the next leprechaun.



### Mud Dough

- 1/2 cup cold water
- 1 T. cooking oil
- 2 T. brown tempera paint
- 1/2 salt
- 1 T. cornstarch
- 1 1/2 c. white flour



Put all ingredients in a large bowl to stir together. Turn it out onto the table to knead until totally mixed. Play!

### Cloud Wind Puppet



#### Materials:

- Paper
- scissors
- glue or stapler
- White ribbon
- scrap paper
- OPTIONAL: markers or pencil crayons

#### Instructions:

- Fold a white piece of paper in half and cut out a cloud shape
- Staple 3 sides of the cloud together and leave the 4th side open like a pocket. (I stapled, because it was faster. Glue looks a lot better and doesn't have sharp edges!)
- Hole punch a few holes in one end and tie some white ribbon into the holes to hang out like streamers.
- Once the ribbons were tied and knotted, we used shredded paper to stuff the cloud. (You can use the stuff in your shredder garbage can, you can use scraps from the stuff you cut, you can use newspaper, or you can use any discarded paper to recycle it. I used finished school work that we didn't need any more, and I cut it into strips to crunch.)
- Once the cloud is stuffed, staple or glue the last side together.

#### TWO LITTLE BLUE BIRDS

Two little blue birds  
Up in a tree  
Built a nest  
For all to see.

Along came the babies,  
One, two, three.  
Now they're all  
A happy family!

#### FOUR LITTLE BUNNIES

Four little bunnies went out to lunch.  
They found carrots and took a bunch.  
They ate the carrots with a crunch, crunch, crunch!

Four little bunnies went out to lunch.  
They found some lettuce and took a bunch.  
They ate the lettuce with a munch, munch, munch!

#### BUNNIES SURPRISE

Tune: "Eensy Weensy Spider"

Once there was a bunny  
Who hopped around the town.  
He brought colored eggs  
And laid them on the ground.  
When the children woke up,  
They had a big surprise.  
Lots of pretty eggs

