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# Golden CCRR Newsletter



MAY/JUNE 2011

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child care

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Extra Office  
Hours:  
Golden CCRR  
will be open  
Fridays 9am-  
1pm from April  
4th 2011-June  
30th 2011!

May is Child Care Appreciation Month. Please take some time out to give some kind words to our very dedicated child care providers. Our most precious asset - our children—thank all our child care champions for all your hard work and dedication!

I know that many families were able to attend the wonderful Dr. Neufeld seminar on "Hold on to your Kids". This book was purchased by CCRR and is available for borrowing! Stop by today if you ever need to be re-inspired!

## Upcoming Events, Meetings, and Workshops:

Wednesday May 4th: Parson Kids Club: Ready, Set, Play Clay. 1:00—3:30 for more information please call Heather @ 250 344 4620

Wednesday May 4th: Parent and Tot moves outside. Please pick up new schedule at CCRR.

Saturday May 7th: Child Care Providers Open House. 9:00am—12:00pm

Sunday May 8th: Mother's Day! Have a great day to all our Mothers.

Tuesday May 10th Move for health day. Get outside and play!!

Thursday May 12th: Kiki the Eco Elf at StrongStart 10:00am—11:00am and 1:30—2:30 at Golden library.

Saturday May 14th: Health Faire at Rec Plex 11:00am—4:00pm.

Friday June 3rd: The Teddy Bear's Picnic 10:30am—12:00pm at Clown Park.

Sunday June 19th: Father's Day! Have a great day to all our Dads.

Wednesday June 29th: Last day of school and regular child programming ends. Check out the Town Leisure guide for summer activities.

# ccrr

Child Care Resource & Referral

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

Associates/Community Partners  
\$30.00

Licensed Family and LNR Child

Did you know?

The child care advocates of BC and the early childhood educators of BC have proposed to move to a system of integrated early care and learning in BC. Suggestions to government include:

• An early care and learning act for BC!  
Includes all children the right to high quality care and learning!

• Children and families come first!  
Creating early years centre networks: that put care at the core!

• Early years centred will have funding and Accountability  
Working on parent fee caps!!

There are some very exciting child "learning and care" advocacy happening and being presented to government to find out more please contact: Coalition of Child Care Advocates of BC: [www.cccabc.ca.ca](http://www.cccabc.ca.ca) or e-mail [info@cccabc.ca](mailto:info@cccabc.ca) or the Early Childhood Educators of BC [www.ecebc.ca](http://www.ecebc.ca) or e-mail [membership@ecebc.ca](mailto:membership@ecebc.ca). Be informed for our children!

Did you know?

Our Early childhood coalition in Golden meets every other month and loves to hear from families on your concerns about our communities children!

"It is our mission to coordinate a network of quality programs and services in Golden and rural communities based on our understanding of the importance of Early Childhood Development."

To get involved contact Joanne McCullough at [ecdcoalition@uniserve.com](mailto:ecdcoalition@uniserve.com)

Did you know?

That from January to March 2011:

CCRR worked to assist 156 families inquires about child care!

CCRR assisted Child Care Providers 75 times to support their work with children and families!

The Toy Lending Library lent out 87 toys and resources to our families and child care providers!

Way to Go Golden for supporting our children and families!!

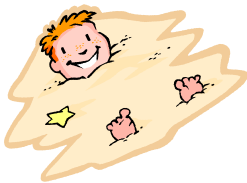
CCRR is excited to profile two of our latest Licensed Not Required Child Care providers:

## **Karissa Pelletier and Sharan Virk**

We are pleased to offer our community two more child care options!  
Thanks ladies.

### **Karissa Pelletier**

Karissa is a mother to three energetic boys which I think qualifies her for just about everything. She is opening her home up for child care Monday to Friday 7:30am—5:30pm including holidays. Karissa schedule is flexible which allows her to work with families to accept drop-ins and she does not require monthly contracts.



Children in Karissa's care will enjoy attending StrongStart, playing outside, singing songs, crafts and much more. Karissa is interested in sewing so if you have a little one that wants to try something new give Karissa a call.

250 344 8960 or e-mail [kari.s.sap@hotmail.com](mailto:kari.s.sap@hotmail.com)



### **Sharan Virk**

Sharan has a son and a daughter and has been a member of the Golden community for 15 years. She is available for child care Monday to Friday 8:00am—5:00pm excluding holidays. Sharan loves to take children outside. She is very flexible to accommodate each child's individual needs. The park is one of her favourite places to be however you will see Sharan at the swimming pool, StrongStart and the Library for story time.

Sharan provides healthy snacks each day and enjoys crafts, stories and giving children the time to play in her wonderful play area. If you would like to meet Sharan please give her a call.

250 344 8983



### A Parents' Guide to Nature Play

How to give your children more outdoor play ... and why you should!

By: Ken Finch of Green Hears INC

What are your favourite memories of childhood play? If you are like millions of other North Americans, most of those memories happened outdoors and included a lot of nature-based play for instance :

- ♥ Digging holes to China
- ♥ Catching fireflies and frogs
- ♥ Exploring little creeks and ponds
- ♥ Building stick forts or tree houses
- ♥ Daydreaming in your secret spot ; or
- ♥ Just "mucking around" in the woods.



Do our own children play that way? Chances are they don't. Childhood has changed!  
How can parents restore nature play?

Show your kids the door!!  
As they play outside more often, challenge your kids to explore your own yard and find things they've never noticed before.

"Kidscape your yard!"

Water, seating, shrubberies, play log, dirt pile or digging pit, veggie garden, berries, and a birdhouse  
Are just a few ideas be creative!



Play as a family!  
Backyard camp! Picnic, show and tell!

Keep nature play tools handy! Binoculars, Nets, bug cages and always your camera!

To learn more about nature play check out;  
[www.childrenandnature.org](http://www.childrenandnature.org), [www.greenheartsinc.org](http://www.greenheartsinc.org) and [www.morenature.info](http://www.morenature.info)

"How do you like to go up in a swing?

Up in the air so blue.

Oh how I think it's the most pleasantest thing ever a child can do."

Bev Bos and Michael Leeman



## Building a Partnership with your Child Care Practitioner

Children learn and grow in the context of relationships. While they are very young, the most important relationships are with you and with other adults who care for them. They also watch to see what kind of relationship you have with those other adults. When children see their adult caregivers, from both home and child care, cooperating as partners, the transition from one setting to the other happens more smoothly. Children feel more secure and they are able to let their potential unfold freely.

Here are some suggestions for building a successful partnership with your child care practitioner.

- Look for a child care setting that **shares your approach** to bringing up children, one that respects your **values and goals** for your child and that can fulfill his or her needs. It will be hard to work with someone if you disagree about fundamentals.
- Choose a program that gives you a feeling of **mutual respect**. You should feel you can respect the practitioner's **experience and knowledge**. In turn, you should feel that you are **respected for your specific knowledge** about your child's unique personality and needs.
- Make sure that you **discuss and agree on operational details right at the beginning**: hours of care, payment, notice about holidays, what to do if the child is sick, etc. It is better if all of these things are **in writing**. Partnerships can break down easily over little misunderstandings that could easily have been avoided.
- Make **your expectations** clear from the beginning too. Let the practitioner know about your approach to routine and discipline, your expectations for learning activities, any special cultural or religious concerns, any medical needs of your child, etc. The program cannot make adjustments for your child if they don't know what you would like.
- Look for a program that has an **open-door policy** and take advantage of it as much as you can. The program should make you feel welcome and comfortable when you visit.
- Maintain **frequent communication** with the program. Let them know how you prefer to communicate (conversations, in writing, e-mails, a communication book, etc) and also what time is best for you (drop off, pick up, on your lunch hour by phone, in the evening, etc)
- Tell practitioner what is happening at home both day to day (how your child slept, how much breakfast he ate, where you went on the weekend, etc.) and in general (the child's likes and dislikes, what the child shows interest in, what you enjoy doing together, etc.)
- Be sure to let practitioners know about changes which may cause children to be stressed (Grandma's coming to visit, big sister started kindergarten, the dog is sick, Dad started shift work, etc) Under stress whether it's positive or negative, children's behaviour often gets worse. It's important for practitioners to understand what is going on so they can respond appropriately. Of instance, they could read a story about a sick pet and get the child talking about her feelings.

Successful partnerships depends on an attitude of respect and on clear and frank communication. On this solid base, you can work out common goals and share decision making for your child. Together, you will be able to make the connections between home and child care that will enhance your child's development.

## Cooking with kids!

### Why Cook with kids?

Children are far more interested in eating something that they have had a part of making! Let's face it: as adults, we're usually cooking because we have to. But to a child, a kitchen is a mad scientist's laboratory. Stuff gets measured and mixed; liquids are poured into beakers; ordinary substances are transformed, as if by magic, into delicious edible wonders. Isn't it time you took an apprentice or two? A few simple tricks can make it easy and safe for your kids to help you in the kitchen.

- ♥ Give them a birds eye view. Kids always want to see. Use a step stool to help.
- ♥ Dress for the job. Look for a kid sized apron so they can really feel apart of cooking.
- ♥ Offer small tools. Measuring spoons are kids sized and gives them pride in counting.
- ♥ Think small. When you are preparing a large family meal give smaller amounts for your child to prepare their own great casserole.
- ♥ Keep a sense of humour and have fun. :)

**Ants in a Nest:** You need: Muffin Tin ,raisins, Muffin mix.

Make muffins and when cooled, poke 3 or 4 holes in muffin ask your child to drop Raisins in the hole or nest. The child can count while placing raisins in hole.  
EAT together and enjoy!

2 cups (500 ml) all-purpose flour or whole wheat flour  
 2 tsp (10 ml) baking powder  
 1/4 tsp (1ml) salt  
 1/2 cup (125 ml) butter, softened  
 1 cup (250 ml) granulated sugar  
 2 eggs  
 3/4 cup (175 ml) milk  
 1—1/2 cups (375 ml) blueberries

In a bowl, combine flour, baking powder and salt. Give your child the measuring cup and ask them to fill the cup up and drop in bowl. In a separate bowl cream butter with sugar. Again give child spoon and ask if they can push the sugar into the butter. You will need to help. Beat in eggs one at a time. Kids may not be the best egg cracker the first time however it doesn't take long. Let them try! You can always pick out the shells after. Gradually stir in milk (mixture may appear curdled) Make a well in the centre of dry ingredients, any age child can help here. Pour mixture in together and stir until moistened. Fold in Blueberries and Presto you made muffins together! Bake in 375 F (190 C) for 25—30 minutes! Remember who the muffins are for so if your child makes a few mistakes its ok!! Child love to try what they have made!! Enjoy

Getting kids to eat healthy but still giving them treats in not always easy!  
 Try making Spinach Pops.

These are wonderfully cheap and children love them, oh and they are made from good stuff. You do need the frozen popsicle stick holders, usually on sale at Overwaitea for about \$3.00.

Puree 2 large hand full's of spinach. (approx. 3 cups)

Blend dark red fruit, ie. strawberries, raspberries, pomegranates or a mixture of these (2 cups)

Add vanilla yogurt to blend (300 ml)

Then freeze. Yummy spring goodness every mom will be proud to serve.

# Games, Crafts, Songs, & Finger Plays:

## Five Little Flowers

Five little flowers standing in the sun.  
See their heads nodding, bowing, one by one.  
Down, down, down falls the gentle rain.  
The five little flowers lift up their heads again.

(Finger play with all 5 fingers acting as the flowers)

## Five Little Flowers

Five little flowers growing outside my door. I picked one for Grandma, now there are four.  
Four little flowers, the prettiest I've seen. I picked on for Grandpa, now there are three.  
Three little flowers, just a lovely few, I picked one for Mommy, now there are two.  
Two little flowers reaching for the sun, I picked on for Daddy, now there is one.  
One little flower, a colourful one here. I picked one for you, now there is zero.

**The Very Hungry Caterpillar by Eric Carle** is a great book to read children in the spring. The idea of a caterpillar turning into a butterfly amazes young minds. After reading or telling the story this wonderful little poem can be acted out by your child.

Fuzzy wuzzy, creepy crawly  
Caterpillar funny,  
You will be a butterfly  
When the days are sunny.  
Winging, flinging, dancing, springing  
Butterfly so yellow,  
You were once a caterpillar,  
Wiggly, wiggly fellow

Little fuzzy caterpillar  
In your warm cocoon  
The cold winter's over and you'll be hatching soon.  
Then you'll spread your wings  
On a warm summer's day  
And wave us all good bye  
As you fly, fly away.

Spring is the best time for Science. Kids love to get outside and get dirty. Why not make it a learning experience as well, Young children are naturally curious and by playing with this curiosity your child will learn science. "Once in their hand, always in their heart."



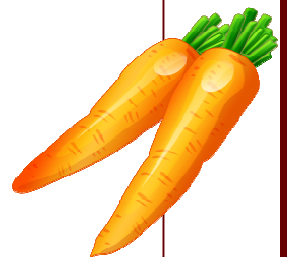
**Flower Food**  
What do flowers eat?  
How?



Take a white flower, (daisy)  
Let your child place their flower in a clear cup with water, (once they tell you water is what a flower drinks.)  
Put a few drops of food colouring in the water and wait. The child will watch with amazement that the flower changes colour.

## Carrot on a String

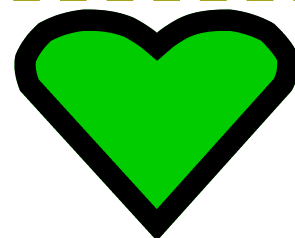
Core out the top of a carrot and put a hole in order to hang the carrot from a string. Hang it somewhere where it can get sun. Have your child put water in the cored out top. In a few days your child will love to see the results.



Be ready to answer questions of how? And Why?

## Plant and Play

Watching things grow is always amazing. Grow your name is always fun! In a clear plastic container let your child fill with potting soil. They can then spell out their name in the dirt. Sprinkle grass seed in the name water and watch your child's name grow! If your child is too young to write their name you can do a shape.





Mommy Loves me  
(Sung to: Jesus Loves Me)

Mommy loves me this I know (hands on hear)  
For she always tells me so (hug self)  
She holds me when I'm scared or sad (make sad face)  
She understands me when I'm mad (stomp Feet)  
Yes, Mommy loves me (hug self)  
Yes, Mommy loves me (point to self)  
Yes, Mommy loves me (hug self)  
She always tells me so (jump)



Making a craft to home for mom and dad is both a wonderful way to spend time with your child and really gives your child pride in creating and making a surprise for either their mommy, daddy, grandma, granddad, etc.

Here are a few fun keepsakes that children love to do:

Have a wonderful family time for both Mother's and Father's Day!!  
CCRR Staff

I love my Daddy  
(Sung to: Frere Jacques)

I love my daddy, I love my daddy, (hands on heart)  
Yes, I do, Yes I do (shake finger)  
Daddies are for hugging, (hug self)  
Daddies are for kissing (blow kiss)  
I love you, yes I do (point)

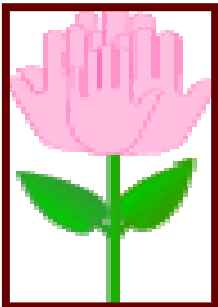
### Brown Paper Bag Card



Supplies needed:  
Brown bag or construction paper  
Scissors, straight and fancy gagged ones (if you have)  
Ribbon, hole punch and crayons or markers.



Cut card shape from brown paper bag, any shape will do.  
Use hole punch to make a series of holes (kids love this part)  
String ribbon or yarn through with a fancy bow on top  
Write your message of love to mom or dad  
Great card for any child to give to that special person they love!



Give flowers to your child care provider for Child Care appreciation day May 6th:  
Show your child care provider that your whole family appreciated them with this lovely family handprint flower. Trace families hand prints, mom, dad, child, etc, Cut out hands and arrange a bouquet with the smallest hand being in the front. Use either paper or green pipe cleaners to create the stem and leaves. Your child can give to their favourite care giver as appreciation for all they do. You child will feel a strong sense of pride to give back to the one that always gives and cared for them. (you can even glue a small family picture of appreciation in the palm to show your family cares.)

