

# HOPE CHILD CARE RESOURCE AND REFERRAL



"Your communities' BEST source of child care information and resources".

Summer & Fall  
2019

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## CO-ORDINATORS CHAT

I'm a little rusty writing newsletter chats as it has been four years since I shared my words.

Well its finally summerish and time for a newsletter filled with fun things to do that will carry on to the fall.

Story Time in the Park started July 2nd and it was rainy cold weather but since then improvements abound.

We are in the process of revamping our children and family drop in programs to make them accessible for all people (care providers too)

We are so happy to have the backyard behind Family Place finished. The climbing structure is up the grass has grown, the garden beds are planted with the veggies and we have a shed. Next step is to paint the ugly cement wall with colour and some fun art.

I invite you all to come play we have seating for the adults and a safe play space for the children.

We are in the process of creating small easy to handle and borrow resource kits so stay tuned for the update.

Have a great rest of summer and look out for new updates in the late fall

*Kim*



# Reminder: It's Important to Properly Install Child Car Seats

## Motor Vehicle Safety

Information: 1-800-333-0371

TP 14563 – Consumer Information Notice  
Child Restraint Systems

## HAVE YOU CHECKED YOUR CHILD CAR SEAT LATELY?

Since 2002, we have required all Canadian passenger vehicles to have lower universal anchorages systems (UAS) installed in some rear seating positions. Why? Because they make it easier to install infant and child car seats.

It is important that you install and use child car seats properly for them to perform well in a collision. We recommend you read both the child car seat and vehicle owner's manuals to learn how to correctly install **your child's car seat in your vehicle**.

If you cannot find complete instructions in these manuals, and your child weighs 18kg (40 lb) or more, we recommend you install the child car seat using **both** the UAS (if equipped) and vehicle seat belt, **together with** the top tether anchor when your child seat is installed forward-facing.

## IMPORTANT NOTES:

1. **Your model of child seat could have its own restrictions.** Always contact the manufacturer directly if you have any concerns about installation guidelines;
2. Always use the top tether anchor when a child car seat is installed forward-facing;
3. Never use a child car seat when your child weighs more than the maximum weight listed on its label; and
4. If you are tempted to move your child to the next stage **early** (for example moving a child from facing the rear to facing forward), **don't**. Research shows this may pose an increased safety risk to the child.

Visit this web page to:

- learn when to make this move;  
find information on child safety in your vehicle. <http://www.tc.gc.ca/en/services/road/child-car-seat-safety/buying-child-car-seat-booster-seat.html>

To request more information about child safety, please contact us:

## Media Relations

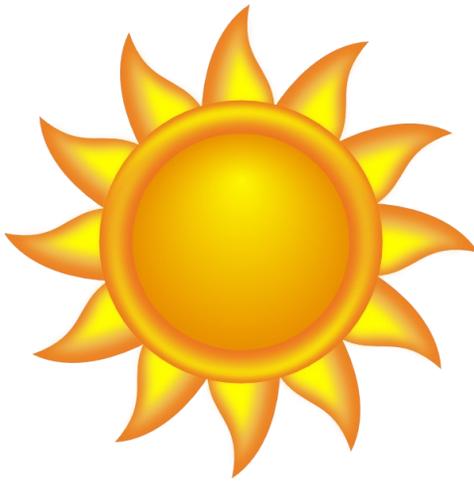
Transport Canada, Ottawa  
1-613-993-0055 (long distance, Canada)

## Public Enquiries, Motor Vehicle Safety

1-800-333-0371 (toll free)  
1-613-998-8616 (Ottawa region and from other countries)

[mvs-sa@tc.gc.ca](mailto:mvs-sa@tc.gc.ca)

# TRAINING OPPORTUNITIES



We are hosting a meet and greet days most Fridays 1:00-3:00pm  
Coffee, snacks, conversation and crafting together, while the children play.  
RSVP to Irais Guerrero @ 604 869 2466 ext 104  
\*\*\*Clothing and resource exchange last Friday of the month June and July  
(strictly exchange, you take what you bring if not exchanged) .  
\*\*\*Resource library open every Friday 1:00-3:00pm  
\*\*\*Resources delivery available Friday morning  
\*\*\*Home support visits Friday mornings

Office open M-F 8:30—3:30 pm

After hrs available Once a month by appointment RSVP to Kim at 604 869 2466 ext 105 Family child are training DTBA due to lack of registrations.

Professional Development for All child care providers and ECEs as per request on July 2019.

[eceregistry@gov.bc.ca](mailto:eceregistry@gov.bc.ca)

The Family Support Institute of BC has just launched our newest family support website. This site is BC's first ever user friendly, searchable database of disability related supports, services and community based activities for anyone in British Columbia! [www.findsupportbc.com](http://www.findsupportbc.com)

Check out the new BC Council for Families website <https://www.bccf.ca/>

<http://www.parentsmatter.ca/index.cfm?fuseaction=page.viewPage&pageID=600>  
DOWNLOADABLE PARENTING RESOURCES from Family Resource Programs Canada

# Keep Calm to Think Straight

- In your head, repeat a phrase to remind you of your goal: “Connect with the child before you correct his behaviour.” “He’s only four and hasn’t mastered this skill yet.” “What does she need now to get into her green zone?”
- Burn off the energy of frustration by moving: walk to the nearest door and back; run in place.
- If you can safely leave the child for a few minutes, take a parental time out. And promise to come back right away.
- Change the way you define the situation. Instead of taking things personally, try to imagine another way to look at their actions. If you see children’s behaviour as a threat (to your authority, your image of yourself as a good parent, your ability to get to work on time), you go into defence mode and your stress hormones push you to react. To find a more effective response, you need to get your thinking brain working. Try pausing and asking yourself, “I wonder what’s really behind this behaviour?” The answer may point you to a solution.

## **Rewards for the relationship**

Some parents may say, “But yelling and threatening work! My kids do what I want.” This may be true: the children feel intimidated and submit out of fear. But what lesson did you teach them about how to solve problems that involve strong emotions? Your ability to lower the intensity will give you the opportunity to reinforce your connection and strengthen everyone’s ability to build healthy relationships  
by Betsy Mann

**Canadian Association of Family Resource Programs**

**1-866-6-FRPCan [www.parentsmatter.ca](http://www.parentsmatter.ca)**



# Bug Hunting



## Materials

- Clear container
- Netting or waxed paper
- Rubber band
- Spoon
- Overripe banana
- Brown sugar
- Magnifying glass

## Instructions:

Have you ever taken the time to observe bugs? They are amazing creatures. They fly, buzz, sting, leap, and even light up.

1. A good way to attract bugs is to put out something sweet like a banana with brown sugar sprinkled on top.
2. Let the banana mixture sit outside a while, then spread it onto the bark of a tree.
3. Check it regularly to see what new bugs you have attracted.
4. Look through the magnifying glass and draw what you see.
5. Come out at night with a flashlight and see if there are any newcomers.
6. If you want to watch a particular bug, put it in your container with a bottle cap of water, a stick, and some green leaves.

## Bugs and Insects

### Songs and games.

#### The Insects Outside (Tune: *The Wheels on the Bus*)

The fireflies at night go blink,  
blink, blink  
Blink, blink, blink, blink, blink,  
blink  
The fireflies at night go blink,  
blink, blink  
Out in the garden.



The bees in the flowers go buzz,  
buzz, buzz  
Buzz, buzz, buzz, buzz, buzz, buzz  
The bees in the flowers go buzz,  
buzz, buzz  
Out in the garden.

Other verses:

cricket/fields/chirp  
caterpillars/on the leaves/munch  
spiders/in the bush/ spin their  
webs  
worms/in the ground/ wiggle and  
squirm

#### Five Busy Bees Fingerplay

Five little busy bees on a day so sunny  
Number one said, "I'd like to make some  
honey"  
Number two said, "Tell me, where shall it  
be?"  
Number three said, "In the old honey tree"  
Number four said, "Let's gather pollen  
sweet"  
Number five said, "Let's take it on our feet".  
Humming their busy little honey bee song.

#### Butterfly Song (Tune: *Up on the House- top*)

First comes a butterfly and lays an egg.  
Out comes a caterpillar with many legs.  
Oh see the caterpillar spin and spin,  
A little chrysalis to sleep in.

Oh, oh ,oh wait and see!  
Oh, oh, oh wait and see!  
Out of the chrysalis, my oh my,  
Out comes a beautiful butterfly!

#### Speedy Spider Song (Tune: *Oh, Susan- na*)

I was sitting in my room one day  
When it came right through the door.  
A big spider sped right by me-  
Went racing 'cross the floor.

(Chorus)

Oh, that spider! Oh how it scared me so.  
But spiders can be good friends. And so I  
let it go.

I watched it crawl up the wall,  
To find a spot just right.  
It spun a web so beautiful.  
And then went out of sight.

(Repeat chorus)

Now bugs and flies do not scare me,  
For I know that it's true-  
That a spiderweb is good to have,  
Bugs stick to it like glue.

(Repeat chorus)



# Local Activities for families with Young Children



Activities For Children/Care Providers/Parents

**Hope Family Place** Drop-in 9:00-11:00 am

Monday-Literacy day

### **ABC Parent and Child Learning**

(parent participation Preschool like Programming)

Tuesdays 9:00am to 12:00pm (FREE)

### **Coquihalla School Strong Start**

Monday-Friday 8:45-11:30 open when school is in session

### **Bear Bus Program**

**B**us for **E**ducation and **A**boriginal **R**esources.

The Bear Program was created to offer off-reserve families with children 0-6 years of age as well as expecting parents the ability to access early learning and early intervention programs.

The Program uses both Sto:lo and Nlaka'pamux culture including singing, drumming, arts and crafts. Throughout the program children, parents, and care providers will learn and use Halq'emeylem and the Nlaka'pamux language.

**Email:** [Connie@seabirdisland.ca](mailto:Connie@seabirdisland.ca)

Tuesdays @ Park

Thursdays @ Silver Creek School Parking

### **Story Time in the Park**

Tuesdays at the Park, July 02, 09, 16, 23, 30 10:30-12:00pm...

Come and join us.....

Books that will be read:

So here is the order

Amelia Bedelia hits the trail

Flat Stanley goes camping

Pete the Cat at the beach..... Irais is translating to Spanish so it will be a multicultural day

Silly Street poems

the back up book for last day is the Guinness world dogs if I cant get enough of the Robert munch Blackflies for Aboriginal day

## **ABC LEARNING PROGRAM**

**A PARENT PARTICIPATION  
SCHOOL READINESS PROGRAM**

**WHEN:**

**Tuesdays 9:00 – 12:00**

**Drop-In**

For more information please contact:

Irais Guerrero or Kim Paolini at

604-869-2466 ext 105

[iguerrero@hopecommunityservices.com](mailto:iguerrero@hopecommunityservices.com)

[kpaolini@hopecommunityservices.com](mailto:kpaolini@hopecommunityservices.com)

## THEME KITS

1. ALPHABET WORKS {matches with number fun}	24. LITTLE SCIENTIST and GENIUSES at work
2. ALL ABOUT CANADA	25. MODELING, SAND, PLAYDOUGH AND TOYS.
3. ALL SCIENCE	26. MONSTERS UNDER THE BED
4. BEARS	27. MULTICULTURAL
5. BEING HUMAN	28.MUSIC
6. CAMPING	29. NUMBER FUN {matches to alphabet works
7. CELEBRATIONS	30. PETS
8. COLOURS AND SHAPES	31. PIRATES and FAIRIES
9. COMMUNITY HELPERS	32. POND LIFE
10. New ABORIGINAL	33. SEASONS
11. DRESS UP CLOTHES TRUNK	34. SPACE EXPLORERS
12. DINOSAURS	35. SPLISH SPLASH
13. FAIRY TALES	36. SPRING CELEBRATIONS
14. FALL CELEBRATIONS	37. THE VERY HUNGRY CATERPILLER
15. FAMILY	38. TODDLER PLAY
16. FAMOUS ARTISTS	39. TRANSPORTATION
17. FARMING	40. USE YOUR SENSES
18. FEELINGS	41. WINTER
19. FUN WITH DR. Seuss	42. WILD ANIMALS
20. GARDENING	43.
21. HAWAIIAN PARTY	44.
22. HOP (HEALTHY OPPORTUNITIES FOR PRE-SCHOOLERS),LEAP & MOVE WITH ME	
23. ZOO and CIRCUS	

**A Reminder to Please Carefully Clean the Toys and Bins Before Returning Them**

These three steps ensure a safe and enjoyable “library experience” for everyone.

**1. Count and inspect the toys within 48 hours of borrowing:**

Call the office to report any discrepancies.

**2. Clean and disinfect the toys and bins:**

For fabrics: Use a lint roller to remove dust and hair and gently wash if possible.

For hard surfaces and bins: Wipe down with a solution of one part bleach to ten parts water and let air dry.