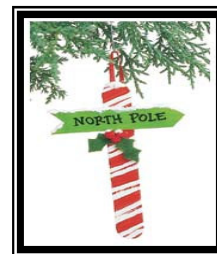




www.Childcarechoices.ca

# Hope Childcare Resource And Referral

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



Winter  
2011-2012

## CCRR

### Business Hours

Monday—Friday 9:00-4:30PM

Second and Fourth Wednesday  
of the Month 11:00-7:00PM

Child care providers work-  
shops 2nd and 4th Wed of  
the Month 6:00-8:00PM

KIM PAOLINI & IRAIS GUERRERO

PHONE: 604 869 2466 EXT 403/402

FAX: 604 869 3317

KPAOLINI@HOPECOMMUNITYSERVICES.COM

OUR OFFICE IS AT 388 B WALLACE STREET

HOPE, BC V0X 1L0

VISIT WWW.HOPECOMMUNITYSERVICES.COM

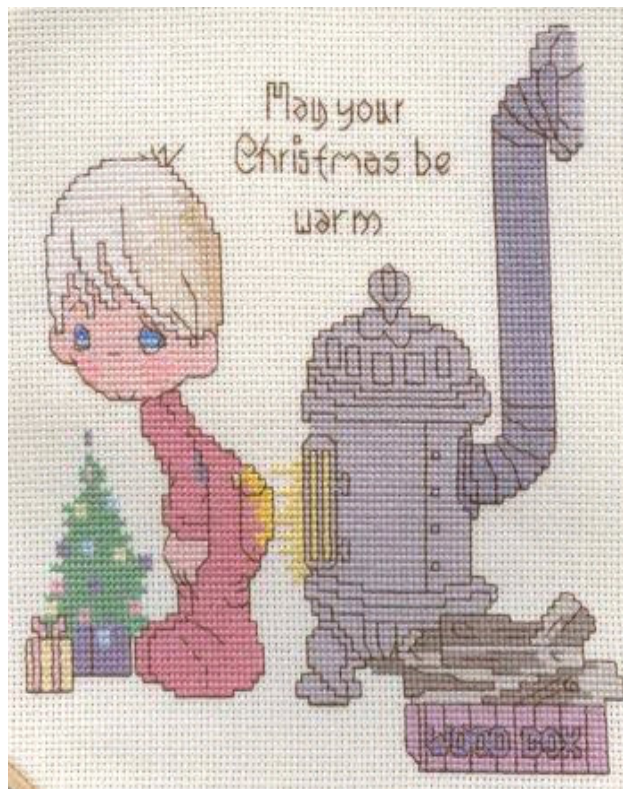


Hope Community Services' Clients are invited to enjoy  
"Breakfast with Mr. & Mrs. Santa"

December 03, 2011 9:00—11:00PM Grace Baptist Church

### Inside this issue

1. Announcements
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*Our Warmest wishes  
for you and your  
family during the  
Holiday Season.*

*From Your Friends at the  
Hope CCRR  
Kim and Irais*

Fill up the cruiser event, come and visit us with a donation at Coopers on December 11, 2011 form 12:00-4:00pm, bring your child/children to visit with our local police members. and a free hotdog



## cooking with Kidz

### Healthy Snacks and Beverages for Kids

These candy cane-shaped breadsticks were adapted from a recipe published by Kris McIlvenna, of Greenbriar Catering in d'Alene, Idaho, which appeared in The Spokesman-Review newspaper in December 2009. Bend the breadsticks like a candy cane and the kids will forget they're not eating candy.

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

#### Ingredients:

- 
- Puff pastry sheets
- Seasoned salt
- Parmesan or Romano cheese, grated
- Optional: poppy seeds, sesame seeds, cumin, caraway, dill seeds or other seasonings
- 



#### Preparation:

Preheat the oven to 350 degrees and lightly oil a baking sheet.

Lay out the puff pastry sheets. Sprinkle seasoned salt and grated cheese on top.

Cut thin, long slices of the pastry dough, twist the slices into spiral shapes, then shape the long strips like candy canes as they lie on the prepared baking sheet.

Bake until light gold in color, about 10 or 15 minutes.

Optional: sprinkle breadsticks with poppy seeds, sesame seeds, cumin, caraway or dill seeds in addition to salt and grated cheese.

Serve the breadsticks on a red and white striped platter, if you have one, or upright in a tall glass or vase.

## CRAFTS FOR LITTLE HANDS

### Colorful Christmas Cats

Festive felines to brighten up your "fur" tree

from **FamilyFun Magazine**

#### Materials

- Wooden craft spoons
- Acrylic paint
- White card stock
- Glue
- Pipe cleaners
- Seed beads
- Fine-point permanent marker
- Green tissue paper
- Red beads or glitter
- String



#### Instructions

To make each one, first coat a wooden craft spoon with acrylic paint. Paint a patch of the same shade onto a piece of white card stock and let the paints dry.

Cut a 1/2-inch square from the card stock, then cut the square in half diagonally and glue the 2 triangles to the top of the spoon for ears. For a tail, curl a 6-inch piece of pipe cleaner and glue it to the back of the spoon.

Glue on black seed beads for eyes and draw a face with a fine-point permanent marker. Add a holly collar by twisting two or three 1-inch squares of green tissue paper around the tip of a pencil, then glue them in place, adding a few tiny red beads or glitter for berries. Glue on more beads for buttons.

Make a hanger by tying a piece of string into a loop and gluing the knot to the back of the spoon. Let all the glue dry completely before hanging.

# HOPE CHILD CARE RESOURCE AND REFERRAL

LEARNING OPPORTUNITIES and events

## December's Activities

### December 03

9:00-11:00 AT Grace Baptist Church Bring your family to a healthy **breakfast with Mr and Mrs Santa.**

DECEMBER 10 & DECEMBER 17

### BRING A TOY, RIDE THE TRAIN

The annual WCE Santa Train takes to the rails again on Saturday December 10th and 17th and in exchange for a new, unwrapped toy at any WCE station you will receive a complimentary return ticket for WCE – same day use only, limit one ticket per person. This year we are getting even merrier; join us at Waterfront Station December 10th and 17th for festive activities for kids, photos with Santa, and holiday music for everyone.

### DONATE FOOD TO THOSE IN NEED

As a way of providing even more help to those in need, we've now added a food drive to the Santa Train charity initiative! Our charity partners, Black Press, CTV, and our Waterfront Station will have collection bins accepting your generous donations December 10th through the 17th. While we appreciate your benevolent contributions of much needed food items, complimentary WCE return tickets will only be issued in exchange for new, unwrapped toys.

For more information about Santa Train, the food drive or our charity partners, please contact

**Customer Service at (604) 488-8906** or email us at [wcecustomerservice@translink.ca](mailto:wcecustomerservice@translink.ca)

### Feb 3rd and 4th

**For more information or to register for the upcoming Children: The Heart of the Matter Conference please visit the following website:**

<http://www.childcareoptions.ca/conferences.php>

**featuring Charlotte Diamond and Gordon Neufeld**

### ONLINE TRAINING

These sites offer online training for early childhood educators and parents. They offer a variety of topics and are free or low cost.

<http://www.learnnowbc.ca/educators/EarlyLearningCentre/default.aspx>

<http://www.circleofideas.net/>

[www.workshopsonearlylearning.com/](http://www.workshopsonearlylearning.com/)

<http://decoda.ca/children-families/leap-bc/food-flair/foodflair-training-resources>

### More December's Activities.

From November 17th—December 14th **Christmas Hamper Registration** for low income families, register at Hope Community Services Office, bring a proof of permanent address, id for every member of the family living at the same household and a picture id for the applicant.

December 14, 2011

**Christmas Hamper pick up day!!**

December 21.

Year end **Child Care Provider's Appreciation/Networking night**

### CCRR CONFERENCE FOR CHILD CARE PROVIDERS AND PARENTS

IT'S ALL ABOUT ME

SAT. MARCH 3, 2012

CASCADE COMMUNITY CHURCH  
ABBOTSFORD

Presenter Dr. Vanessa Lapointe on:

A Child's Play, Understanding the importance of Wrestling, Battling, and G-U-N-s

Call 604-869 2466 ext 403 for more info



## SONGS & RHYMES



### CHRISTMAS SONGS

#### **A STAR FOR MY LITTLE TREE**

Tune: "A Partridge in a Pear Tree"

One the first day of Christmas,  
My mother gave to me –  
A star for my little tree.

On the second day of Christmas,  
My mother gave to me –  
Two strings of lights  
And a star for my little tree.

On the third day of Christmas  
My mother gave to me –  
Three silver bells,  
Two strings of lights  
And a star for my little tree.

On the fourth day of Christmas  
My mother gave to me –  
Four candy canes.  
Three silver bells,  
Two strings of lights  
And a star for my little tree.

On the fifth day of Christmas  
My mother gave to me –  
Five Christmas bulbs.  
Four candy canes,  
Three silver bells,  
Two strings of lights  
And a star for my little tree.

Adapted Traditional  
By Jean Warren



#### **THE TEENY TINY SPIDER**

Tune: "Eensy, Weensy Spider"

The teeny tiny spider  
Climbed up the Christmas tree.  
She looked around  
To see what she could see.  
She saw the toys  
Coming to life  
And dancing 'round the tree  
On Christmas night.

Jean Warren

(This is a fun song to act out with your children.)

#### **Reindeer Pokey**

(Tune: The Hokey Pokey)

You put your right antler in  
You put your right antler out  
You put your right antler in  
And you shake it all about.

You do the Reindeer Pokey  
And you turn yourself all around  
That's what it's all about!

You put your left antler in  
You put your left antler out  
You put your left antler in  
And you shake it all about.

You do the Reindeer Pokey  
And you turn yourself all around  
That's what it's all about!

*Additional Verses*

hoof, red nose, fluffy tail

## CHILD CARE SUBSIDY

Child Care Arrangement form: The Child Care Arrangement form has a fill and print option to assist in on-line completion. Eventually, all other child care subsidy forms will be available with the option of on-line completion. Currently the Child Care Subsidy Renewal form is also online. <http://www.mcf.gov.bc.ca/childcare>

### Subsidy Update

Effective September 1, 2011

The maximum monthly rate for after school care for 4 hours or less is \$175.00 and over 4 hours is \$210.00. Full time kindergarten rate is now \$210.00 per month and the all day kindergarten rate for full subsidy is down to \$21,480.00 from \$33,300.00.

### Information For Care Providers

#### SUBMITTING CHILD CARE SUBSIDY CLAIMS

It is important to note that the time to submit Child Care Subsidy claims varies depending on the [child care type](#).

*Licensed child care providers* may submit claims no earlier than the first day of the month for which they are claiming.

*Registered licence-not-required, licence-not-required and in the child's own home child care providers* may submit claims no earlier than the seventh day of the month for which they are claiming.

All claims for additional full days for school aged children cannot be submitted before the 25th of the month being claimed. Please use the appropriate form to claim the additional amount.

FOR MORE INFORMATION, FORMS AND TO LEARN MORE GO TO

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

Please use the appropriate form to claim the additional amount.

[Child Care Subsidy Additional Full Day Claim for School Age Children - Licensed Child Care \(CF1706\)](#)

[Child Care Subsidy Additional Full Day Claim for School Age Children - Registered Licensed Not Required, Licensed Not Required, In Child's Own Home \(CF1707\)](#)

Subsidy payments are affected by the date the claim is sent in and the volume of claims received at the Child Care Subsidy Service Centre. Please allow 10 business days before calling to check on the status of your claim.

For detailed information, please see [How to Claim Child Care Subsidy](#), a guide to child care subsidy for child care providers.

Child care providers can obtain more information about the Child Care Subsidy claim form or inquire about payment by calling the Child Care Help Line in Greater Victoria at 250 356-6501 or elsewhere in BC toll-free at 1 888 338-6622.

Please have the reference number from the top right corner of the claim form ready when calling.

## HELPFUL LINKS

<http://www.cra-arc.gc.ca/benefits/uccb>  
[www.childcarechoices.ca](http://www.childcarechoices.ca)  
[www.mcf.gov.bc.ca/childcare/ChildCar/grant op fund.htm](http://www.mcf.gov.bc.ca/childcare/ChildCar/grant_op_fund.htm)  
[www.healthservices.gov.bc.ca/ccf/child/index.htm](http://www.healthservices.gov.bc.ca/ccf/child/index.htm)  
[www.childcareadvocacy.ca/action/promises.html](http://www.childcareadvocacy.ca/action/promises.html)  
[www.canada.gc.ca/directories/direct e.html](http://www.canada.gc.ca/directories/direct_e.html)  
[www.childcareinfo.gov.bc.ca/chilcaresearch/search.aspx](http://www.childcareinfo.gov.bc.ca/chilcaresearch/search.aspx)  
[www.ccl-cca.ca/chilhoodlearning/home](http://www.ccl-cca.ca/chilhoodlearning/home)  
[www.halloweenkids.com](http://www.halloweenkids.com)  
[www.kiddyhouse.com/Themes/halloween.html](http://www.kiddyhouse.com/Themes/halloween.html)  
[www.dltk-kids.com/crafts/halloween/](http://www.dltk-kids.com/crafts/halloween/)  
[www.phac-aspc.gc.ca/pauap/paguide/child\\_youth.children/index.html](http://www.phac-aspc.gc.ca/pauap/paguide/child_youth.children/index.html)  
<http://www.cflri.ca/eng/>  
[www.caringforkids.cps.ca/healthyactive.htm](http://www.caringforkids.cps.ca/healthyactive.htm)  
[www.dietitians.ca/index.asp](http://www.dietitians.ca/index.asp)  
[www.redleafpress.org](http://www.redleafpress.org)

**Federal Government One Stop Website on Child Health and Safety:**  
[www.healthycanadians.gc.ca/kids](http://www.healthycanadians.gc.ca/kids)  
**Visit the site to find a wealth of information on children's health and safety topics. The site includes easy-to-understand information on consumer products, food, chemical and toy safety; nutrition; physical activity; injury prevention; cybersafety; bullying; emergency preparedness; as well as child restraints and vehicle, road, boating**

### Programming Ideas.

[www.everythingpreschool.com](http://www.everythingpreschool.com)  
[www.first-school.ws](http://www.first-school.ws)  
[www.perpetualpreschool.com](http://www.perpetualpreschool.com)  
[www.preschoolrainbow.org](http://www.preschoolrainbow.org)  
[www.preschooleducation.com](http://www.preschooleducation.com)  
[www.stepbystepcc.com](http://www.stepbystepcc.com)  
[www.adaycare.com](http://www.adaycare.com)

“Here is a web site that has lots of free forms for preschools and daycares to use. It's an awesome site.”

[www.thedaycarelady.com](http://www.thedaycarelady.com)



### Child Care Operating Funding Program (CCOF)

The Child Care Operating Funding Program assists eligible licensed group and family child care providers with the cost of providing child care. Funding amounts are based on enrolment.

[www.mcf.gov.bc.ca/childcare/operating.htm](http://www.mcf.gov.bc.ca/childcare/operating.htm)

## Opening a Licensed Child Care Site



*B.C. is home to many thousands of wonderful child care programs and facilities. Whether in a family home or stand-alone facility, a business, school or community centre, conceiving, creating and ultimately, opening a child care facility requires research and careful planning. Here are a few tips to get you started:*

*Contact local licensing officials* for

information on regulations governing child care facilities, including: standards for space requirements, furniture, equipment, staff qualifications, ratio of children, and requirements for business licenses, permits and zoning approval. <http://www.health.gov.bc.ca/ccf/child/index.html>

*Develop a business plan* that outlines potential challenges and ensures resources are focused effectively. Your plan should address areas such as: community child care needs, numbers and ages of children being accommodated, type of child care—for example, infant toddler, preschool, out-of-school care—space requirements, an operating budget and timing. Think about identifying experts such as lawyers, accountants, bankers and people active in the child care sector who can help you. <http://www.SmallBusinessBC.ca> <http://www.crr.bc.ca>

*Select a site* for your child care facility. Options may include: renovating an existing space, building a new facility or using available space in a public building such as a school. At this point, you may want to connect again with licensing officials and your identified experts to determine if the site is feasible and meets requirements.

<http://www.fin.gov.bc.ca/registries/corppg/default.htm>

*Secure funding* for your project. You may be able to secure funding by partnering with others in the community interested in expanding child care services. Some government programs may also help offset the costs of construction and operating group child care facilities. <http://www.mcf.gov.bc.ca/childcare/providers.htm>

*Design your facility.* Enlist the help of your team, which may include an architect or landscaper. Using a modular, pre-fabricated building, rather than designing your own facility, may shorten construction time and help keep costs in check.

*Apply for development and building permits.* Processing times vary so be sure to contact your local municipal office to get a sense of how long the process will be. <http://www.civicnet.bc.ca>

*Build, renovate or assemble your facility,* engaging expert help as needed. You may wish to hire a professional builder to oversee construction, renovation, or—if you choose a modular building—the final assembly and set-up process.

*Find clients for your program.*

Advertising with regional, local or community newspapers, liaising with neighborhood schools and meeting with representatives from local child care organizations—are all good options to help publicize your new facility.

*Open your child care facility* by planning an event such as an open house to publicize your child care facility and build relationships with community members, existing and potential clients. <http://www.gov.bc.ca/mcf/index.html>

## Discovery Preschool

Monday, Wednesday 12:30-3:00PM

Miss Kim works on name recognition, letter recognition, play lots of play. "Play opens the child's kingdom", emphasis in social skills.

School readiness in all developmental areas.

Call Sandi 604 869 2466-301

WRITE TO SANTA & HE'LL WRITE BACK!

Address: Santa Claus

North Pole HOH 0H0

Canada

Make sure you send it off by December 9th and don't

forget to include your return address.

See [www.canadapost.ca/santascorner](http://www.canadapost.ca/santascorner) for more fun and info



## Strong Start Program

Held at Coquihalla School

Parent and child/children program with educational activities.

This program is free of charge!!

Arts and crafts, age appropriate activities and games, healthy snacks call Coquihalla School for more information.

604 869 9904

Parent participation is required.

## Mother Goose Program

Held at Hope Regional Library

Songs and rhymes parent-child program.

Call the Hope library for more information programs for babies and toddlers.

604 869 2472

## Bear Bus Program

Bus for Education and Aboriginal Resources.

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.

### Program schedule

- Hope park Mondays 10:00-12:00 & 12:30-2:30
- Agassiz Park Street Tuesdays & Thursday 10:30-12:00 & 12:30-2:30
- Silver Creek School Street Wednesday 10:00-12:00 & 12:30-2:30

**Hope Family Place** offers fun filled programs for children newborn to 6 years of age, and their care providers.

Hope family place operates Monday, Wednesdays and Fridays 9:00-11:00

Babbling babies Wednesdays 11:00-12:00

Moms & Strollers Fridays 9:30-10:30

Hope family place offers healthy snacks, healthy breakfast on Mondays and Wednesdays and swimming or physical activities on Fridays

You may Contact Stacey for more information and to receive the Monthly activity calendar. 604 869 2466 ext 301

**Child Care Play Groups** offered every first Monday of the month except holidays 9:00-11:00am at Hope Family Place, child care providers and parents have the opportunity to ask any questions or express any concerns to the CCRP consultant on site. Also to assist with child care subsidy, child car seat information, or any other child care related issues.

Call Irais for schedule 604 869 2466 ext 402



## THEME KITS

1. ALPHABET WORKS { matches with number fun }
2. NUMBER FUN { matches to alphabet works }
3. DINOSAURS
4. CREEPY CRAWLIES
5. WILD ANIMALS
6. TRANSPORTATION
7. SPACE EXPLORERS
8. SPLISH SPLASH
9. FUN WITH DR. Seuss
10. MUSIC
11. GARDENING
12. COMMUNITY HELPERS
13. PETS
14. BEING HUMAN
15. SEASONS
16. POND LIFE
17. KIM'S CONSTRUCTION COMPANY
18. COLOURS AND SHAPES
19. DRESS UP CLOTHES TRUNK
20. FARMING
21. FAIRY TALES
22. MULTICULTURAL
23. USE YOUR SENSES
24. ALL ABOUT CANADA
25. MONSTERS UNDER THE BED
26. BEARS FAMOUS ARTISTS
27. CAMPING
28. HOP (HEALTHY OPPORTUNITIES FOR PRESCHOOLERS), LEAP & MOVE WITH ME
29. MODELING, SAND, PLAYDOUGH AND TOYS.
30. ALL SCIENCE
31. Little scientist and geniuses at work
33. The Very Hungry Caterpillar
34. Hawaiian party
35. Celebrations
37. 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.

## Money Saving Websites

### To buy or sell just about anything:

- kijiji.ca
- craigslist.ca

### For free stuff:

- freecycle.org

### For deals, freebies and coupons:

- redflagdeals.com
- save.ca
- canadafreebies.ca

### For free (or inexpensive)

business cards, visit

[www.vistaprint.ca](http://www.vistaprint.ca)

### FOR SALE

Puppet show tent \$30.00 see  
it at CCRR office.

## Rental Assistance Program

BC Housing is working with organizations like CCRR to reach working families that have been living

in BC for one year with low income to provide cash rental assistance. Applications can be picked up at the Hope CCRR office.

For more information call 1-800-257-7756.

Website: <http://www.bchousing.org>



**STEP 1:** Place your order at a participating location  
**Hope Community Services  
Child Care Resource and  
Referral**

**STEP 2:** Keep your receipt !!!

**STEP 3:** Present your receipt at pick-up day to receive your box of Produce at Hope CCRR location.

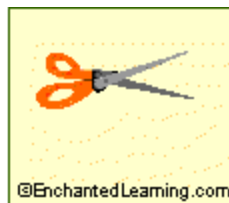
Make simple snowflakes from paper. You can tape these snowflakes to a window for a nice winter decoration or paste them onto a piece of folded construction paper for a great winter card.

Supplies needed:

- White paper
- Scissors
- Optional: A protractor
- Optional: Glitter or glitter glue
- For a card: A piece of colored construction paper and glue



Real snowflakes all have six sides, so the first part of this project involves folding a piece of paper into sixths



	<p>Unfold your snowflake carefully.</p> <p>Optional: Decorate your snowflake with glitter or glitter glue.</p>	
--	--	--

	<p>Cut a lot of the paper away.</p>
--	-------------------------------------

	<p>Cut off the edges of the paper in an arc - this makes a circle (if you were to unfold the paper).</p>	
--	--	--

	<p>Glue your snowflake onto a folded piece of construction paper for a great winter card.</p>
--	---

	<p>Fold a piece of paper in half.</p>
--	---------------------------------------

	<p>Fold over one side, then the other, to make two 60 degree folds. You can do this by eye, or you can use a protractor. This is a good exercise in geometry and measuring angles.</p>	
--	--	--