



Maple Ridge/Pitt Meadows
Community Services



Child Care Resource & Referral

Maple Ridge/Pitt Meadows Child Care Resource & Referral

December 2011 - February

Child Care Resource & Referral Program

Unit B-20758 Lougheed Hwy, Maple Ridge, V2X 2R3

Phone: 604.467.2273

Fax: 604.467.2264

Email:

ccrrp@comservice.bc.ca

Jo-Anne MacKenzie ext. 122
Lynn Malbeuf ext. 123
Anita Galvin ext. 121

Office Hours:

Monday – Friday: 9:00-4:00
Closed all statutory holidays
4th Thursday of each month
9:00 – 8:00 p.m.

www.comservice.bc.ca
www.ridgemeanowseed.ca

www.crrr.bc.ca

**Your community's BEST
source of child care
information and
resources**

Encouraging Quality Care by
Providing Support,
Resources & Workshops

Coordinator's Corner

Well, the Christmas events are in full swing. The Care Provider Social was so much fun. It was great to see so many out and enjoying the opportunity to connect with one another. We are finalizing the plans for the Children's Christmas event and looking forward to the big day.

Take time to enjoy what truly matters to you,

*Best Wishes for a Wonderful Christmas Season,
Jo-Anne*

Community Giving Cards

"Community Giving" cards are a unique way of sharing the Christmas spirit in your own community. Donating \$15 or more buys a beautiful *Community Giving* card for someone on your Christmas list (perhaps a teacher, friend, neighbour). You and your gift helps to feed hungry school children, helps instill hope in our youth and families, helps to deliver hot, nutritious meals and outreach and support services to seniors. Your gift helps so many programs in the communities of Maple Ridge and Pitt Meadows in so many ways.

The *Community Giving* cards can be purchased easily online through CanadaHelps - just click on the CanadaHelps button located at the bottom of our web page (www.comservice.bc.ca) and follow the instructions, or by calling us at [604.467.6911](tel:604.467.6911) or by dropping by the Maple Ridge/Pitt Meadows Community Services office at 11907 - 228th Street in Maple Ridge.

UPCOMING CLOSURES:

MON, DEC. 26, TUES. DEC. 27 & MON. JAN. 2
CHRISTMAS STAT DAYS



www.crrr.bc.ca is the best place to access information about child care across the province. Our newsletter and training calendar is posted on our website so we encourage you to share this information with your parents and co-workers. Another useful website is the Ministry of Children and Families site which is

Child Care News

Child Care Operating Funding Program

Funding is available for all licensed care types, with the exception of Occasional Child Care and Residential Care. 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.

Key Dates for Child Care Providers:

- **February 15th**

Deadline for all **new** applicants for current funding year. All new applications must include a copy of your most recent current Community Care and Assisted Living Act Licence.

Currently funded providers must report any and all changes to the branch to ensure changes are reflected in the new funding year commencing April 1st.

- **March 31st**

End of current fiscal year funding agreements.

- **April 1st**

Start of new fiscal year funding agreements.

Contact Information

Child Care Operating Funding Administrator
Child Care Programs and Services Branch
Ministry of Children and Family Development
PO Box 9965 Stn. Prov. Govt.
Victoria, BC V8W 9R4

Telephone in Greater Victoria: 250 356-6501
Elsewhere in BC call toll-free: 1 888 338-6622
E-mail mcf.ccof@gov.bc.ca

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.

[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.

Child Care Subsidy Legislation

The *Child Care Subsidy Act* and Child Care Subsidy Regulation are located at:

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

Please Note:

Child care providers are not employed by the provincial government and will not receive a T4 slip for income tax purposes. For information about Canada Revenue Agency's implications, please see

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



Children are great imitators.
So give them something great to imitate.
~Anonymous~

more news

ECE Licence to Practice Renewal Requirements

If an application for renewal is received after the date of expiry, the Director may renew the certificate if satisfied that the applicant's failure to apply on time was due to extraordinary circumstances. Depending on the length of time that has passed since the certificate expired, additional professional development and work experience is required as follows:

Professional Development Hours

| #Years Expired | Work Experience Hours | Until Nov 7, 2009 | Effective Nov 8, 2009 | Letter Required?* |
|----------------|-----------------------|-------------------|---|-------------------|
| 0-1 | 400 | 12 | 40 | No |
| 1-4 | 400 | 12 | 40 | Yes |
| 5-9 | 500 | 24 | 80 | Yes |
| 10-14 | 500 | 36 | Contact the Early Childhood Registry | Yes |
| 15-19 | 500 | 48 | | Yes |
| 20-24 | 500 | 60 | | Yes |
| 25 + | 500 | 72 | | Yes |

- Effective November 8, 2009 renewal requirements for professional development increase to 40 hours.
- First Aid and Food Safe courses are not recognized as professional development courses for purposes of ECE renewal.
- *Letter of Extraordinary Circumstances

If you have missed more than two renewal periods you will be required to submit a resume outlining any work experience in the field of early childhood education within the past five years in addition to the letter explaining the extraordinary circumstances that prevented your renewal. Please be advised that 400 of the 500 hours of work experience requirement and 12 hours of the required professional development hours must have been completed within the last five years.



Local Events ...



- **CPR Holiday Train - Saturday, December 17**

Enjoy the arrival of the brightly decorated trains and watch entertainers perform a live holiday concert at 7:45 p.m. across from the Billy Miner. For details, visit www.cpr.ca

Making a difference, one stop at a time

The Canadian Pacific Holiday Train hits the rails again in November, visiting over 140 communities across our network.

Since the program's inception back in 1999, more than \$5.6 million and over 2.45 million pounds of food has been collected in Canada and the United States.

The goal of the Holiday Train is to collect food and money for local food banks and to raise awareness in the fight against hunger. At each event, the Holiday Train provides a box car stage, a line up of great musical talents and a corporate contribution to the local food bank. The community, in turn, is encouraged to donate food and funds, all of which stays in the community.

- **Lantern Festival**
Friday, February 24
4-8 pm

Join us for this free and family-orientated event in the Centre Court of Haney Place Mall. Enjoy live entertainment from ethnic dancers and songs by local performers, a poetry contest and free lantern making workshops. Lanterns made at the workshop can be taken to the Lantern Parade at 7:30 in Memorial Peace Park. For more info contact: inquiries@downtownmapleridge.ca or 604-467-2420.

- **Christmas Haven**

Date: Saturday, December 24, 2011

Time: Doors open at 6:00 p.m.

Location: The ACT, 11944 Haney Place, Maple Ridge

We are pleased to announce the celebration of the 14th annual Christmas Haven, providing a warm welcoming atmosphere for people of all ages, ethnic backgrounds, and socio-economic status, to enjoy a warm turkey dinner, Christmas carols, children's activities, and a special gift from Santa for all who attend. Volunteers organize this free, wheelchair accessible, non-denominational Christmas Dinner, promoting a sense of belonging and camaraderie on a night that often brings hardship to those with little or no support.

Each year this event continues to grow, with last year's guests and participants totaling over 500. With the help of individuals and companies like you we will, once again, be a resounding success!

Volunteers wishing to assist at this years' Christmas Haven must have submitted their **criminal record check** prior to **Saturday, December 24th**.

Please note: This year we are not in need of turkey donations, instead we are ask that whatever you would have spent on a turkey be made as a cash donation.

We are in need of:

Cash donations, in kind donations, gift certificates
Door prizes, raffles

Cash donations of any amount can be made at the register of the Leisure Centre facilities now until Wednesday, December 28!

Cheques may be made payable to "Christmas Haven." Please remember, no contribution is too small. Please note that although we are a non-registered organization and cannot issue a tax receipt, we are endorsed by the Maple Ridge / Pitt Meadows Parks & Recreation Services and donations can be made at either one of the centres. If you are unable to get to either centre we can arrange pickup at your convenience.



CCRR News

CCRR Staff Team

- Jo-Anne MacKenzie
Program Supervisor
Monday to Thursday
- Lynn Malbeuf
Program Assistant
Monday to Friday
- Anita Galvin
Program Assistant
Monday to Thursday (afternoons)

Registered Substitute
Julie Beard, E.C.E.
604-465-7660

14 years child care experience!

CCRR Lending Library Update

The Child Care Resource and Referral Program has a variety of activities and games for those dark, cold winter days.

Our theme-based prop boxes are a fun addition to your preschooler's play and we also have a large assortment of table top games for the school-aged child. Come on in and check us out. We are open Monday - Friday 9am-4pm and every fourth Thursday we are open until 8pm.

Remember our toy lending library is a FREE resource for our Child Care Resource and Referral Members.



Maple Ridge/Pitt Meadows Community Services

Please check out the Community Services website to see more information about all the wonderful services that are offered – www.comservice.bc.ca

- Thanks for Understanding

Please note that due to staff illness or scheduled meetings, the office may need to close. We recommend that you call ahead to ensure that a staff member will be available to assist you.

We would also like to remind everyone that we currently share our space with the Outreach Services to Families program and while staff from that program may be in the office when CCRR staff is not, they are not able to assist CCRR clients. If the sign on the door indicates that the CCRR is closed, then it is best to return another time or go to one of the other agencies that are able to assist with subsidy applications, or to the main office for the child care referral list.

Assistance for Parents Applying for Child Care Subsidy

Please encourage parents to visit the CCRR office. We're here to help:

- Child Care Subsidy Application forms
- Child Care Arrangement forms
- Other subsidy forms: Medical, Special Needs, etc.
- Assistance completing the subsidy forms
- Photocopies of identification
- Photocopies of pay stubs
- Assistance faxing the forms to Victoria
- Assistance calling the Subsidy Help Line

Professional Development

Circle of Ideas

Resources for Early Childhood Educators,
Childcare Providers and Families

8 Online Workshops: www.circleofideas.net

- [Theme Days are Fun: Program Planning to Meet the Needs of the Whole Child](#)
- [The Importance of Structure in Early Childhood Settings](#)
- [Beyond a Book: Different Ways to Tell a Story with Children](#)
- [How To Hear a Child's Voice at Circle time](#)
- [Circle Time Basics](#)
- [Returning to the Children: Tactics for Early Childhood Educators to Rejuvenate and Re-focus](#)
- [The Benefits of Music Within Early Childhood Settings](#)
- [The Importance of Multiculturalism in Early Childhood Programs](#)



In the beginning, as we learn to be caregivers and teachers, we borrow ideas from experts in the field. As we grow, we create and develop. To complete the circle, we share our ideas and experiences. Always, in the middle, the children are embraced by our circle of ideas.

In order for children to achieve adequate motor milestones, the Canadian Paediatric Society and the American Academy of Pediatrics has recommended **NO** technology use for infants 0-2 years, and 1-2 hours per day for toddlers and children.

Risk vs. Benefit – Technology use by young children by [Cris Rowan - Zone'in Programs Inc.](#)

The Impact of Technology on the Developing Child

* Copy and paste these links into your internet address bar to view these articles:

- The Impact of Technology on Child Sensory and Motor Development by Cris Rowan, OTR:

<http://www.sensoryprocessing.info/CrisRowan.pdf>

- Cris Rowan - Zone'in Programs Inc. – Notes on Facebook (14 different articles):

<http://www.facebook.com/pages/Cris-Rowan-Zonein-Programs-Inc/194007470621404?sk=notes>

- How Overuse of Technology in Daycares and Preschools Affects Children by Cris Rowan:

<http://www.ownadaycare.com/blog/how-overuse-of-technology-in-daycares-and-preschools-affects-children-part-1>



More Professional Development...

Check out this great booklet on "Open Ended Art Experiences," *By Cathy Abraham*

http://123child.com/website-share/Open_ended_art.pdf



Proactive Strategies for Challenging Children SAVE YOUR SANITY

(A Professional Development Workshop Focusing on Practical Strategies for Attention Deficit Hyperactivity, Autistic Spectrum Disorder and Oppositional Behaviour) CRD Consulting is a company created by teachers, who are committed to facilitating workshops that provide innovative and creative strategies for administration, teachers, teacher aides, childcare centres and parents for use when working with challenging children and youth. **Cost:** \$175.00 (Tax Included)

❖ **Monday, February 27, 2012:** Holiday Inn & Suites
17530-64th Avenue, **SURREY BC**

❖ **Wednesday, February 29, 2012:** Holiday Inn Hotel & Suites
700 Old Lillooet Rd, **NORTH VANCOUVER, BC**

[Register online at: www.crdconsult.com](http://www.crdconsult.com)

Proposed Workshop Agenda

8:30am - 9:00am: Registration
9:00 am – 10:30 am: Teacher Stress – Oppositional Behaviour
10:30am – 10:45 am: Morning Tea (provided)
10:45 am – 12:30 pm: Autistic Spectrum Disorder – Strategies
12:30 pm – 1:00 pm: Lunch (provided)
1:00 pm – 2:00 pm: Attention Deficit Disorder – Strategies
2:00 pm – 3:00 pm: Implementing Strategies to Create
Proactive Environments

Still More Professional Development...



The 15th annual Children the Heart of the Matter conference will be held on February 3rd & 4th 2012. This conference is gearing up to be another excellent event with keynote speakers Gordon Neufeld and Charlotte Diamond. This conference will be of interest to all those who work with young children and families in child care settings, family resource programs, primary school grades and other community programs. These include early childhood educators, teachers, community health professionals, parents, grandparents, government officials and parks and recreation staff.

The conference registration package is now available and registration is ongoing at:

http://www.childcareoptions.ca/pdfs_whatsnew/pdf_id000168.pdf to view our entire lineup of workshops. NEW this year is an early bird price! Register before December 16 and pay only \$75.00, after December 16 the price goes up to \$95.00.

Early Childhood Education Certificate

Ridge Meadows College

Riverside Centre
20575 Thorne Avenue, Maple Ridge
Phone: 604-466-6555 Ext. 203
Fax: 604-463-5437

Why ECE?. . . Because Kids Don't Come With Instructions!

The Early Childhood Education Program (ECE) prepares students to work in a variety of early learning settings such as preschool, private kindergarten, Strong Start, child care, or community recreation courses for young children. Successful completion of 15 courses, including three practicum courses, qualifies students to apply for provincial licensure as an Early Childhood Educator. Licensed graduates may ladder into post-basic diploma programs, or into Child and Youth Care degree programs at other institutions. (Graduates do not qualify as teachers in the public school system.)

Information Session – FREE

Everyone is Welcome!
Wed. March 7, 7:00 pm
Wed. May 23, 7:00 pm
Mon. July 30, 7:00 pm

Meet our ECE Coordinator to find out more!



**A truly special teacher
is very wise, and sees
tomorrow in every
child's eyes.**

~Author Unknown

...and still more...

The Early Years Conference 2012

*The Development of Children's Mental Health:
How Do We Become Who We Are?*



PRE-CONFERENCE February 2nd, 2012
MAIN CONFERENCE February 3rd - February 4th, 2012

Early Bird Registration Deadline is
November 30
REGISTER NOW AND SAVE

Conference Description: Our early relationships and experiences shape all aspects of physical and mental health, and are pivotal to who we become and how we function throughout life. We naturally strive forward. The behaviour of young children is meaningful, and understanding this concept is vital for all involved with children. This conference will stimulate dialogue, reflection, a deeper understanding of a child's total development as rooted in their earliest relationships, and may revolutionize our approaches and practices with young children, their families, and their communities.

Thursday, February 2 – Saturday, February 4, 2012

Hyatt Regency Vancouver, 655 Burrard Street

For More Information visit
www.interprofessional.ubc.ca

The Regional CCRR,
"It's All About Me" Conference
is planned for: Saturday, March 3, 2012

Mark Your Calendar & Watch for
Further Details!



BC Family Child Care Association (BCFCCA) www.bcfcca.ca formerly Western Canada Family Child Care Association of BC (WCFCCA) is the Professional Organization of Family Child Care Providers in the province of British Columbia.

The North Fraser Child Care Association (a local chapter of the BCFCCA) is having an evening meeting on Friday, January 27, 2012 and would like to invite any child care providers that are interested to join us and see what we have been up to and plan for the future. Please call Kathy @ 604-463-9643 or email @ kathy_mang@hotmail.com

Our Vision

To promote and create awareness of professionalism in family child care through education and advocacy.

Our Mission

To provide a professional voice and advocate for family child care providers, as well as, promote public awareness of quality, inclusive family child care.



BCFCCA
BC Family
Child Care Association

A person soon learns how little he knows
when a child begins to ask questions.

~Richard L. Evans~

...and still more...

Perpetual Workshops

www.perpetualpreschool.com

Attend Workshops in the Comfort of Your Own Home

Online Workshops

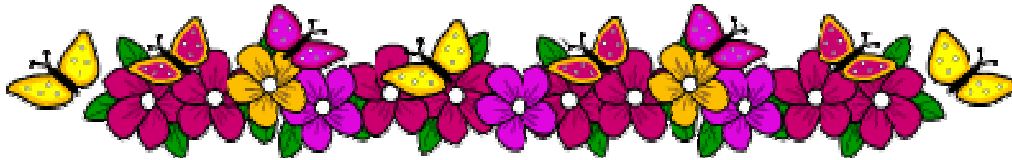
Most Workshops \$6.00

All Workshops Will Increase By \$1.00 on January 1, 2012

Purchase now at the 2011 price and take as long as you need to complete them!

18 Online Workshops to Choose From:

- Celebrating Diversity In Your Classroom and Encouraging Positive Self-Concept In Children (2)
- Understanding How Children Learn and Early Childhood Professional Development (2)
- Block Play and Safety in the Classroom (2)
- Observation, Computer Skills, Music & Movement (3)
- Guidance, Parent-Teacher Relationships, Internet (3)
- Storytelling, Play, & Learning Materials (3)
- Creative Art, Nutrition Fun, and Large Motor Development (3)



Workshops on Early Learning

www.workshopsonearlylearning.com

These online workshops can be completed at your own pace. You will receive a certificate of completion at the end of each workshop. All our workshops are \$8.75 each.

If your Province or Preschool accepts clock hours, that you complete in an online workshop, these workshops will count. B.C. has been accepting our work-shops as hours completed toward recertification of your B.C. License to Practice.

Some of our workshops are actually adapted from a special needs ECE Course set up by Patricia Mason. Workshops are set up in conjunction with Pam Scaife, and Patricia Mason. There are 16 workshops to choose from. For more information go to our website.

Workshops suitable for the responsible adult course for community care facilities and family childcare would be:

- Workshop 1, "Play", 2 hours
- Workshop 2, "Child Behaviour", 3 hours
- Workshop 8, "Health and Safety", 2.5 hours
- Workshop 9, "Exploring Typical and Atypical Development", 2.5 hours
- and a choice of 10 hours of workshops to make the 20 hours necessary.



...Tasty Recipes...

Carrot-Ginger Dip by Catherine Newman and Jodi

<http://familyfun.go.com/recipes/appetizers-snacks/healthy-snacks/carrot-ginger-dip-921131/>



Little ones love the interactive pleasures of dipping, and this mild carrot puree keeps the wholesome factor high. Serve it with whole-grain bagels or steamed veggies for the younger set, while older kids might enjoy carrot sticks and cucumber slices.

Ingredients:

- 2 medium-size carrots, sliced
- 1/2-inch piece ginger, sliced
- 1/4 to 1/2 teaspoon curry powder
- 1/4 cup plain yogurt
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt (see tip below)
- 1/2 teaspoon white vinegar
- 1/2 teaspoon honey or sugar

Instructions:

- Steam the carrots and ginger over boiling water until the carrots are tender, about 10 minutes.
- Blend them with the remaining ingredients in a food processor until smooth.

Tip: Don't have kosher salt? Substitute table salt; just use half the recommended amount.

Savory Pancakes

<http://familyfun.go.com/recipes/appetizers-snacks/hearty-snacks/savory-pancakes-687814/>



Easy to make and customize, these tasty treats are perfect any time of day.

Kids love these roll-ups because they're tasty, and parents love them because they're nutritious.

Ingredients:

- | | |
|---------------------------------|----------------------------|
| 1/2 cup flour | 1/2 teaspoon baking powder |
| 1/2 teaspoon salt | 1/4 teaspoon pepper |
| 1 egg | 1/4 cup milk |
| 1 cup grated carrots | 1 cup grated zucchini |
| 2 small scallions, diced | Vegetable oil |
| Sour cream and salsa (optional) | |

Instructions:

1. In a large mixing bowl, stir together the flour, baking powder, salt, and pepper.
2. In a separate bowl, whisk the egg and milk, then stir in the carrots, zucchini, and scallions. Add the wet ingredients to the dry mixture and combine thoroughly.
3. Place a large skillet over medium heat and add 1 tablespoon of oil. When the oil is hot, spoon the batter into the pan, about 1/3 cup per pancake, and cook the pancakes for 2 minutes on each side or until golden brown. Add more oil to the pan as needed.
4. Remove the pancakes from the pan. Once they're cool enough to touch, roll them up and use a toothpick to secure each one if needed.
5. Serve the pancakes warm with a side of sour cream and salsa, if desired. Makes 5 rolls.

...Games/Gifts...

Winter Games

<http://party.kaboose.com/seasonal/winter/winter-party.html>

• Snowball Making

Supplies:

Large sheets of tissue paper, one for every child
Bucket for each team



How to Play: Divide the children into two teams. The first person on each team gets a piece of tissue paper and crumples it into a ball using one hand (this keeps them soft). Child then places the snowball in the bucket. The next child repeats the first child. As actions and the process continues until the team has all their snowballs made. Follow this game with a Snowball Throw.

• Snowball Throw

Supplies:

A line drawn or taped on the floor

How to Play: Set a time for 2-3 minutes. Call out, "GO"! Each team throws their tissue paper snowballs back and forth across the lines. When the timer goes off, the team with the least amount of snowballs on their side wins.

COCOA MIX GIFT #1 FOR A COLD DAY...

Materials:

Small glass jar (baby food size)
1 serving of hot cocoa mix
About 1/4 cup of small marshmallows
4-inch or larger fabric scrap (depending on the size of your jar)
18" length of ribbon
Glue
Hershey Kiss candy
Small wrapped candy cane
Card

Directions:

Clean the jar and dry it well. Measure a one-cup serving of the hot cocoa mix into the jar. Fill the jar to the top with small marshmallows. . Cut the fabric scrap into a circle. Center the fabric circle on top of the jar lid. Tie the ribbon around the edge. Glue the Hershey Kiss on top of the fabric cover. Glue the candy cane to the side of the jar. Write a personal note and draw a candy cane or other symbol on the card.

Include simple directions like the following:

"Here's a little gift to warm you up on a cold afternoon. Simply pour this jar of cocoa mix into a mug filled with 6 to 8 oz. of hot water. Top with marshmallows and drop in the Hershey Kiss. Stir with the candy cane and enjoy!"

COCOA GIFT #2 (SNOWMAN SOUP) WITH POEMS

Place in a clear plastic bag...
1 individual pack hot chocolate mix
3 Hershey's chocolate kisses
10-15 mini-marshmallows
1 small candy cane

<http://www.kidactivities.net/category/Crafts-Good-for-Gifts.aspx>

Add one of the following poems...

COCOA POEM #1

When the weather outside is frightful,
Snowman Soup can be delightful.
May it warm your spirit and your soul.
Let it Snow, Let it Snow, Let it Snow!
When you feel a chill or 'burrrrrr',
Use the peppermint stick to stir.
Add hot water and sip it slow.
Let it Snow, Let it Snow, Let it Snow.

POEM #2

When it's so cold that you holler and whoop,
It's time to bring out the Snowman Soup!
Pour the packet in a mug. Add marshmallows too.
And throw in these kisses that are special just for you.
Now add some hot water and use the cane to stir it.
Sip slowly and soon you'll feel the warm winter spirit!

COCOA POEM #3

A little cup of cocoa, I'm sending your way,
For you to sip and enjoy, On some cold lonely day.
As you sip this cocoa, It's warmth will warm your heart...
Just like our friendship warmed mine, Right from the very 1 small candy cane

<http://www.kidactivities.net/category/Crafts-Good-for-Gifts.aspx>

...Nifty Gift Idea...

CRAYON COVERED ROCK PAPERWEIGHT...

Makes a nice gift!

Materials:

Zip--close plastic bag,

Wooden or rubber mallet

Smooth, flat rocks about the size of your fist

Aluminum foil or an old pie tin

Felt scraps

Scissors

White glue



- Choose crayons in three or four light or bright colors. Dark crayons will make the color on the rock look muddy.
- Peel the crayons, put them in the zip-to-close bag, and seal it.
- Place the bag on a hard surface such as a floor or sidewalk. Using the mallet, pound the crayons into small pieces.
- Place the rock in the pie tin or on a sheet of aluminum foil in the hot sun. Sprinkle it with the crayon pieces.
- When the crayon pieces have melted, *but before they reach the point that they run off the rock*, take the rock out of the sun to cool.
- The crayon will quickly harden and form a colorful and waxy coat over the rock.
- Cut a piece of felt to glue to the bottom of the rock to keep it from scratching the table.

TIPS:

- IF WEATHER ISN'T HOT--- Preheat the oven to 350 degrees. Place the rocks on a foil covered cookie sheet and put them in the oven for the children. Keep an eye on them because the crayon melts quickly. It will re-harden within seconds of taking it out of the oven.
- To do outside---this project needs a hot, direct sun.
- If you're unhappy with the color of a crayon-coated rock--Reheat the rock and allow the crayon to melt to the point where most of it drips off the rock and onto the foil under it. Cover the rock with a new selection of crayon bits and see if you get a swirl of color you like better. Remember to avoid dark colors.
-A goal is to get it looking like a tie-dyed rock! The distinct lines of color can be very beautiful. Because the rocks can be easily redone, remember not to place the completed ones that you like in a sunny window or direct, hot sunlight because they will re-melt.

...Workshop Handout...



PATRICIA DOMINGUEZ, Registered Holistic Natural Nutritionist and Life Coach

12209 Forest Place
Maple Ridge, BC, V2X 8G4

E-mail: gadavila77@yahoo.com.mx
Ph: 604-466-9502 Cell: 604-355-543

CONQUER YOUR KID'S TUMMY NOT THEIR TONGUE

Reversing Pickiness

1. Rule out hunger saboteurs
2. Consider underlying health conditions
3. Try to keep regular meal times
4. Allow the child to pick and choose what he/she would like to eat from what you have made available.
5. Try the "One bite to be polite lesson"
6. Put a limit on the length of mealtime
7. Apply the 80/20 Rule

Tricks of the "Icky" Trade

One or more of the following techniques is bound to offer some assistance:

1. Involve the kids.
2. Visit the source: Farmers market, farms, veggie gardens, groceries stores,
3. Be creative, but don't go overboard. Cutters, faces, initials, cheese in the trees, fun utensil night, fun containers.
4. Play with different textures. This means different types of food and different presentation of the same food. If a food is rejected in a certain form, try it another way! Instead of scrambling an egg, put it in a smoothie. Instead of chunky soup, blend it up. Be inventive!
5. Keep kids informed of what to expect.
6. Some kids get overwhelmed. Watch for too many choices and quantity
7. Go beyond "Because it's good for you!" For those aspiring superheroes, tell them "grass-fed beef meatloaf will help you see better in the dark, jump higher, run faster, and think with lightning speed!"
8. Dip and spread. Kids love to be active with their food.
9. Drink it. Smoothies are a nice way to get in extra nutrients and calories. Start with a base of raw milk and add either yogurt or kefir for the probiotics. Include one or more of these nutrient-dense extras: coconut oil, milk, or cream, nut butters, avocado, spirulina, acerola powder, or cocoa or carob powder.
10. Add broth wherever possible. Broth is one of the most nourishing foods to feed your family. Bone broths seem to really help people migrate toward nutrient-dense foods. They are so satisfying; they help people understand the connection between the gut and the palate.



Research shows that commercial products have the following content of sugar in teaspoons:

| | |
|--|-----|
| Kool-Aid, 8 ounces | 6 |
| Jello, 1/3 cup | 4.5 |
| Yoplait yogurt, flavoured, 99% fat-free, 6 ounces | 8 |
| Cap'n Crunch cereal, 2 cups | 8 |
| Tropicana pure premium orange juice, 8 ounces | 5.5 |
| Apple and Eve clear apple juice (100% juice), 8 ounces | 5.0 |

The Three-Week Challenge to remove sugar

Slowly remove added sugar from your diet. If you have a competitive edge, find a friend to be accountable to.

Week one: Involves becoming aware of your added sugar consumption and removing, replacing, or reducing the most obvious insults. Replace soda drinks with spring water, cookies with trail mix, store-bought dressings with homemade vinaigrettes.

Week two: cut your sweet treats in half; for example, if you often follow dinner with a dessert, cut that down to three or four times a week.

Week three: cut dessert intake in half again and continue this pattern until you are down to once a week at most.

At the conclusion of this gradual decline, you will notice your desire for sweets has lessened dramatically and as time goes on the effort needed to refrain will be much less. Don't forget to give yourself a well-deserved reward for your accomplishment.

Back to Basics...

Patricia Dominguez, RHNN, LC.

...Research Survey...



VANCOUVER ISLAND
UNIVERSITY

Creating Accessible Early Childhood Support

The Voice of Early Childhood Professionals'
Master of Education in Special Education Program
Vancouver Island University

Charlene Roulston, Student Dr. Mary Lindsay, Supervisor
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I am a graduate student completing a thesis for the Master of Education in Special Education program at Vancouver Island University (VIU). For my thesis I am conducting a research study exploring accessibility and support in the early childhood and special education field for children needing extra support, as well as support and education/training for early childhood professionals who provide the extra support.

I am inviting all early childhood professionals who work in the early childhood field and who may or may not have experience working with children needing extra support, to offer your input in regards to this topic. The questions in the survey are related to what your own experiences and recommendations are in the area of inclusion and support for children needing extra support as well as what support and education/training is needed for you to offer the extra support. Data will be collected using FluidSurveys, an anonymous online survey. The survey will take approximately 20 minutes to complete

The results of the survey will be available publicly through the participating organizations' email and/or websites. In an effort to influence decisions by policy-makers, the results will also be provided to the provincial government to increase awareness and understanding of offering accessible support to young children needing extra support as well as support and education/training for you to offer extra support. There is no known harm by participating in this research. The potential benefit to you is an opportunity to create a unified voice of the early childhood professional field to provide awareness and understanding to the public and government of what is working and what needs to change in the area of supporting children needing extra support.

Participants in the survey will be kept anonymous and data collected on an electronic device will be safely stored with me and my supervisor being the only people who have access. The data will be stored for two years after being collected and at that time will be deleted. The results of the survey will be available publicly with no participants' identity being revealed.

Participation is voluntary and you may withdraw without any negative consequences as a result of withdrawing. You may omit any questions you choose to not answer or are uncomfortable answering. Once the survey is submitted there is no way to withdraw your responses. The FluidSurveys online survey will be available to complete until January 1, 2012.

If you have any concerns about your treatment as a research participant in this study, please contact the VIU research Ethics Officer, by telephone at 250-753-3245 (ext. 2665) or by email at reb@viu.ca

If you have any questions or concerns regarding your participation in this survey please contact me at the email below:

Charlene Roulston
Master of Education in Special Education Program
Vancouver Island University
croulston@stumail.viu.ca

I have read the information provided and understand I can ask questions by email or withdraw from the study at any time. By completing and submitting this survey, I am indicating my consent to participate in this research study.

Survey is available at the link below:
<http://app.fluidsurveys.com/s/our-unified-voice/>