

Newsletter of the Smithers & Area
Child Care Resource & Referral Program

~serving Topley to Hazelton, Stewart/Cassiar & Atlin~

Providing quality, accessible child care services to the community

HOW TO REACH US?

3843 4th Ave. Smithers

MAIL

Box 206
Smithers, BC
V0J 2N0

EMAIL

smicrr@telus.net

FAX

250-847-2428

WEBSITE

www.childcarechoices.ca

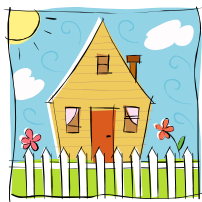
PHONE

250-847-8824

Toll Free: 1-877-847-8824

Funded by: The Ministry of
Children and Family
Development

A Program of:
The Bulkley Valley Child
Development Centre
(BV CDC)



Program Staff

Shannon Cote-Program Coordinator
Seairra Courtemanche-Resource Educator
Arlene Morrison-Resource Educator
Robyn Alden-Resource & Referral Worker

Office Hours

Monday, Tuesday, Wednesday, Thursday 9:00am-4:00pm

Friday our office is *closed* Or *open by appointment only*

Our answering machine is always on, please leave a message anytime

Child Care Resource & Referral Program provides:

- *Child Care Referrals
- *Resource Toy Lending Library
- *Child Care Subsidy Forms/Support
- * Start Up Funding for Registered License not Required
 - * Laminating/Photocopying
 - *First Aid Training
- *Retail Art Supplies & Resources

In This Month's Issue

- Out and about
- Training & Workshops
- The Parent Page
- The Hazelton's' Page
- Caregiver's Corner
- Child Care Subsidy Information



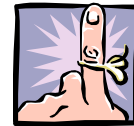


Out & About at the CCRR

MEMBERSHIP RENEWAL

Memberships are due to be renewed April 1st, 2010.
Membership fees remain the same for this next fiscal year.

Child Care Providers	-Licensed Family Child Care	Exempt
	-Registered License Not Required	
	-Licensed Group Child Care	\$30.00
	-Headstart Program	
Community Members	-Informal Child Care Providers	\$30.00
	-Home schoolers, SCD workers,	
	-Teacher's Aides, School Staff,	
	-Community Agencies/Organizations	
Parent Members	-Parents	\$20.00



*Please make Cheque payable to Smithers & Area CCRR
* Financial Assistance Available Upon Request**



Congratulations

**Lindsay Whalen and
Dawn Johnson**
for completing

Level 1 Family Child Care Training

Child Care in Our Communities

If you would like to tell everyone about your childcare program please send us a write up and or picture and we will put it in the upcoming newsletters.

Email: smicrr@telus.net

Business Liability Insurance for Child Care Providers

Exclusive to CCRR members PacificCare offers liability insurance to
License not Required, Licensed Family Child Care, Licensed Groups

www.pacific-care.bc.ca

phone: 1-800-565-6510

Training & Workshops

Red Cross Child Care First Aid Course

Date: Saturday, May 15th, 2010 (register by May 6th)

Time: 9:00am-5:00pm

\$95.00 (includes GST) full day of instruction.

~**Payment is required to confirm your space**~

Location: 1012 Columbia Street, Unit D Facilitator: Northern Sun Tours



This course is designed to give participants a hands-on learning approach to First Aid techniques for children and infants. This course provides you with a three year certificate.

To register and for more information call CCRR at 250-847-8824

INFANT DEVELOPMENT WORKSHOP

Join BV Child Development Centre's
Infant Development Consultant ~ Michelle Bourdage

This workshop will cover infant development through the ages and stages from birth to three years. Hands on activities will be available for participants to make during this session.

Date: TBA April 2010

Location: CCRR 3843-B 4th Avenue

Time: 6:30pm-8:30pm

Open to child care providers and parents



Please call to confirm your attendance @ 250-847-8824

EVERY CHILD BELONGS

Child Care Conference in Prince George

March 27th, 2010

8:00am-3:30pm

Held at :The College of New Caledonia 3330 2nd Avenue, Prince George, BC

Presenters include: Dr. Vanessa Lapointe ~ Calming the Storm

Jeff Willis ~ Tools of Tough Times

Sherry Osasawara ~ A Taste of Food Flair

Lisa Connor ~ Simply Science for Curious Caregivers

Yvette Hepburn & Anita Zakresky ~ The Ages and Stages Questionnaire (soc/emotional)

Christine Jackson ~ Gone But not Forgotten

For more information contact: The Child Development Centre (Prince George)

Phone: (250)563-7168

Fax: (250) 563-8039

Email: ece@cdcp.org

March is Nutrition Month

Mission & Theme Celebrate food... from field to table!



March is Nutrition Month across Canada! This year the campaign highlights the benefits of choosing foods that are grown and produced close to home. We'll give you tips, information and great recipes featuring Canada's best.

Across the country, activities for Nutrition Month will highlight the role of dietitians in terms of providing **the most reliable sources of information about nutrition and healthy eating.**

This website is brought to you by [Dairy Farmers of Canada](#).

Dial-A-Dietitian Toll Free in BC 1-800-667-3438 www.dialadietitian.org

[Employment Insurance \(EI\) Special Benefits for Self-Employed People](#)

The new Fairness for the Self-Employed Act. On December 15, 2009, Bill C-56, Fairness for the Self-Employed Act received Royal Assent. The Bill amended the Employment Insurance Act to provide access to maternity, parental, sickness and compassionate care benefits to self-employed people, who choose to register for access to EI Special Benefits for Self-Employed People.

What is new?

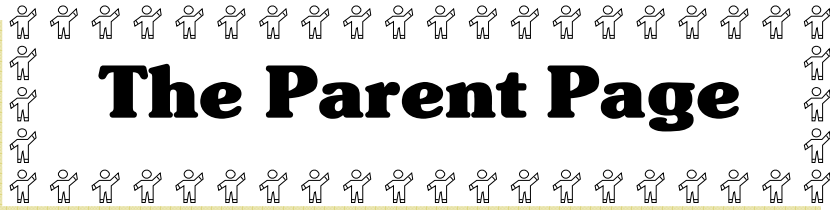
- > As of January 31, 2010, self-employed people can register for access to EI Special Benefits.
- > The four types of special benefits are:
 - > · Maternity benefits
 - > · Parental benefits
 - > · Sickness benefits; and,
 - > · Compassionate care benefits.

It is important that self-employed individuals are aware that if they register by April 1, 2010, they will be eligible to apply for benefits as early as January 1, 2011. If they register after April 1, 2010, they will have to wait 12 months before applying for benefits.

I have attached a copy of our EI Special Benefits for Self-Employed People promotional leaflet that can be posted on your Web site. The promotional leaflet provides the Service Canada Web site <http://www.servicecanada.gc.ca/> , where details about this initiative and other Government of Canada programs and services can be found.

>For more information, visit our Web site at www.servicecanada.gc.ca <http://www.servicecanada.gc.ca/>> or call our EI Telephone Information Service at 1 800 206-7218.

Charles Nixon
Assistant Deputy Minister
Citizen Service Branch
Service Canada



The Parent Page

A Box Can Hold So Much



Share and Connect with your children by creating a “Parent Play Box”. Any simple thing will do whether it’s an old picnic basket, a Rubbermaid tub, a recycled shoe box or clean, empty ice cream pail. Fill the box with family photos, colorful play dough, bells, shells, and treasures you find together indoors and out.

Use your senses to guide you in choosing these things.
A decorated toilet paper roll can become a tool for “eye spy”.

Small plastic mirrors are great communication starters.
Stack, sort, build with blocks, cups, books and more.

Even lego can inspire the architect in us all.

An assortment of crafts; feathers, old stamps, fabric, paper scraps, crayons, glue, buttons, etc. will make great greeting cards, post cards and notes.

Get down on the ground or at eye level with your child and be open to the magic that comes from playing together.



Smithers Good Food Box is Good For You

Each good food box costs 15.00 and includes fresh, nutritional fruits and vegetables from local food producers.

To order a Good Food Box please contact:

Smithers Community Services Association
3815-B Railway
250-847-9515

STRONG START DROP IN PROGRAMS

For children birth -five and their families

Muheim Elementary School

Monday-Friday 9:00-11:45 am
Tuesday & Thursdays 1:00-3:00 pm

Lake Kathlyn Elementary School

Wednesdays 9:00-11:45am

Telkwa Elementary School

Mondays 9:00-11:45 am & Wednesdays 1:00-3:00 pm

Moricetown Elementary School

Tuesdays & Thursdays 10:00-12:45 pm

Silverthorne Elementary School

Monday-Friday 9:00-11:45 am

For more information contact Rae-Lynn Varga
Early Learning Coordinator
250-847-5517 or visit www.sd54.bc.ca



Rolter’s Wisdom

You may be tall, I may be small, but inside,
We are the same strength.

Child Care Subsidy

The province of British Columbia is committed to helping families obtain affordable, accessible, safe, quality child care. Child Care Subsidy is a monthly payment to assist eligible British Columbian families with the cost of child care. Monthly subsidy payments vary depending on your family's circumstances. Your eligibility will be determined when your application and all supporting documents are received by the Child Care Subsidy Service Centre. You may be eligible to receive full or partial subsidy based on your family's circumstances. To receive child care subsidy you must meet the following criteria:

1. You must be a resident of BC.
2. You must be one of the following:
 - A Canadian citizen,
 - A Permanent Resident of Canada,
 - A Convention Refugee, or
 - A person in need of protection.
3. You must have an eligible child care arrangement provided in BC. Eligible child care arrangements include:
 - Licensed (a family home, group child care centre or preschool);
 - Registered License-not-required;
 - License-not-required;
 - In the Child's Own Home.

For more information on the various types of child care arrangements that may be subsidized, refer to the website at www.mcf.gov.bc.ca/childcare/subsidy.

You and your spouse (if applicable) must have one of the following reasons for needing child care:

- Employed or self-employed;
- Attending an educational institution or enrolled in distance education;
- Seeking employment or participating in an employment-related program (only one parent can be seeking employment);
- Have a medical condition that interferes with your ability to care for your child(ren);
- Have a child attending a licensed preschool;
- Have been referred by a Ministry of Children and Family Development or Delegated Aboriginal Agency social worker.

4. You and your spouse must establish a financial need (if applicable). Proof of income will be required.

Contact Child Care Subsidy

Mailing Address

Child Care Subsidy Service Centre

PO Box 9953 Stn Prov Govt

Victoria BC V8W 9R3

Toll Free 1 888 338 6622

Business Hours

8:00 am to 5:00 pm

Monday to Friday

Excluding Statutory Holidays

Caregivers Corner



“As many psychologists and pediatricians have noted, it is the “human interaction factor”—not technology—that most advances the intellectual and social development of infants and young children”-
-- article in bbc.uk.org

TV and Child Development:

For copies of whole pamphlet go to:
<http://vch.eduhealth.ca> or email
pthem@vch.ca and quote Catalogue No. HED.548
www.vch.ca

- Our brain develops best when we use all our senses: touch, smell, hearing, seeing and hearing.
- TV uses only two senses—seeing and hearing.
- TV does not teach your child how to talk.
- Children with good speech and language skills do well at school. To learn language, your child needs someone to listen to and talk to. A TV cannot talk with a child.
- The family has the biggest effect on a child's learning and behavior
- Control how much time your child watches TV or videos and plays computer games.
- Remember children will copy how much TV you watch and what TV programs you watch.
- Studies tell us that the more TV children watch, the less obedient they are.
- When children watch too much TV they do not have time to learn how to make friends and play with other children. To do well in school children need to learn how to relate to others.
- Toddlers have trouble understanding what is real and what is pretend.

Borrowing Theme Boxes?

REMEMBER TO FILL OUT THE DRAW FORM ON
THE
INSIDE OF THE BINDER
NEXT DRAW IS END OF MARCH 2010

**A new Theme box is in the making!
“WHERE WE LIVE”**

**Share a picture on
What is important to you in your
Communities!**

Closing Date: March 26 2010
Smithers CCRR and Area services
within the Wet'suwet'en,
Gitxsan, Lake Babine Nation, Tahltan, Kaska
and Tlingit Territories.
From Topley to Atlin.

**Lets celebrate, unite and share the
similarities and differences of our
communities near by.**

Bring photos by hand: **CCRR 3843 4th Ave**
or email: smicrr.outreach@telus.net
Or mail **PO Box 206, Smithers BC V0J 2N0**

WEB SITES :

Promoting social, emotional & behavior
guidance:

A pyramid model to refer to:
www.challengingbehavior.org.

A circular model to refer to:
[www.behavioradvisor.com/
CircleOfCourage.html](http://www.behavioradvisor.com/CircleOfCourage.html).

Resource for including special needs:
[http://dotolearn.com/picturecards/
printcards/social_behavior.htm](http://dotolearn.com/picturecards/printcards/social_behavior.htm)

CCRR Website:

www.childcarechoices.ca

Great resource for services available:

www.childhoodservices.ca

How to reach me?

Arlene Morrison
Resource Educator
4215 Field Street



MAIL

Box 206
Smithers, BC
V0J 2N0



PHONE

250 842-5044



FAX

250 842-5048

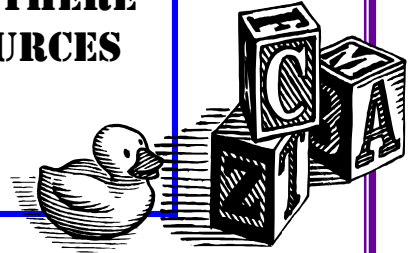


The Hazelton's March - April



TOYS, TOYS, TOYS

**JUST A REMINDER THERE
ARE TOYS & RESOURCES
AVAILABLE AT THE
HAZELTON OFFICE**



Congratulations

To Christie Danes,
Building Blocks
home daycare is
now licensed



Safe Spaces Part II

Will be offered to
the Hazelton and Area Centers'.

Safe Space is a Bullying
Prevention Education for
Preschool Age Children.

Safe Spaces is an approach to
helping young children between 2
1/2—5 years of age develop
pro-social skills in order to prevent
the emergence of bullying
behaviors in later childhood,
adolescence and adulthood.

**This workshops will be held
April 1, 2010.**

Where: Yet to be determined

Feels Like Spring in the Air,
ahhh

Make N Take

Was held in January at the
HAECDS building, it was a
great turnout, thank you to all
who attended. As a few of
you enjoyed a laugh or 2, it is
great to get together and
meet different people who
work in the early childhood
field.

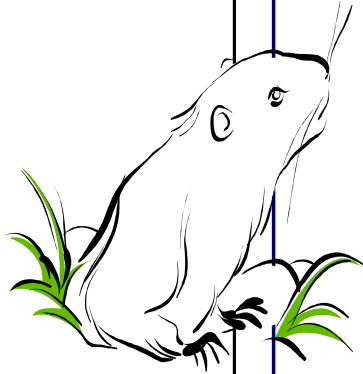
Has Spring Sprung?

Groundhog Tunnel Game

www.theideabox.com

Have the children line up in a row. To make the tunnel, have them stand close together with their legs apart. Have the last person in the row start the game.

Have the first groundhog crawl through the tunnel on his or her stomach. When the groundhog reaches the end of the tunnel, have him or her stand up & become a part of the tunnel while a new groundhog starts wiggling and giggling through.



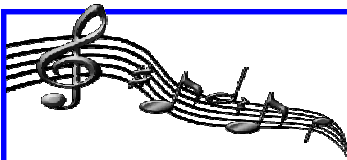
Frozen Smoothie Treats

You will need:

- Water
- Available Fruit or yogurt
 - Blender
 - Freezer or natural earth freezer
 - Popsicle maker containers or small paper cups with pop cycle sticks and plastic wrap .



Remember to take out apple, cherry, and pear seeds when you blend your fruits, as they have traces of cyanogenic glycosides. Add water to fruit until thick smooth consistency. Place into popsicle container. If using paper cups you can put plastic wrap over cups and poke hole in wrap once in cup to hold popsicle stick in place till frozen. Once frozen remove plastic and then serve. If you like you can do the same process with your favourite low fat yogurt.



<http://www.preschoolrainbow.org/preschool-spring.htm>

Preschool children learn about the spring season as they sing this sensory song from Nicole H.

Springtime Song

(Tune: Did you ever see a Lassie?)

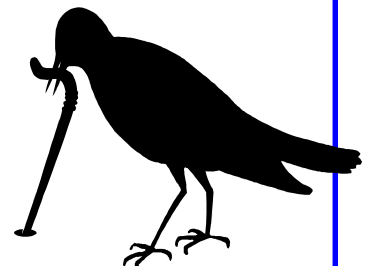
My eyes can see it springtime, it's springtime, its springtime.
My eyes can see it springtime, the grass is so green!
The green grass, the flowers, the sunshine and showers.

My eyes can see it's springtime, and I am so glad.
My ears can hear its springtime, its spring time, its springtime.
My ears can hears its springtime, the birds sweetly sing.
The birds sing, the lambs bleat (*Variation: the bears roam*) the frogs croak, the bees buzz.

My ears can hear it's springtime, and I am so glad!
My body can feel its springtime, it's springtime, it's springtime.
My body can feel it's springtime, the air is so warm.
The warm air, the breezes, no frost and no freezes.

(*Variation: The warm air, the breezes, the pollen, the sneezes*)

My body can feel it's springtime, and I am so glad





Vinegar Prints !

Idea * Celebrate

International water day with this Eco septic friendly, craft!

Vocabulary:

Horizontal, vertical, diagonal, trees, river, top, bottom, water cycle, eco friendly, evaporation, condensation, precipitation. Remember if children can learn those dinosaur names, nascar racer names, and there favorite TV show characters they can learn the above and will LOVE it !



Materials:

- Pre-cut thin strips of blue and green tissue paper accessible to each child.
- Bowl of vinegar for each 2 children to share.
- Paint brush for each child (or mist bottle depending on the abilities and needs of the children)
- White construction paper

Presentation:

Decide on the bottom and top of the paper.

Lightly wash the whole paper with vinegar (or mist).

Put blue tissue paper strips on Horizontally (sideways) at the bottom of the paper, to represent the river near you.

Put green tissue paper strips, on vertical (up & down) and slanted diagonally near the top part of the paper to represent the trees near you. Allow some blue and green tissue paper to overlap.

Place on flat surface to dry.

When the vinegar dries tissue paper will fall off and leave prints on the construction paper! Modify the shape of paper and the content as you like. Ie... Fish shape paper and scale shape tissue paper.

* Suggestion for circle time*

Boil kettle (be very careful) ask children if they can see the steam. Share word evaporation (where does the steam go? It doesn't disappear) it condenses into clouds and comes back as rain! Water has been continually recycled since earths creation! Who could have drunk the water you drink today?

Present craft once at circle using the vocabulary and talk about how liquids that go down the drain flow into the rivers. Share how vinegar is safe for our rivers. You can place the vinegar on the construction paper at this time.

See where the children's conversation will go around who drinks from the rivers. You can place the blue tissue on at this time. Then the green tissue. Put to dry on flat surface. Allow children to go to seat and try craft or offer it as an activity they can choose at their own play time.

Water Pure Water!



March

"When bears sit in front of their dens in early Spring"
(Above quote from Gitxsan Calendar)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6

7	8	9	10	11	12	13
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14	15	16	17	18	19	20
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Daylight Saving New Moon

21	22	23	24	25	26	27
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International Water Day

28	29	30	31			
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Full Moon

April

"Spring Salmon Return to the rivers of their Birth"
(Above quote from Gitxsan Calendar)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3

Nunavut Good Added Friday To Map

4	5	6	7	8	9	10
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Easter

11	12	13	14	15	16	17
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New Moon

18	19	20	21	22	23	24
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Earth Day

25	26	27	28	29	30	
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Full Moon