

Small Talk



November/December 2011

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

~serving Topley to Kitwanga, Stewart/Cassiar Hwy & Atlin~

Providing quality, accessible child care services to the community

Your Community's Best Source of Child Care Information and Resources

HOW TO REACH US?

3843B 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
www.crr.bc.ca

A Program of:
The Bulkley Valley Child
Development Centre
(BV CDC)
www.bvcdc.ca



Office Hours

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

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

We are closed from 12:00—1:00pm for lunch

Our answering machine is always on, please leave a message

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
- * Training and Workshops for Parents and Providers
 - *First Aid Training
- *Retail Art Supplies & Resources

In This Month's Issue

- Out and About at the CCRR
- Parent Page
- Training & Workshops
- The Hazelton's
- Caregiver's Corner
- Influenza
- National Child Day



has re-accredited the BV Child Development Centre for Excellence in Child & Youth Services

Out & About at the CCRR

OFFICE CLOSURES

November 11th ~ Remembrance Day
December 21st to 23rd ~ Annual Inventory
December 27th to January 2nd ~ Christmas break



CAREGIVER'S UNITED CHILD CARE CONFERENCE 2011

Through the partnership of Bulkley Valley Child Care Society, Northwest Supported Child Development and Smithers & Area CCRR a bi-annual child care conference is offered to support professional development for child care providers and people working with children in the North. 75 participants attended this years conference.

Stretch & Strength with Lara Collingwood



Cultivating Intuition with Vince Gowmon



Quieting The Storm with Vanessa Lapointe



Lunch by Two Sisters Catering



Training & Workshops

SUPPORTED BY THE "CHILDREN FIRST INITIATIVE"

Introductory Theraplay Training & Filial Therapy Training

November 21-25, 2011

9:00am-4:30pm

The Old Church, 3704 1st Ave., Smithers, BC

Call the Northern Society for Domestic Peace to Register: 250-847-9000

Early Bird Registration Sept. 30th ~ \$130.00 ~ Limited seating available

WORKSHOP: PEOPLE & POSITIONS

November 22, 2011 7-9 PM



Presented by:

Karen Rabbiosi and Jonina Cawsey;
Speech & Language Pathologists

A Make and Take workshop to learn how to teach children about pronouns and their contextual positions. Confused? Sign up at the CCRR by November 15th, 2011 and have this and other questions addressed!

Spaces are limited so we suggest you avoid procrastinating!

A certificate will be provided for professional development hours

PRINCE GEORGE NOBODY'S PERFECT FACILITATOR TRAINING DECEMBER 2011

Training is from 9:00 AM December 5th, through to 4:30 PM December 8th, 2011

Training Location: Timber Room at the Days Inn

600 Quebec Street Prince George

Training Fee: \$250.00



Success By 6 is pleased to offer, in partnership with the BC Council For Families, Nobody's Perfect Facilitator Training in Prince George for the first time. Nobody's Perfect is a parenting education program that was created in Canada for Canadians and is offered across the nation. This training is offered to those already working or volunteering with organizations involved with children, youth and families in stress or crisis.

For information please call Robert Moore at 250-613-9318 or email rjmoore@telus.net

The Parent Page



CHILD CARE SUBSIDY UPDATES:

Effective September 1, 2011 the Ministry of Children and Family Development implemented changes to “**care surrounding a school day**” for Child Care Subsidy. The “L2” out of school rates were increased and the process for claiming additional full days due to school closure or child’s illness were changed.

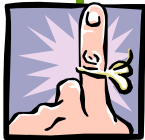
To alleviate the administrative burden to you, **Subsidy has created a new form for care providers to claim the additional amount for full days.** It will not be necessary to claim an amount, it will be calculated for you, however a reason for the additional day (s) must be provided. A reference number will be generated during the payment process. This form must not be submitted before the 25th of the month being claimed.

Please note:

Parents may request the full day rates for winter and spring vacation in advance by contacting the Child Care Subsidy Service Centre. 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 5 - 10 business days before calling to check on the status of your claim.

Subsidy website: http://www.mcf.gov.bc.ca/childcare/subsidy_promo.htm .

**Scholastic book orders
are due
November 24th**



**Resources/toys are due
back on December 15th
for our yearly inventory.
If you are unable to get to
our office by this date
please call and let us know
so we can make other
arrangements.**

I tried to Teach My Child with Books.
He Gave Me Only Puzzled Looks.
I tried to Teach My Child with Words;
They Passed Him by Often Unheard.
Despairingly, I Turned Aside; “How
Shall I Teach this Child, “ I cried?
Into My Hand He Put the Key,
“Come,” He said, “Play
with Me.” -Author
Unknown



Strong Start Drop In Programs

A FREE Early Learning program for all children birth-five
years and their families

Muheim Elementary School
Tuesday-Friday 9:00-11:45am
Thursday 12:45pm-3:00pm

Lake Kathlyn Elementary School
Monday 1-4pm
Wednesday 8:45-noon

Telkwa Elementary School
Monday 8:45-noon
Wednesday 1-4pm
Monthly Potlucks

Silverthorne Elementary School
Monday-Friday 8:45-11:30am

Visit www.sd54.bc.ca for program schedules and more
information or call 240-847-5517



Caregivers Corner

Visit our Website: www.childcarechoices.ca

Emergency Child Care First Aid

Effective immediately the CCRR will be offering the Child Care First Aid Course twice yearly, once in the spring and again in the fall. Please be aware of your expiry date to ensure your certificate remains valid.

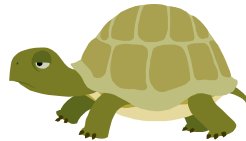
Licensing Regulations regarding first aid

First Aid

- 23 (1) A licensee must ensure that children have at all times immediate access to an employee who
- (a) holds a valid first aid and CPR certificate, provided on completion of a course that meets the requirements of Schedule C,
 - (b) is knowledgeable respecting each child's medical condition, if any,
 - (c) is capable of effectively communicating with emergency personnel.
- (2) A licensee must have first aid kits that are readily accessible to all employees, including while care is provided off the community care facility premises.

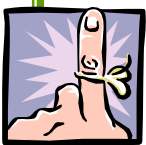
Under Construction

A new resource box is being developed to help teach children social and emotional skills. Includes games stories, activities and a Tucker Turtle hand puppet.



Recommended Resources

Busy Baby Bins– contain books and toys for little wee learners.
Science At Home



Resources/toys are due back on December 15th for our yearly inventory. If you are unable to get to our office by this date please call and let us know so we can make other arrangements.

Influenza Season is Quickly Approaching!

Influenza is a **viral** illness that causes symptoms such as: sneezing, coughing, sore throat, fever, headache and muscle pain. Influenza is particularly dangerous for the elderly, **infants** and people whose immune systems may be compromised or not working well. Influenza viruses spread easily through sneezing, coughing and contact with infected people.



Since influenza virus is transmitted from person to person, steps you can take to decrease the chances of children/adults getting influenza are to:

Get your yearly influenza vaccination.

Practice and teach good hygiene. Do not cough or sneeze without covering your nose and mouth.

Wash your hands frequently. Hand washing is the best single way to prevent the spread of germs from one person to another. Wash hands thoroughly with soap and water for at least 20 seconds.

Do not share drinking glasses or utensils and never share toothbrushes.

Influenza vaccine is safe, effective and has very minimal, if any, side effects. The good news is that influenza vaccine is available **free** and is **highly recommended** for the following people:

All children 6 to 23 months of age and household contacts of infants aged 0-23 months of age

Those providing regular child care to infants aged 0-23 months of age

Pregnant women in their 3rd trimester during influenza season

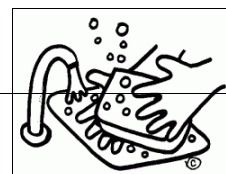
Because of their immature immune systems, infants are at higher risk for complications related to influenza illness, so it is up to the people caring for them to be immunized as well.

Free influenza vaccine is available for those individuals listed above as well as other high risk individuals not mentioned in this article beginning in the fall. People not eligible for free influenza vaccine can purchase the vaccine through private clinics and/or their doctor's office. Please contact your local public health unit or family doctor if you have questions, to find out about influenza immunization clinics or to book an appointment for immunization.

For more information on influenza visit Northern Health at www.northernhealth.ca, ImmunizeBC at www.immunizebc.ca, or call HealthLink BC at 8-1-1 to speak with a registered nurse.

Wash, Wash, Wash your hands till there good and clean.

Wash the bottoms and the tops, and the fingers in between. Your child may sing a song while washing hands, this helps children wash for the recommended 20 seconds. Hand washing is the single most effective way to reduce the spread of infection. Germs, Germs, Germs Everywhere is an interactive guide that can be use for both parents and child care providers to help toddlers and preschoolers understand germs and the importance of hand washing. <http://www.squidoo.com/childrenshandwashing>



UN Convention on the Rights of the Child

In Child Friendly Language



"Rights" are things every child should have or be able to do. All children have the same rights. These rights are listed in the UN Convention on the Rights of the Child. Almost every country has agreed to these rights. All the rights are connected to each other, and all are equally important. Sometimes, we have to think about rights in terms of what is the best for children in a situation, and what is critical to life and protection from harm. As you grow, you have more responsibility to make choices and exercise your rights.

Article 1
Everyone under 18 has these rights.

Article 2
All children have these rights, no matter who they are where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

Article 3
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

Article 4
The government has a responsibility to make sure your rights are protected. They must help you learn to protect your rights and create an environment where you can grow and reach your potential.

Article 5
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

Article 6
You have the right to be alive.

Article 7
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (or belonging to a country).

Article 8
You have the right to an identity — an official record of who you are. No one should take this away from you.

Article 9
You have the right to live with your parents, unless it is best for you. You have the right to live with a family who cares for you.

Article 10
If you live in a different country than your parents do, you have the right to be together in the same place.

Article 11
You have the right to be protected from kidnapping.

Article 12
You have the right to give your opinion, and the adults to listen and take it seriously.

Article 13
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

Article 14
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

Article 15
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

Article 16
You have the right to privacy.

Article 17
You have the right to get information that is important to your well-being, from radio, newspapers, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Article 18
You have the right to be raised by your parents, if possible.

Article 19
You have the right to be protected from being hurt and mistreated, in body or mind.

Article 20
You have the right to special care and help if you cannot live with your parents.

Article 21
You have the right to care and protection if you are adopted or in foster care.

Article 22
You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

Article 23
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

Article 24
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 25
If you live in care or in other situations away from home, you have the right to have those living arrangements looked at regularly to see if they are the most appropriate.

Article 26
You have the right to help from the government if you are poor or in need.

Article 27
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

Article 28
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

Article 29
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

Article 30
You have the right to practice your own culture, language and religion — or any you choose. Minority and indigenous groups need special protection of this right.

Article 31
You have the right to play and rest.

Article 32
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

Article 33
You have the right to protection from harmful drugs and from the drug trade.

Article 34
You have the right to be free from sexual abuse. Article 34(a) use is allowed in kidnapping or sell you.

Article 35
You have the right to protection from any kind of exploitation (being taken advantage of).

Article 36
No one is allowed to punish you in a cruel or harmful way.

Article 37
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

Article 38
You have the right to help if you've been hurt, neglected or badly treated.

Article 39
You have the right to legal help and for that need to the justice system that respects your rights.

Article 41
If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

Article 42
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

Articles 43 to 54
These articles explain how governments and international organizations like UNICEF will work to ensure children are protected with their rights.



Canadian Heritage

Patrimoine canadien

