

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?

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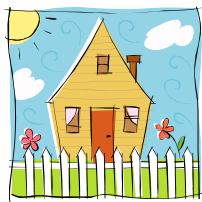
www.childcarechoices.ca

PHONE

250-847-8824
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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
- National Child Day





Out & About at the CCRR

CCRR WELCOMES OUR NEW Resource & Referral Worker

My name is Robyn Alden and I have lived in the Bulkley Valley for 13 years. Originally from the lower mainland, I moved here for a summer job during University. I have three years of Criminology and twelve years of life experience in Child Development, particularly with Hearing Loss, Speech and Language, and Special Education. Prior to joining the CCRR and CDC team I was an Educational Assistant at St. Joseph's Catholic School for two years. I am currently pursuing an education as Therapist Assistant – Speech and Language Assistant at Grant McEwen College in Edmonton. My passions include reading, music, gardening, and cooking. Along my journey I have networked extensively with parents and professionals and have been involved in supporting and informing children, families and educators. I have a knack for creativity and enjoy learning and teaching. As a parent and a professional I am called to promote advocacy and intervention for children and their families and I look forward to serving the community!



The CCRR would like to thank the following organizations and individuals for their help and volunteer hours to make the Kids Zone a success!

BV Child Care Society for sponsoring and organizing the Woodworking Area!

Healthy Babies-Families – Moricetown- Office of Wet'suwet'en Early Childhood Development Program: for sponsoring and organizing the Parenting Tent!

A Very Special Thank You to all of the Volunteers who helped keep things going all weekend

**Judy Newell
Arlene Morrison
Ellen Anderson
Madison Rensby-Wills
Shawn Cote**

**Hannah Rabbiosi
Merran Morgan
Jordana Oliarny
Kevin Cote**

Boston Pizza - mascot

BV Exhibition

“ One of the deepest secrets of life is that all that is really worth doing is what we do for others.” ~Lewis Carroll

Training & Workshops

Red Cross Child Care First Aid Course

Date: Saturday, November 21st, 2009 (full)

Saturday, January 9th, 2009 (register by Dec.30th)

Time: 9:00am-5:00pm



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

~Payment is required to reserve 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

Smithers & Area CCRR and Bulkley Valley Child Care Society

Are co-hosting an evening event for child care providers

MEET AND GREET with the local licensing Officers Lisa Rice for the Smithers area and Barb Mahon for the Hazelton's and Moricetown This informative evening will give you a chance to meet Lisa and Barb and ask any questions you may have. Lisa will also be speaking on Serious Incident Reporting.

Where: 3843-B 4th. Ave (CCRR Office)

When: Monday, November 23rd, 2009

Time: 6:30-8:30pm

Snacks will be provided



Holiday Make & Take

Date: Wednesday, December 2nd, 2009

Time: 5:30-9:00pm

Location: CCRR office 3843-B 4th Ave. Smithers

Cost: Non-perishable food donation

Take some time to stop by our office and make some great new holiday crafts and taste some healthy snack ideas!



Please pre-register to confirm your space 250-847-8824



The Parent Page



"What children take from us, they give....We become people who feel more deeply, question more deeply, hurt more deeply, and love more deeply."—Sonia Taitz

H1N1 Flu Virus Information:

Northern Health has H1N1 Flu Virus information for parents on their website. This includes a daycare fact sheet and Q & A for parents sheet. For those interested there is a link to subscribe for updates as they become available on the web page for the H1N1 virus.

For more information please visit:
<http://www.interiorhealth.ca/health-and-safety.aspx?id=486>

Using tennis balls to dry clothes faster



Another tip for reducing static...put a tennis ball or two in the dryer with your clothes.

As David Suzuki explains in this Power wise ad (<http://www.powerwise.ca/features/videos/> and click on Tip - tennis balls), this will fluff up your clothes and keep them from sticking to the barrel. This allows air to circulate more freely, reducing static AND drying time.

Mother Goose Early Literacy Program



Learn songs, rhymes and finger plays with your infant or toddler.

MOTHER GOOSE

Newborn to 18 months
Thursdays 10:00-11:00am

18 months to 36 months
Tuesdays 10:00-11:00am

STORY TIME

Introduce your 3-5 year old to the exciting world of books and the library.

Wednesdays 10:00-11:00am

For more information or to register, call
250-847-3043

Kids Clothing Swap

Due to popular demand there will be another kids clothing swap

Saturday, November 7th, 2009

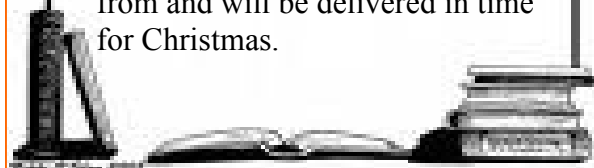
Where: St. Joe's School Gym

Time: 9:00-11:00am

Contact: Shannon Malbeuf @
250-847-1857
Lorina Groot @
250-847-3389



Our next scholastic book order will be due November 30th. This month there is a large selection of books, cd's and games to choose from and will be delivered in time for Christmas.



Child Care in Our Communities

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

smicrr@telus.net

What is National Child Day?



This day marks the adoption by the United Nations of the Convention on the Rights of the Child. In 1993, the Government of Canada enacted Bill C-371, otherwise known as the Child Day Act, and designated November 20th of each year as a national day of the child in order to promote awareness in Canada of the Convention. The Convention spells out the basic human rights to which children (under the age of 18) everywhere are entitled. For more information about National Child Day please visit: www.qualitychildcarecanada.ca

Children's Artwork Display

To celebrate this special day in our community we are asking parents, all child care & preschool providers who currently provide a child care program for to have their children create a piece of art to display in our window for the month of November. Any medium can be used. Please do not include the child's last name.



Blue ribbons will be available in our office for all children participating.

Retail Art Supplies

Our office orders art supplies from Creative Children, if you would like to look through a catalogue we can add on your order to our own. Total orders over \$400.00 will not be charged a shipping fee.

Locally made "EYE SPY bags" will be available for purchase in our office.



The Canadian Pediatric Society

Well Beings: A guide to Health in Child Care 3rd edition is now available. The book contains helpful tables on age appropriate toys, developmental milestones and caregiver emotional health. As well simple and easy to understand information on preventing and managing infections and a great chapter on including children with special needs (care planning, activities, and an extensive list of additional resources).

<http://www.cps.ca/>



Care Givers Corner

"Strength lies in differences, not in similarities".

- By Stephen Covey

CHECK OUT YOUR RESOURCE LENDING LIBRARY !

Honor Children of this land: Share Language!

- **Witsuwit'en Language Package and CD !**
Featuring: Songs – Stories – Vocab

New Co-operative Games !

- **A Beautiful Place: Ages 5 and up**
- **Harvest Time: Ages 3 - 7**
- **Mountaineering: Ages 7 and up**
- **Snow Storm: Ages 5 and up**
- **Walk in the Woods: Ages 5 - 7**

Add ASL Signing to your Day, Songs and Stories

- **Signing flashcards!**
- **Signing dictionary!**
- **Signing child books!**



New Books with CD's + Headphones For your Audio Listening Corner

- **Tahltan Recipe Books**
- **Robert Munch Stories**
- **Scholastic Stories**



One Minute Checklist for Caregivers

- Did I greet each child as they arrived and say goodbye when they departed?
- Did I lower my body position and ensure eye contact with each child in interactions?
- Did I give myself time to personally prepare for the day?
- Did I prepare for the days work activities?
- Did I maintain clear communication with staff, children and parents?
- Did I ensure the center was clean and in order before starting a new day?
- Did I look for and encourage positive behavior
- Did I demonstrate genuine respect for each child today?
- Did I find spontaneous moments to facilitate learning throughout today's activities?
- Did I take care of my needs, as well as the children's needs?
- Did I take time to listen, without interrupting, when I was busy?
- Did I support each child to participate in decision making?
- Did I encourage and allow children to settle disputes between themselves?
- Did I communicate each child's highlights and needs to their caregivers today?
- Is there one thing that I could focus on improving or changing tomorrow?

Did you know?

- As of June 10th the Minister of Children and Family Development And Minister Responsible for Child Care is: Hon. Mary Polak. For updated Ministry news visit the website: <http://www.gov.bc.ca>
- Western Canada Family Child Care Association officially changed its name to BC Family Child Care Society More info on their Website: www.bcfcca.ca

SEARCH OUR WEBSITE: www.childcarechoices.ca

Nov/Dec
2009



The Hazelton's

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**HAZELTON AND AREA EARLY CHILD DEVELOPMENT SERVICES
OPEN HOUSE
WAS A FUN FILLED DAY THAT WAS ENJOYED BY MANY.
THANK YOU
TO ALL WHO HELPED OUT,
AND ALL THE CENTRE'S THAT HONORED THE INVITATION.**



Make and Take

When: November 5, 2009

Where: 4215 Field St. Hazelton & Area E.C.D Services

Pre-register by calling 250 842-5044

Safe Spaces – Bullying Prevention for Preschool-aged Children



**Thank you to all who attended the Safe Spaces work shop, see you
soon.**

Idea Brainstorm

“The Love we Give Away is the Only Love we keep” By Elbert Hubbard



Celebrate National Child Day– November 20th

Make blue ribbons to share with your community
(get children to cut the ribbons adult puts pin on)

Organize a food hamper for local families

Do something to show respect towards Earth our children's inheritance

Collect for woman's shelter

“Our future leaders” create a collage of children of the world

Add ASL Signs to these Visual cues for doing Experiments in Group



Observation
Quiet time



Child shares what
They observed



Children reason
why it
happened

To show child why to cough and sneeze into their arm

Materials needed:

-black piece of construction paper,
-water spray bottle



Hold black paper facing children:
sneeze facing the paper:
while spraying the water
bottle towards the
Paper.



REFLECT that is what germs look
like when you sneeze:

WHY

If you use your hand all the germs
spread to what you touch. That is
why we sneeze and cough into our
arms.

Make up a song with the action to
sneeze into your arm.

BIOLOGY EXPERIMENT FOR CIRCLE TIME:

Idea by Dorothy Jones

Aims: -To Explain Why we wash our hands-To see germs-To
encourage Logical reasoning. **Vocab:** GERMS: INVISIBLE

Materials: Loaf of (uncut) bread—Clean bread Knife-
Thong- Bristle Board divided up into 3 sections labeled with
drawings of: 1) dirty hands 2)clean washed hands 3) tongs-
3 sandwich sized zip lock bags, Book: Those Mean, Nasty Dirty
Downright Disgusting but invisible germs, By Judith Rice

Procedure:

Stick your hands in your pocket and Ask:

“What do I have in my Pocket?” Acknowledge each response

**Answer is germs, they are so tiny that you can't see them
but they are there. WOULD YOU LIKE TO SEE THEM?**

Question: What is one thing we all need to live and grow?

Acknowledge their responses as they will be interesting and
meaningful to life: stop when they say Food:

Answer: Food. Lets give these germs something to eat.

Cut open the loaf and make a slice

Pass the slice around and have all the children touch it.

Place the slice into a zip lock bag and tape it to the bristle
board under the dirty hands sign. **Send the children out to play**
When they come in they should have washed their hands.

So you can repeat the process with “Washed hands”.

The third slice of bread must not be touched by human hands,
Repeat process only with tongs. **Hang the experiment on the
wall and observe the results over the next week or so.** Usually
the results show that the washed hands are more germly than
the unwashed hands. They can discuss this and usually they
come to the conclusion they didn't wash their hands properly.



Wow I can do it



Step by Step our Children Can Sew All Year (idea by Debbie Gillespie)

Step #1: Have the following available in one basket for beginners:

- Berry Basket bottoms or stiff carpet under liner with holes
- Precut pieces of wool not too long with masking tape on one end (like a shoelace)

Model sewing in random order

Step #2: Have the following in one basket

Available:

- Cardboard with Holes. Make holes approx 1 inch from the other.
- Precut pieces of wool with masking tape wrapped on one end (like a shoelace) the other end with a knot.



Sews down a front hole /up a different back hole

Step #3: Have the following in one basket

Available:

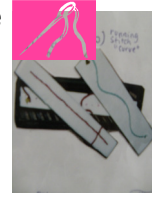
- hole punch around edge of greeting cards or Images on card
- Precut pieces of wool with masking tape wrapped on one end (like a shoelace)

Tie wool to 1st hole. Model the over sewing stitch also called blanket stitch



Step #4: Have the following available in one basket:

- Cardboard with holes in line/ wave
- use marker showing path of sewing wool
- can put sticker at end of line/wave
- yarning needle (pre threaded)



Child tried + understands #2 + completed #3. First do running stitch in straight line– then curved line: Once running stitch is mastered then child does back stitch in straight line- then curved line.

Step #5: Have the following available in one basket:

- cut out circles of card with 2 hole punches like a button (option have some with dots for child to hole punch)
- burlap, felt or easy to use yarn needle material
- yarn needles, precut wool (option pre threaded)



Model sewing button on.

Step #6: Have the following available in one basket

- embroidery frame, embroidery thread
- yarning needle, enough buttons
- thin cotton pieces (draw with perm marker lady bug)

Child can sew button on each ladybug dot.



Step # 7: Have the following available: to do over period of time

- zip lock bag for each child– embroidery frames– embroidery thread–shape diagrams– medium needles dulled at point. Child chooses shape– adult traces on fabric + places dots along outline of shape and puts fabric on embroidery frame. Child does backstitch with thread– adult turns completed stitched shape into a pillow for child to take home or into a handbag for end of year!



* Steps 1-7 are made so that when a child has completed each step they can take it home. Sewing is put into steps so child succeeds. Allow as many repetitions for each step as child is inner directed. Supervision required. Encourage only the child's successes allow them to make mistakes.

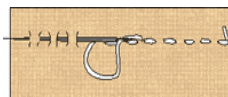
Have the following basic stitches images available with the stitch name on back side of image card.

- Make two of each for matching games. (add in more advanced stitches)
- Provide items that have the following stitches for children to identify/ classify

Tacking Stitch: Basting

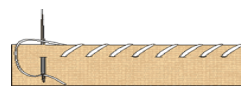
Temporary Stitch

Running Stitch



Used for seams and for gathering.

Over sewing Stitch



Neatens raw edges of fabric from fraying.

Backstitch



Strong hand stitch -Work right to left.