



Okanagan  
Boys & Girls Clubs  
A good place to be

# Caregiver "Bulletin"

## October, November, December

### Fall Newsletter

**3300-37th Avenue  
Vernon, B.C.  
V1T 2Y5  
542-3121 ext.111**

**Program  
Coordinator:**  
Trina Devine

**Community Child  
Care Advisors:**  
Josie Ferguson  
Jesie Harms

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



### Squirrel song:

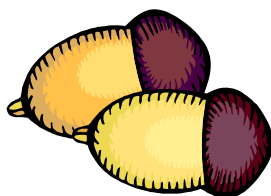
Squirrel, squirrel, shake your bushy tail,  
Squirrel, squirrel, shake your bushy tail.

Wrinkle up your little nose

Hold a nut between your toes

Squirrel, squirrel,

shake your bushy tail.



### Office Hours

**Monday-Friday**

8:30am-4:30pm

**First Monday of the Month**

8:30am-8:30pm

Check out our website at

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

### Fall



### FREE CCRR Drop-In Playtimes

**Wednesdays:**

Vernon Boys and Girls  
Club

10:00am-11:30am

# Upcoming Workshops

## Pedagogical Narrations - Course (12 hour Certificate)

**When:** Tuesdays Oct 4, 11, 18, 25 2011 6:00-9:00pm

**Where:** Okanagan Boys and Girls Club

**\*Space is limited! Register early \***

Join Susan Miller (Early Childhood Educator and owner of Hailey's Garden) as she teaches and guides you through understanding and using pedagogical narrations within your centers.

### What is pedagogical narration ?

Pedagogical narration is a tool used to record children's meaning making and to invite multiple perspectives which deepen and broaden understanding of the child and his relationship to the world.

### What will the course look like?

The course will be 4 sessions, 3 hours long each (every Tuesday for 4 weeks. )

1. Intro to Pedagogical Narration and image of the child
2. Ordinary Moments
3. Multiple Perspectives
4. Assembly / Technology 101

### What are the course objectives ?

The student will receive a basic, practical working knowledge of the process of creating pedagogical narrations that is tailored to each individual.

**Cost: members \$20.00 Non-members \$30.00**



## Story Telling and Puppetry

**When:** Monday November 7 2011 6:30-8:30pm

**Where:** Okanagan Boys and Girls Club

Puppetry and storytelling with Kathy Heindrick.

Kathy is an Early Childhood Educator who has 10 years experience with puppetry and story telling with Children. Kathy uses imagination, puppets and props to bring stories to life. Join us while Kathy shows us how she engages children in the storytelling and puppetry process.

**Cost: members \$10.00**

**Non-Members \$15.00**



## Make N' Take

**When:** Monday December 5 2011 6:00pm-9:00pm

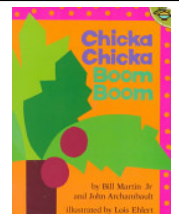
**Where:** Okanagan Boys and Girls Club

Join Josie as we make and take an Alphabet Theme Box. We will be creating a magnetic story of "Chicka Chicka Boom Boom". Please bring a cookie sheet and a pair of scissors.

Pre-registration is required

**Cost: members \$10.00**

**Non-members \$15.00**



**Please call CCRR at 250-542-3121 ext. 111 to Register**



# National Child's Day

On Wednesday November 16 2011

CCRR Drop In Play Group

10:00am-11:30am

Join us as we celebrate the United Nations Rights of the Child

National Child Day has been celebrated across Canada since 1993 to commemorate the United Nations' adoption of two documents centered on children's rights: the *United Nations Declaration of the Rights of the Child* on November 20, 1959, and the *United Nations Convention on the Rights of the Child* on November 20, 1989.

Canada made a commitment to ensure that **all children are treated with dignity**



## Winter Party

Get yourself into the holiday spirit by joining us for our Winter Party on **Wednesday December 14th, 10:00am—11:30am.**

Join us for a fun filled drop-in with:

**Crafts, Cookie Decorating, Bouncy Castle, Games, and More!**

\*This event is very popular so to ensure we have treats for everyone please call and let us know how many children you are bringing.\*



## Child Car Seats

**Do you have children under 9 years old?**

**Are you using the right Child Car Seat for your child's age, height, & weight?**

**Why get them checked?**

\*Your car seat may have expired

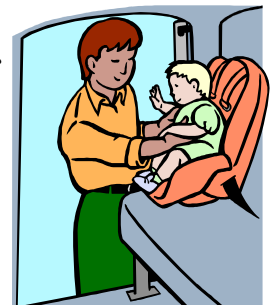
\*There may have been a recall on the child seat you are currently using

\*You may be using the car seat for a different child since you have had it checked, or installed.

**For Current Recalls check**

**[www.http://www.tsfbcaa.com/pdf/Childseatrecall.pdf](http://www.tsfbcaa.com/pdf/Childseatrecall.pdf)**

We encourage you to get your Child Seat checked with Child Care Resource and Referral 250-542-3121 ext 111





# Toy Cleaning Reminder



Borrowers who return Kits/Items dirty will be charged a \$5.00 cleaning fee per Kit/Item.

- 1) **Count and inspect the toys within 48 hours of borrowing:** Call our office right away to report any discrepancies
- 2) **Clean and Disinfect before returning:**

### For fabrics:

Use a lint roller to remove dust and hair and gently wash.

### For hard surfaces and bins:

Wipe down with a solution of one part bleach to tens parts water and let air dry or use a disinfecting wipe.

### For paper and cardboard items:

Wipe with a dry cloth to remove hair, lint, and dust.

- 3) **Count items to ensure all parts & pieces are accounted for.**

Please make sure that all items are completely dry to decrease the risk of mold or mildew.



## Lending Library Inventory

CCRR will be checking our Lending Library Inventory during the Winter Break.

**Please help us by ensuring all your kits and items are returned by  
December 15, 2011.**

Items that have been inspected and recorded will be available to borrow during the Winter Break.



# Craft Corner



## Handprint Apple Tree



What you will need:

- White and red construction paper
- Red apples cut out
- Green and brown paint
- Paintbrushes, glue, and scissors
- Green and brown crayons

Paint the children's hands green and press them down on white construction paper. Repeat this 3-4 times. You will want to get the handprints to face 9 o'clock, 12 o'clock and 3 o'clock. Paint a brown tree trunk and a few branches to join the hand prints. Once the paint has dried glue on some apple templates.

## Tissue Paper Leaves



What you will need:

- Black construction paper
- Clear contact paper
- Tissue paper in bright colors

Cut out leaf shapes and then remove the middle of the leaf. Cut a square of contact paper that is slightly bigger than your leaf and stick it on the back of the leaf. Using 1 inch squares of tissue paper allow the children to stick the tissue paper onto the contact paper. Make sure the pieces overlap for the best effect. Hang in a sunny window for a beautiful art piece.

## Fingerprint Indian Corn



What you will need:

- Yellow and green construction paper
- Scissors, white glue
- Red, yellow, orange, and white children's paint

Cut out the shape of a corn on the cob with the yellow paper and two leaves with the green. Glue it together to resemble corn on the cob. Let the children dip their fingers into the paint and dip it on their corn. Using one color at a time keeps your paint from all becoming the same color.

All craft ideas on this page came from [www.allkidsnetwork.com](http://www.allkidsnetwork.com)  
This website also has the templates if you need to use them.

# Songs in Sign Language

Row, Row, Row Your Boat

Row, row, row your  
boat, Gent - ly down the  
stream. Mer - ri - ly, mer - ri - ly,  
mer - ri - ly, mer - ri - ly, Life  
is but a dream.

The image displays a musical score for the song "Row, Row, Row Your Boat" in G major, 6/8 time. The score is presented in four systems, each with a musical staff and corresponding sign language illustrations. The lyrics are: "Row, row, row your boat, Gent - ly down the stream. Mer - ri - ly, mer - ri - ly, mer - ri - ly, mer - ri - ly, Life is but a dream." The sign language illustrations are as follows: "Row" is shown with two hands rowing; "your" is a flat hand; "boat" is two hands together; "Gent - ly" is a hand with fingers spread; "down" is a hand pointing down; "the" is a hand with fingers spread; "stream" is hands moving back and forth; "Mer - ri - ly" is a hand with fingers spread; "Life" is two hands on the chest; "is" is a hand with fingers spread; "but" is two hands with fingers spread; "a" is a hand with fingers spread; "dream" is a hand with fingers spread and a face.

This song is taken from "Songs in Sign" by S. Harold Collins



# Cooking Corner



## Roasted Pumpkin Seeds

### Ingredients:

- 1 cup pumpkin seeds
- 1 Tbsp melted butter or vegetable oil
- 1 tsp seasoning (salt, seasoning salt, garlic powder, chili powder or a combination thereof.)



### Directions:

1. Preheat oven to 300F
2. Wash the seeds off with cold water
3. Pat dry with a towel
4. In a mixing bowl or ziploc bag combine 1 cup pumpkin seeds, 1 Tbsp vegetable oil and 1 tsp salt (you can double or triple this recipe if you like)
5. spread the seeds evenly on a cookie sheet
6. bake 30 minutes (they will be golden brown.) About 15 minutes in, take them out and stir them around. About 25 minutes in, check them... they may be done at this point. If not, leave them the extra 5 minutes.
7. Let cool and eat.



## Eyeball Potion

### Ingredients:

- 8oz frozen whipped topping
- thawed blueberries or raisins
- 1 1/2 cup boiling water
- 1lg pkg gelatin - any red flavor
- 1 cup cold water
- ice cubes

### Directions:

1. Place a blueberry or raisin in each scoop for the "pupil." freeze 30 min; or until firm.
2. Meanwhile, stir the boiling water into gelatin in large bowl at least 2 minutes until completely dissolved.
3. Mix cold water and ice cubes to make 2-1/2 cups
4. Add to gelatin, stirring until slightly thickened. Remove any ice.
5. Pour about 1/2 cup gelatin around the 2 "eyeballs" in each dish, leaving the top of the "eyeballs" exposed.
6. Refrigerate 1 -1/2 hours, or until firm.



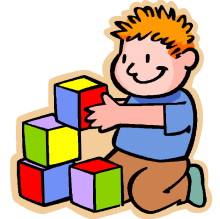
# Skills Children Learn in Quality Child Care Settings

Quality Child Care settings offer a variety of toys and materials, dynamic programming and daily routines for our young children. The following are just a few of the skills your child learns while engaging in the various play experiences listed below.



## Block Play

- Physical: Learns to balance blocks and lines them up (fine motor co-ordination)
- Cognitive: May count blocks, sees patterns and designs. Learns to build and plan structure. Matches blocks that look alike.
- Social: Learns to share and co-operate.



## Dramatic Play

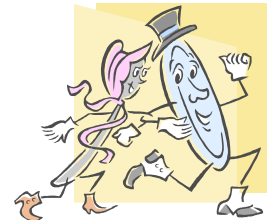
- Social: Plays adult roles. Develops self-image and co-ordinates with others.
- Language: Learns to express self in another role.
- Cognitive: Decides appropriate dress and appearance for role; uses visual perception to assess self, others, play environment. Learns and remembers behaviors to imitate.
- Self-help: Dresses self. Sets up play environment and finds props.

## Setting the Table

- Cognitive: Counts silverware, glasses, and napkins, or places an object by each setting. Follows patterns of place settings.
- Social: Co-operates with other children. May teach younger children to help.
- Physical: Picks up and places objects (fine motor co-ordination).

## Sitting Down to Eat

- Physical: Pours milk, passes the dish (fine motor co-ordination).
- Cognitive: Measures to pour. Understands directions.
- Social/Language: Learns appropriate table conversation and manners.



## Putting Toys Away

- Cognitive: Sorts toys, follows directions.
- Physical: Places objects on shelf, replaces lids, opens and shuts doors.
- Social: Takes turns, learns to handle toys carefully.

## Climbing/Riding

- Cognitive: May count the rungs to the top of the climbing structure; plans his climb. Maps out direction and distance to ride; watches for others in path, spatial awareness.
- Physical: Large motor co-ordination, balance.
- Social: Takes turns, interacts with others.





# Family Child Care Training

The Family Child Care Training program has been developed through the Canadian Child Care Federation (CCCF). Level 1 Family Child Care Training is mandatory to maintain registration requirements as a Registered-License-Not-Required care provider with CCRR. Level 1 has also been recognized by Child Care Licensing Officers in our area as acceptable for meeting the 20 hour requirement for relevant Child Care Training in licensed settings.

## The following topics are covered in LEVEL ONE:

**Unit 1-** Your Child Care Home

**Unit 2 -** Safety

**Unit 3 -** Health

**Unit 4 -** Nutrition

**Unit 5 -** Child Development

**Unit 6 -** Child Guidance

**Unit 7-** Helping Children Grow and Develop

**Unit 8-** The Child Care Day

**Unit 9-** The Business of Family Child Care

**Unit 10-** Starting off Right

**Unit 11-** Partnerships with Parents

**Unit 12-** Partnerships with Community

## The following topics are covered in LEVEL TWO:

**Unit 1** Caring for infants

**Unit 2** Caring for toddlers

**Unit 3** Caring for pre-schoolers

**Unit 4** Caring for school aged children

**Unit 5** Meeting children's needs in multi-aged settings

**Unit 6** Developing children's language skills

**Unit 7** Developing Caregivers observational skills

**Unit 8** Caring for the caregiver

**Unit 9** Balancing work and play

**Unit 10** Planning for play

**Unit 11** Risk management

**Unit 12** Serving nutritious meals and snacks


We offer the program by distance education and in classroom. There are three (3) intake periods for distance programs each year (January, May and September).

***\* We are currently accepting September Registrations \****

**Cost: \$50.00**

**Contact CCRR for more information: (250) 542-3121, ext. 111**



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Pedagogical Workshop Part 1 6:00pm-9:00pm	5 Vernon Drop In CLOSED due to Regional Conference	6 CCRR Joins Lumby 10:00-10:30	7
		CCRR Regional Conference- Penticton		
10	11 Pedagogical Workshop Part 2 6:00pm-9:00pm	12 Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	13 Armstrong Joins strong start 10:30- 11:00	14
17	18 CCRR Joins Falkland 9:00-9:30	19 Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	20 CCRR Joins Lumby 10:00-10:30	21
24	25 Pedagogical Workshop Part 4 6:00pm-9:00pm	21 Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	27 Armstrong Joins strong start 10:30-11:00	28
31				

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
7	8	9	10	11
CCRR Joins Falkland 9:00-9:30	Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	CCRR Joins Lumby 10:00-10:30	<b>CLOSED</b> Remembrance Day Statutory Holiday
Story telling and Puppetry Workshop 6:30pm-8:30pm	9	10	17	18
14	15	16	17	18
		 <p><b>National Child's Day</b> Come out &amp; Celebrate with CCRR @ Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club</p>	CCRR Joins Lumby 10:00-10:30	
21	22	23	24	25
CCRR Joins Falkland 9:00-9:30	Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club	Armstrong Joins strong start 10:30-11:00	Armstrong Joins strong start 10:30-11:00
28	29	30		
		Vernon Drop in 10:00-11:30 Okanagan Boys and Girls Club		

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CCRR Joins Lumby 10:00-10:30	2
5 CCRR Joins Falkland 9:00-9:30	6	7 Vernon Drop in 10:00—11:30 Okanagan Boys and Girls Club	8 Armstrong Joins strong start 10:30— 11:00	9
ABC Make & Take Workshop 6:30pm-8:30pm				
12	13	14  <b>Drop in WINTER PARTY!</b> Get yourself into the holiday spirit by joining us for our winter party <b>10:00am-11:30am</b> **Crafts, Cookie decorating, bouncy Castle, Games, and more!	15 CCRR Joins Lumby 10:00-10:30	16
19	20	21 Vernon Drop in 10:00—11:30 Okanagan Boys and Girls Club	22	23
26 <b>CLOSED</b> Boxing Day Statutory Holiday	27 <b>CLOSED</b> Statutory Holiday	28 Vernon Drop in 10:00—11:30 Okanagan Boys and Girls Club	29	30