2006 CCRR. MEMBERSHIPS

All memberships for the year 2006 are FREE.

SUMMERTIME AND THE LIVING IS EASY

Wouldn’t that be nice but you know what it’s going to be like!
I am sure for most of you that this is one of your busiest times with your own children out of school. Don’t forget that the CCRR offices in Langley, Aldergrove and Walnut Grove are always available to you. Please save some of your energy for the exciting new workshops we will be presenting in the fall.
We will be charging $10 for each workshop to cover the cost of outside presenters and supplies.

Janet

WELCOME TO THE FOLLOWING NEW MEMBERS—LICENSE NOT REQUIRED FAMILY DAYCARE

Kelly Simak Langley City
Cathy Morris Langley City
Heidi Sandquist Langley City
Dominique Botiligieri Langley City
Jennifer Ellerton Brookswood
Shannon Wolstenhome Walnut Grove

ANNUAL FUN BOWL

Care Providers and Staff had a great time at the Willowbrook Lanes on June 8th, 2006.
Congratulations to Eva Marie Malin who won the CCRR bag and Carla Zacharia who won the “I love to live in Langley” T-shirt.

Way to go Ladies

Hi, my name is Laura McInnis
I have just joined the Langley CCRR family. I am trying to fill Susy’s shoes, a tall order, but I am up for the challenge.
I grew up in a family daycare environment; I graduated from Douglas with my ECE as well as my Special Needs Certificate.
I look forward to meeting everyone so please stop in and say “Hello”.

Laura

Funded by The Province of British Columbia
Rain Sticks that really do sound like rain.

Materials
(long tubes from gift wrap or paper towel, strips of cardboard, paper, tape, seeds or rice)

- Cut out two 4 inch circles out of the paper (trace a cereal bowl for the shape).
- Put one over the end of the tube, and fold the sides down, and tape around the tube. Make sure it is well taped on and use sturdy paper so that your Rain Stick won’t leak!
- Cut cardboard strips are narrower than the tube (about 1 inch wide should work). Fold them back and forth like a fan. Put the strips into the tube. The first one should fall to the bottom of the tube. Keep adding strips until they reach the top of the tube.
- Pour in 1/4 cup of rice and 2 tbsp of seeds (dried peas, popcorn, or lentils) into the tube.
- Tape the other circle over the open end of the tube and tape in place.
- Decorate the tube with markers, paints or by gluing on paper or ribbon.

Decorating the sticks can be the most fun. The kids can decorate the sticks before or after they have filled them. Just remember that paper circles will be taped part way down the sides if the kids want to do the decorating first.

Sunglasses for Me

The summer sun is bright and hot. Ease the glare with these cool shades made just for you! Fun to make for kids of all ages, easy to manipulate foam makes this a great summer project!

Age 3 and up

This project is rated VERY EASY to do.

What you need

- Foam sunglasses (found at craft stores)
- Foam shapes for decorating
- White craft glue

What you do

1. Use foam letters, animals, flower shapes, or anything else you choose, to decorate your sunglasses.
2. Glue foam shapes in place with white craft glue, or use foam shapes stickers.
3. Allow to dry completely before wearing.
Summer Safety

You can prevent Sunburn

Please prevent your young children from sunburn by following these simple precautions:

Apply Sunscreen fully to your child before he/she is dressed in the morning

For Sunscreen to be effective it must be applied a full 1/2 hour before the skin is exposed

Reapply Sunscreen in the afternoon

Keep babies under six months out of the direct sun

Limit exposure of older children between 10am – 3pm

Wear hats, long sleeves, pants and sunglasses

For Children over six months, use sunscreen with an at least SPF factor of at least 15

Prevent burns by keeping Children safely away from hot barbecues and campfires

You can prevent Hamburger Disease

Refrigerate or freeze meat as soon as possible after buying

Thaw meat in the refrigerator not at room temperature

Wash hands well before touching or preparing food

Wash cooking tools, cutting boards, serving platters with bleach

Cook all ground meat thoroughly until no pink remains

Falls are the main cause of playground injuries. Each year thousands of children are hospitalized due to falls from Playground equipment.

You can prevent playground injuries:

Wear rubber soled shoes

Remove drawstrings and scarves from children’s outdoor clothing

Teach children not to cross in front of or behind moving swings

Beware of open S-hooks which can allow swing seats to fall

Avoid using metal slides which face the sun – These slides can burn the skin

Ensure that climbing equipment has guardrails and handrails

Ensure that the surface beneath the playground is shock absorbent, such as sand, pea gravel, wood chips or similar

Did You Know?

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For more Hot Tips contact www.bcchildrens.ca

Check out The Safety Station’s 200 Home Safety Products
Workshops

CCRR WORKSHOPS

“Building Children’s Self-Esteem”

Thursday, September 14th. 7-9pm. Langley CCRR Group Room.
Facilitator: Laurie Miller

Objective:  -Define self-esteem
-Implement strategies that help develop positive self-esteem in young children
-Involve families in encouraging positive self-esteem in their children

Designed for family care providers, informal care providers, parents and others who care for children.

Call Laura @ 604-533-7989 local 102 to register

Math & Literacy Concepts with Die Cuts

Monday September 18th 7-9pm Location: Walnut Grove CCRR.
Facilitator: Sue McInnis

Come out and enjoy this hands on workshop
Bring your own projects, and materials we will have samples of felt board stories, math concepts and calendar ideas.
We will show different techniques with paper, magnet, felt, plastic clingee
Different die cut patterns like puzzles
Some supplies will be available for purchase on the night—paper,
Felt, plastic clingee, magnet

Call Linda or Sue 604-881-1039 to register

Fee $10.00 payable cash or cheque made out to Langley Family Services

RED CROSS FIRST AID CHILDSAFE COURSES

Course 1:  Saturday, September 16, 2006—Full Course
9:00—5:00
Cost:  $60 includes the manual  $55 if you have your own manual

Course 2:  Saturday, September 30—4 Hour Recertification
For those who have done the full course within the last 3 years
9:00—1:00 pm
Cost:  $40

Check the date on your first aid certificate to see if it is expiring in the fall. If so you can sign up for the Recertification course—if you let it expire you will need to take the full course over again. Save yourself time and money and sign up today.

Both of these courses will be held at the Walnut Grove CCRR
8948 202 Street, Langley, BC (Village Square next to IRIS eyecare centre on 202 St)

Call Linda or Sue at 604-881-1039 to register.
Payment can be made by cash or cheque made payable to Denise Sellers.
Payment can be dropped off at any of the CCRR locations.
Walnut Grove is open until 8:00 pm Mondays, and Langley is open until 9:00 pm on Wednesdays.
COMMUNITY KITCHEN COOKING CLUB

Open to parents of children aged 0—6
Free child minding for your children while you learn to make low-cost, nutritious meals for your family.
Take home what you make.
Minimal Grocery fee for a 2 hour class.

Dates: Mondays & Wednesdays starting Fall 2006
Where: Timms Community Centre, Douglas Crescent, Langley.
How to register: Call 604-534-7921

PARENT RESOURCE & EDUCATION PROGRAM

Free one to one Parenting Support and Education in your home or in the community
Open to Parents/Guardians of children aged 0-6
Also available to pregnant and parenting teens

Call Kristiina at 604-534-7921 local 111

Public Access Computer

Each CCRR office has a computer available to care providers and parents to access child care related information, government forms etc. on the internet.

Reminder that The new Child Care Subsidy Application and Guide is now available at all CCRR locations

HEARTFELT STORIES

This company is the creation of two preschool teachers Jannine and Tanya. They have over 40 different products with various themes e.g. fall, winter, christmas, halloween, transportation, Ocean, Healthy Bodies and more.
Some of the titles are: Disappearing Gingerbread Men, Five Colourful Butterflies, Little Red Bug, Stone Soup, Happy Tooth/Sad Tooth and many more.
Prices range from $6.00—$20.00. If you would like more information please contact them at:
heartfeltstories@telus.net or call 604-607-7017
### CCRR Locations and Contact Information

**Langley CCRR**  
5339 207 Street  
Langley, BC V3A 2E6  
Phone: 604-533-7989  
Fax: 604-534-7230  
Email: langccrr@langleyfamilyservices.org

<table>
<thead>
<tr>
<th>Program Manager</th>
<th>Contact Person</th>
<th>Phone</th>
<th>Fax</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Janet Shaw</td>
<td>Laura McInnis</td>
<td>604-533-7989</td>
<td>604-534-7230</td>
<td>Mon/Tues/Thur/Fri 9:00 am —5:00 pm</td>
</tr>
<tr>
<td>Outreach</td>
<td>Laurie Miller</td>
<td>604-533-7989</td>
<td>604-534-7230</td>
<td>Wed 1:30 pm —9:00 pm</td>
</tr>
<tr>
<td>Outreach</td>
<td>Pam Penney</td>
<td>604-533-7989</td>
<td>604-534-7230</td>
<td>Closed 12:00-1:30 daily</td>
</tr>
</tbody>
</table>

**Aldergrove Satellite Office**  
Phone: 604-856-7970  
Fax: 604-856-7974  
Mon—Fri 9:00 am —12:00 pm

**Walnut Grove CCRR**  
8-8948 202 Street  
Langley, BC V1M 4A7  
Phone: 604-881-1039  
Fax: 604-881-1056  
Mon 9:00 am—8:00 pm  
Tues—Fri 9:00 am—5:00 pm  
Closed 12:00—1:30 daily (except Monday)

**Intake**  
Linda Malik  
Sue McInnis

### 13th Annual Bunny Hop

The CCRR Bunny was a welcome visitor at this annual event put on by care providers in Walnut Grove. A sunny day, a great event which raised $1395.33 this year for Muscular Dystrophy. Children hop for those who cannot. CCRR staff were happy to be invited to share this event which has now raised a total of $17,060.77 over the years. Well Done.

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You can learn many things from children. How much patience you have, for instance. ~Franklin P. Jones

Langley Family Services is looking for child minders to provide child care for a variety of different programs. Hours are dictated by program requirements. Rate of pay: $12.50 per hour. Criminal record check required. Contact Kathy Finley at kfinley@langleyfamilyservices.org or call 604-534-7921 local 103 for more information.