Child Care Resource & Referral Office
10411-100th Ave
(Enter through side doors of the Masonic Hall)
Box 6578
Fort St. John, BC
V1J 4J1
Phone: 250-785-5701
Toll Free: 1-877-785-5701
Fax:250-785-5702

Program Coordinator
Heather McBryan
Email: hmcbryan@spcrs.ca

Resource Educator
Moya Fenney
Email: mfenney@spcrs.ca

Office Hours
Monday-Thursday 9:00-4:30
Friday 9:00-3:00
Office Closed:
May 19-Victoria Day

Late Night Openings:
Thursday, May 8th 5:00-9:00pm
(this will be our last Late Night Opening until September 2008)

Weekend Openings:
Saturday, May 24th 10:00 am-12:00 pm
(this will be our last Weekend Opening until September 2008)
Every May, the provincial government, along with child care providers around the province acknowledge Child Care Month. Child Care Month is a time to recognize the importance of child care to families and to honour the exceptional work of Child Care providers around our province.

Quality Child Care is not just providing space for a family. It means so much more than that. Caregivers provide healthy, nurturing environments where our children can learn, interact and feel safe. We would like to highlight the important role that quality childcare plays in the lives of children, families and communities and recognize our caregivers for the wonderful care that happens each day.

To honour our local care providers for all the wonderful care and dedication it takes to provide child care, Child Care Resource and Referral will be hosting a Child Care Appreciation Night. This night will be for all staff of Licensed Child Care Centers as well as Registered-Licensed-Not-Required. Look for your invitations soon!!!!!

When:   May 29, 2008  
Where: Child Care Resource & Referral  
         10411 100 Ave (side doors of Masonic Hall)  
Time:  6:30pm-8:30pm

Please R.S.V.P the office to confirm attendance. Call 785-5701 or email hmcbryan@spcrs.ca
Come and join us for some special storytelling!!!!
Please pre-register so we know how many children to expect.

**Bert Bowes Students-May 12th 10:30-11:30**

Students from Bert Bowes Drama 10 class will be coming to CCRR to present three Robert Munch stories. These students have been practicing hard and are excited to put this on for the children, come and support them!

**Sun Safety-June 16th 10:00-11:00**

This presentation will teach children about being safe in the sun.

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**Make & Take Networking Night**

Come join us for a fun night of Summer Activities!!

Everyone's Welcome to join!!!!!

Thursday, May 8th
7:00-8:30

$3.00 drop in fee for Members
$5.00 drop in fee for Non-members

Please note that this will be our last Make & Take until September 2008.

To register or for more information please contact Moya at 785-5701 or mfenney@spcrs.ca

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**Welcome Licensed Group Childcare Centers!!!**

**Interactive Playtimes**

Join us at the CCRR Office where we will provide a one hour playtime for your group center to enjoy!!!

By appointment only

Please call 785-5701 for more information

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**Robert Munsch is coming to Dawson Creek!!!!**

May 25,2008
$15 per ticket

Tickets available to purchase at the Northern Toy Box.

For more information please contact the CCRR at 1-866-782-1138
Be Sun Safe

- Wear a wide brim hat
- Limit your time in the sun
- Prevent sunburns
- Get in the shade
- Use sun block

"Even a few severe sunburns increase your chances of getting skin cancer."
Dr. Carla Simon, BC Cancer Agency Prevention Programs

Overexposure to the sun's ultraviolet (UV) rays causes skin damage that can lead to skin cancer, including the most dangerous kind, melanoma. And exposure to UV light from tanning beds can also cause skin cancer. In fact, there are no safe tanning beds.

Because many cases of serious skin cancer begin with childhood sunburns, sun safety for kids is especially important.

Find out More About Sun Safety at Suntips.ca

Why Should I Care About Skin Cancer?

- The chance of developing skin cancer in British Columbia is about 1 in 7
- The chance of developing melanoma in British Columbia is about 1 in 100
- Skin cancer can kill you
- All skin cancers need to be treated, and that involves surgery, chemotherapy or radiation. Removal of skin cancer can leave you scarred for life
- Aside from skin cancer, the sun causes wrinkling, sagging skin, freckles, moles and cataracts.
Infant Sun Protection

Childhood sun exposure makes an important contribution to the lifetime risk of skin cancer. That’s because sun damage builds up over time. This means that infants from birth to 12 months must be protected from too much sun and, especially, from sunburns.

Sunscreen can irritate an infant’s eyes, so use sunscreen only on small areas of skin away from the eyes. Use clothing, hats and shade to protect most of your child’s skin.

The sun is a major source of Vitamin D, which is needed for good health and helps build healthy bones and teeth. Health Canada recommends that all breastfed infants receive a Vitamin D supplement of 400 IU every day from birth until 12 months.

- Minimize outdoor activity between 11 am and 3 pm in the summer.
- Dress your infant in loose-fitting clothes that cover the skin.
- Cover your infant’s head in a hat that conceals the neck and ears.
- Seek or create shade. You can get a sunburn even on a cloudy day.
- If you must use sunscreen, choose one with a high SPF (30 to 60 SPF).
- Give breastfed infants a Vitamin D supplement every day.

For more information please contact:

Manon Joice
Cancer Prevention Coordinator
Consultant, BC Northeast Prevention Programs

250.794.7150
manon3@shaw.ca
www.bccancer.bc.ca/PPI/Prevention
Welcome Licensed Family Childcare Centers
Interactive Playtimes!!!

In May, instead of doing our normal interactive playtime we will be having a special guest from NEAT who will be doing a presentation for the children on composting. They are going to be bringing some red wiggler worms and lots of FUN. Come and join us!!!

Please pre-register so we know how many children to expect.

Wednesday, May 21st—
NEAT Composting
10:00-11:00

Monday, June 23rd—
Interactive Playtime

Attention Early Childhood Educators!!

Did you know that you can access the forms for ECE renewal online. Just go to this website:
www.mcf.gov.bc.ca/childcare/ece

You can also get general information on ECE, Information on the ECE Bursary, and the Early Childhood Educator Booklet.

Childminder Wanted

The Family Place at North Peace Community Resources Society is looking for an adult to provide on-site childcare while parents attend a parent group.
Wednesdays 10:15 am—12:45 pm (2.5 hours a week $15.00 an hour)
Start May 7, 2008
Please contact Pam at 785-6021

Laminating Service Available

Large Laminator Prices-
Members—$1.00 per foot with minimum of $3.00
Non-members—$2.00 per foot with minimum of $6.00

Small Laminator Prices—
Letter—0.75 per sheet
Legal—$1.25 per sheet
Up to 15 tables of New and Used kids items
When: Saturday, June 14th
Time: 9:00-1:00

Do you have children's items to get rid of?? This is a wonderful opportunity to get rid of those toys, bikes, sports equipment, and clothes that your children have grown out of as well as put a little money in your pocket. Kids are welcome to come and sell own items! Table rentals are $10.00 per table and we can have house up to 15 tables indoors.

Please contact the CCRR office 785-5701 to book your table, space is limited!!!

Daddy and Me Community Events
One event per month - FREE
For dads and their children 6 years and under

Child Care Resource & Referral
Bugs, Bugs, Bugs: CCRR office (10411 100 Ave –side entrance)
Wednesday, June 4th
6:00 - 7:30 pm

Daddy and Me Events are designed to:
Promote positive Father Involvement to enhance child development.
Strengthen the father-child relationship which benefits the whole family.
Provide an environment which recognizes the parenting abilities of Fathers.

The Child Care Subsidy Form Is Available On Line

Please be advised that the Child Care Subsidy application forms are available electronically to the public to download off the internet. The website is: Http:www.mcf.gov.bc.ca/childcare/app_process.htm

If you would like any assistance with the subsidy application or don’t have access to the internet please contact the CCRR office at 785-5701.
Dan Bar-el – Storytelling with children

Easter Bunny

Making Easter Bunny Headbands

St. Patrick’s day Craft

Dan Bar-el – Storytelling with children
**Footprints** Original Author Unknown

**Need:** construction paper, paint (optional)

**Directions:** Footprint picture made by tracing the foot or by letting the children step in paint and making prints. Print the following poem:

"Walk a little slower, Daddy",
Said a little child so small.
"I'm following in your footsteps,
And I don't want to fall.

Sometimes your steps are very fast,
Sometimes they're hard to see;
So walk a little slower, Daddy,
For you are leading me.

Someday when I'm all grown up,
You're what I want to be;
Then I will have a little child
Who'll want to follow me.

And I would want to lead just right,
And know that I was true;
So, walk a little slower, Daddy,
For I must follow you."

**Spring Blossoms** Original Author Unknown

**Need:** Blue and Brown construction paper, Pink powdered tempera paint, plastic bag, glue, popcorn, and scissors.

**Directions:** Make a tree on brown construction paper. Cut it out and glue it on blue paper. Put popcorn in a plastic bag with pink powdered tempera paint. Shake!! Pour them onto the table. The children dip popped corn onto glue and then place onto the tree's branches to represent the blossoms.

**Mother** Original Author Unknown

**Need:** Button, tissue, magazines, candy

**Directions:** You can use this along with a gift you've made as part of a card or make a book.
You sew the buttons on my clothes (glue button on this page)
You gave me a hankie for my nose (Kleenex on this one)
You make good things for me to eat (picture from magazine)
You buy me candy for a treat (glue piece of candy on)
You wash my clothes and mend my socks (picture from magazine of clothes and a sock)
Dear Mother, I love you lots and lots!!
(big heart - can put child's picture in it)

**Bird Nests** Original Author Unknown

**Need:** 12 oz. package of semi-sweet chocolate chips, 12 oz. jar peanut butter, 9 oz. can of chow mein noodles, bird eggs - malted milk ball candy that looks like colored bird eggs

Melt the chocolate chips in a saucepan over medium heat. When the chips have melted, add the peanut butter and remove from heat. Stir well. Pour in the chow mein noodles. Mix thoroughly. Drop the mixture by spoonfuls onto waxed paper. These will form nests. Put two or three bird egg candies in center of nest. Let the nests harden for about one hour. Makes three to four dozen nests.
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