PARENT & CHILD CARE LINK
A combined newsletter for Parents and Child Care Providers

Boundary

Your community’s best source of
child care information and resources
Boundary Park Mall
Box 435 Grand Forks, BC V0H 1H0
442-5152 or 1-800-475-2823 fax 442-2811
Email bcrr@telus.net www.childcarechoices.ca

Fatima Faria - Executive Director
Louise Heck - Program Coordinator and
Child Care Consultant
Diana Tarasoff - Program Support

HOURS OF OPERATION
Monday 12:00 - 6:00
Tuesday 10:00 - 4:00
Wednesday 10:00 - 4:00
Thursday 10:00 - 4:00
Friday Closed
Other times available by appointment

May is Child Care Month

Please Note: The BCCRR office will be closed June 10/11, 2008. Louise and Diana will be attending the CCRR Interior Regional meeting in Nelson

Look for Spring Ideas throughout this issue!

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Subsidy Forms available at our office or online
www.mcf.gov.bc.ca/childcare/app_process.html

Sponsored by Sunshine Valley Child Care Society
Funded by The Province of British Columbia
Listen to Me Talk!
Speech and Language Development
Services available to children newborn to 5, and to school age.
Services are free of charge. Call Gillian Finlayson, Speech and Language Pathologist at (250) 442-0162 for Grand Forks and Christina Lake. Call Holley Hartmann, Speech and Language Pathologist at (250) 446-2724 for Greenwood, Midway, Rock Creek and Beaverdell.

Listen to me talk by 18 months!
Babies learn to communicate by listening to voices and sounds. A toddler soon learns to use words to tell you how he feels or what he wants. Children develop at their own rate. Some children do things at a young age; some will take a little longer. At this age your child follows simple directions (get the ball), and understands more words than he can say. He says no and tries to repeat words. He asks for what he wants using sounds or words. Help your child learn by taking about what you are doing, and share picture books. Your baby should have a speech and language check if he is not using at least 18 words or if he started to use words but stopped.
Care Provider Appreciation Social
Garden Party
Thursday, May 29 6:30 - 8:30
8071 18th Street (Louise’s House)
RSVP BCCR 442-5152

On June 16 we will be having a Care Provider Networking Evening “Summer Fun” at the BCCR 6:30 - 8:30 pm.

Hand Prints Last Forever....
Sometimes you get discouraged because I am so small,
And always leave my fingerprints on furniture and walls.
But everyday I’m growing, I’ll be grown someday,
And all those tiny hand prints will surely fade away.
So here’s a little hand print, just so you can recall,
Exactly how my fingers looked, when I was very small.

Boundary Child Care Resource and Referral
PLAY SPACE IS OPEN!
Set up a Play Date
Meet with other Mom’s and kids
Give your child a break from shopping, nurse your
baby, read a story...

Tuesday to Thursday 10:00 to 3:00
Monday 12:00 to 5:00
The playroom is closed to the public if a program or workshop is
being offered during operating hours. Feel free to call ahead.

Use of the play space is FREE!
Membership is not required
Children must be accompanied by an adult.
BCCR 442-5152
The Boundary Child Care Resource and Referral celebrates

Summer in the Park

Tuesday, June 17
in Grand Forks City Park, 10 to 11:30 am

This will be the start of our **Summer in the Park** playgroup every Tuesday morning, weather permitting. This program will run until September. Subsidy forms and other resources will be available at the Park on Tuesday mornings. The office will open at noon on Tuesdays for the duration of the Summer in the Park program.

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Making the Most of Moe™, a workshop for Parents and Early Childhood Educators, will be presented in Grand Forks on May 16, 2008 from 8:30-2:30. This FREE workshop at the Glanville Centre will be facilitated by Margaret Chesterman, Speech and Language Pathologist and will feature a light lunch. The resource kit presented provides opportunities for children to practice language skills and enhance language development.

For information and registration please contact
Lizanne Eastwood, Community Literacy Coordinator
@ 442-2533 or leastwood@thehub.literacy.bc.ca
Spring Idea # 2 From poster board, cut out a door knob hanger (like the “do not disturb” signs in hotels.) Cut a slit in the top of the hanger to make it easy to slip over a doorknob. Have the children decorate their hanger with flower stickers or rubber stamp flower designs to give to someone special.

WATCH ME GROW!  DID YOU KNOW?

At 12 MONTHS

A Child's activities include the following developmental activities.

Gross Motor Skills: refer to the large muscle skills necessary for activities such as rolling, crawling, running and jumping.
- Holding both babies' hands, may take several steps without falling, may walk with one hand held or may walk independently.
- While holding onto furniture may bend down to pick up a toy then return to standing. Lowers themselves to the floor without flopping down.
- May stand up in the middle of the floor.
- Walks along the furniture holding on with one hand.

Fine Motor Skills: refer to the small muscle skills necessary for grasping and picking up small objects.
- Picks up a small toy using one hand. Picks up a toy using tips of fingers. Picks up a “cheerio” with the tips of the thumb and finger.
- Picks up a piece of string with thumb and 1st finger. Able to set a toy down and takes their hand away.
- Throws a small ball with a forward arm motion (doesn't just drop the ball).
- Helps turn pages of a book.

Problem Solving: refers to the way a child plays with toys, and tells us about their thinking, organizing and understanding.
- If they watch you hide a toy under a piece of cloth, can they find it?
- Put a small toy in a box, baby may try to copy you.
- Pokes at or tries to get a “cheerio” that's in a clear bottle.· Passes a toy back and forth from one hand to another.
- Picks up 2 toys, drops them one at a time into a bowl or box.
- After watching you scribble back and forth on a piece of paper they try to copy you by scribbling.

Personal/Social Skills: refers to the areas of self-help, feeding, dressing and toileting. It also refers to how the child interacts with others.
- They play with a doll or stuffed animal by hugging it.
- Offer you a toy after you ask for it, they might not let go.
- Helps push an arm through a sleeve while getting dressed, helps by lifting a foot for a sock or shoe.
- Rolls a ball back to you so that you can return it to them.

If you have any questions or concerns about your child's development contact: Suzanne Grant, Physiotherapist, Judy Fletcher, Infant Development Consultant, Linda Manzon, Public Health Nurse at the Boundary Family Centre, 1200 Central Avenue. Phone 442-5780 or Fax 442-3588.
OUR COMMUNITIES **Feel the Power**

2nd Annual Summer Institute on Community Development
May 30 1:30 pm - 5:00 pm and May 31 9:00 am - 2:30 pm
Free workshops at the Grand Forks Secondary School
Explore the Circle of Courage best practices and opportunities to apply the model to ourselves, our children, our youth and our communities.

**Dr. Martin Brokenleg**, internationally renowned speaker and teacher, will be presenting “Circle Teaching and Best Practices for Kids” on Friday, May 30 from 7 - 8:30 pm. He will offer practical strategies for creating environment in which all people can grow and flourish.

Space is limited. Pre-register by May 23. Call Selkirk College 442-2704 to register and for more information.

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**Fruit and Vegetable Seed Matching Game** *Spring Idea #3*

Cut pictures of fruits and vegetables from magazines or seed catalogues. Mount the pictures on index cards. Then, have the children collect the seeds that match the pictures. Try to find seeds that are quite different (i.e. avocado, zucchini, bean, marigold). You may have to buy seeds that are difficult to acquire. Mount the seeds on index cards. Use this exercise to talk about sizes, shapes, colors, names of fruit and vegetables, parts of the plant that we eat. (leaf, seeds, fruit)
DIGGING IN WITH KIDS

Starting a garden with children is easy. Kids can be very creative; all they need is a little steering. The plants listed below each have kid-friendly qualities:

BECAUSE KIDS LOVE EXTREMES
- Think giant: sunflowers and pumpkins
- Think miniature: grape tomatoes and baby cucumbers

BECAUSE KIDS LOVE TO TOUCH AND SMALL THEM...
- Lamb’s ears, woolly thyme, and maidenhair fern are hand-on fun.
- Lavender, rosemary, geraniums and heliotrope are the scents that will bring back memories when they’re all grown up.

BECAUSE THEIR WEIRD COLORS MAKE KIDS GO “WOW!”...
- Purple carrots, striped beets, rainbow chard, and blue potatoes.

BECAUSE THEY GROW BACK FASTER WHEN YOU PICK THEM...
- Snapdragons and cosmos

BECAUSE THEY’RE BRIGHT AND ALMOST INDESTRUCTIBLE...
- Marigolds, petunias and impatiens

BECAUSE YOU CAN EAT THEM AND WATCH THEM GROW!
- Basil, mint, carrots, lettuce, peas, beans, corn
- Put potatoes in a sack and start with a bit of dirt. Water a bit and watch them grow, and keep filling the sack with dirt. Soon you will have a sack of potatoes.

Please Note
The BCCRR office will be closed June 10 - 11, 2008. Louise and Diana will be attending the CCRR Interior Regional meeting in Nelson.
~POSITIVE BEHAVIOUR SUPPORT~
Presented by Dulcie Basto, Behaviour Consultant
CBI Consultants Ltd.

May 24 & 25, 2008
Selkirk College ~ Castlegar Campus
9am-3pm

"This two day training will cover Positive Behaviour Support and how it can be implemented in a variety of settings where child development occurs (daycares, preschools, community programs, family settings, etc).

This is a FREE training opportunity ~ seats are limited, so register early!
Lunch will be provided.
To register contact:
Taya Whitehead
365-5616 ext. 222
supcc@telus.net

Some travel subsidies may be available. Contact Louise at the BCCRR.

Sponsored by Kootenay Family Place & the West Kootenay Boundary Supported Child Development Program

KITES Spring idea #4

Paper-Bag Kites
Give each child a paper lunch bag to decorate with crayons. Punch 2 holes near the top of each bag and tie on string handles. The take your children outside and let them run with their Paper-Bag Kites to make them "fly" in the wind.

Kites in the Sky
Have your children stand in an open area. Play music and let them pretend to be kites flying in the sky. Encourage them to swoop up and down, twirl around, and wiggle their "tails" as they fly.
A Flower
My hand is a bud
Closed up tight
Without a tiny
Speck of light
   (Close hand into fist)
Then slowly open the petals
Open for me
And here is a beautiful
Flower, you see!
   (Slowly open hand)

For a movement activity
inside, ask your children
to make an imaginary
garden. Have them act
out gardening activities
such as pulling weeds,
digging with a shovel,
planting and watering.

A Hunk of Mud
Sung to “If you’re happy and you know it”
Oh, I wish I were
A little hunk of mud.
Oh, I wish I were
A little hunk of mud.
Then I’d ooey,
And I’d gooey
Over everybody’s
Shooey.
Oh, I wish I were
A little hunk of mud!

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Extend your Family and your Income!

CCRR
Child Care
Resource & Referral

There is a need for individuals to provide quality child care
throughout the Boundary. Are you providing informal child care now
for friends or family? Could you provide care for one or two more? We provide
training, support, referrals to parents and free access to our toy and resource
library.

Parents. BC Child Care Subsidy pays an increased rate if
your child care provider is registered with a CCRR Program.

Call Boundary Child Care
Resource and Referral 442-5152 or
1-800-475-2823
SLIP, SLOP and SLAP

Slip, slop, slap is an Australian saying - slip on a t-shirt, slop on the sunscreen and slap on a hat - that is being adopted in many countries now and it's an easy one for kids to remember, so make sure you let them know about it.

The reason children are so susceptible to the harmful effects of the sun is that their skin is literally thinner the younger they are, with a baby's being something like 1/5th the thickness of an adult's. You may have already known that, but did you know that a child's skin can burn in as little as ten minutes? Research has shown that six episodes of serious sunburn before the age of 18, doubles the risk of developing skin cancer as an adult.

Canada Sun Guide

Minimize Sun Exposure

- Schedule outdoor physical activities when UV rays are at their weakest - before 11:00 a.m. and after 4:00 p.m., especially between the months of April and October.
- Always keep children under the age of one out of the sun.
- Remember that skin doesn't have to be hot to burn, so don't be fooled by cloudy or overcast weather.
- Remember too that water, snow, sand and concrete can reflect and increase the sun's burning rays.

Seek and Create Shade

- Seek natural shade from trees and buildings.
- Plant trees in school yards and other play areas.
- Use shade umbrellas, or create other forms of shade if natural shade is not possible.
- Keep playpens, strollers and carriages in shaded areas.

Cover Up

Eighty per cent of skin cancers occur above the neck.

- Cover children's heads, necks and ears with a broad brimmed hat when outdoors.
- Protect arms and legs with tightly woven, loose fitting, cotton clothing.
- Children should wear a T-shirt over their bathing suit, and long shorts instead of short shorts.
- Wear UVA/UVB protective sunglasses--children can wear them too.

Use Sunscreen

- Have children use a broad spectrum sunscreen (protects against both UVA and UVB rays) with a sun protection factor (SPF) of 15 or more. The UV Index is a measure of the sun's burning ultraviolet rays. The higher the number, the stronger the sun. The daily UV Index forecast is a prediction of the maximum (early afternoon) UV Index for the day.
- Apply sunscreen generously before all outdoor physical activities such as swimming, skateboarding, biking or even walking. Remember to apply at least 20 minutes before sun exposure. Reapply often, as perspiration will reduce the effectiveness.

Courtesy of the Canada Safety Council www.safety-council.org/info

PLEASE NOTE: written permission from parents is required to apply sunscreen in child care setting.