Boundary

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

Inside this Issue

Library Programs  2
Remembering the Train  3-4
15th Annual Partners in Parenting  5
Mother Goose and Strong Start  6
Rights of the Child  7
Kids Have Stress Too  8
Grand Forks Recreation  9
Blessings Boutique  10

Sponsored by Sunshine Valley Child Care Society
Funded by The Province of British Columbia

Fatima Faria  Executive Director
Louise Heck  Program Coordinator
Christie Wheaton  Coordinator II

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250-442-5152 or 1-800-475-2823  fax 250-442-2811
Email bccrr@telus.net  www.childcarechoices.ca

HOURS OF OPERATION

Fatima Faria  Executive Director  Monday  12:00 - 6:00
Louise Heck  Program Coordinator  Tuesday  10:00 - 4:00
Christie Wheaton  Coordinator II  Wednesday  10:00 - 4:00
                                      Thursday  10:00 - 4:00
                                      Fridays  Closed

Did you know? Baby’s Best Chance - Canada’s Pre/Post natal nutrition program is Free and available to all expectant mothers in the Boundary. Drop in and see us. There is also outreach available.
Did you know? The Community Action Program for Children (CAPC) continues programs to support the development of children birth to six years!

Weekly groups...nutrition program...friendships...information and resources at the Glanville Family Centre!
For more information call Cynthia or Nandini at 250 442 2267 or 250 442 5355

Remember the BCCRR Playroom is open during our regular open hours.
Arrange your playgroup, meet friends here or just stop in feed the baby or let the kids play for a bit.
Throughout December, Christmas craft and art projects will be available here when you drop in with your child.

November December 2011

1
**Fabulous Fridays**  
At the Grand Forks & District Public Library  
Learn to play Chess, Board Games, Snacks, Crafts, Books and Puppets  
Play with our Xbox 360 Kinect (with the Border Bruins)!  
All Ages Welcome  
**Friday’s**  
November 18, and December 2  
1-3pm. This program is FREE  
No pre-registration Necessary

**Storytime**  
Friday mornings  
November 4th – December 23rd  
10:15 – 11:00  
**Festive Family Storytime**  
Thursday, December 8th  6:30 - 7:30 pm.  
Guest storytellers and musicians. Snack and a free book for each family.  
Santa will read a story too.  
Hosted by Grand Forks Public Library and CBAL  
**Special Christmas Storytime**  
December 23rd @ 10:15  Santa and his helper will be there.  
Join us for books, songs, rhymes, felt board stories and puppets.  
**Drop-in Program All Ages Welcome!!**

For more information on Library programs  
Call 250-442-3944 or email leastwood@gfpl.ca

**The Grand Forks & District Public Library Outreach comes to**  
The Village at Christina Lake  
Every Wednesday from 10-4  
Children’s Storytime at the Village  
11:00 starting November 5th

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**West Boundary Community Action Program for Children ~ CAPC**  
For families with children under 6  
~Coordinator~ Deborah Baker~

Thank you to all who have supported the CAPC program. and to the Foodshare group for their generous donations.

The CAPC Parent group meets at the Rock Creek Community Medical Society building  
Wednesdays from 10:00 - 1:00 for discussions, activities and lunch.

Wednesday November 23 ~ discussion around the United Nations Rights of the Child.

Keep in touch with Deborah to find out what is happening at future sessions ~felting workshop ~organization and more~ dates to be announced  
Call 250 446 2540 or 250 445 2207

*West Boundary CAPC is sponsored by the Rock Creek Community Medical Society.*
Remember the Train

What child is not fascinated with a train? From the Morning Town Ride to the Polar Express and the Little Engine that Could, trains were a part of our childhood. Today Thomas and all his friends continue to delight those children who do not see real trains in their community. The Polar Express gave trains a special connection to Christmas. You can fill many Holliday hours with your children singing train songs, and playing all sorts of train games and activities. Here are just a few to spark your memory. The Library and the BCCRR have a variety of stories to borrow as well.

**Little Red Caboose**
Little red caboose, chug chug chug
Little red caboose, chug chug chug
Little red caboose, behind the train, train, train
Smokestack on the, back, back, back
Running down the, track, track, track
Little red caboose, behind the train

**Choo, Choo Peanut Butter**
A peanut sat on a railroad track
His heart was all a flutter.
Around the bend came number ten
Choo, choo, peanut butter.

**Shape Train**
**What You Need:** Paper, Paste, Paint
**What You Do:** Have your children cut two circles, one triangle, one large square, and one rectangle from the paper. They can then add the circles to the bottom of the square and the rectangle standing up on top of the square and the triangle pointy end to the square. Then let your children paint their train. This makes a cute train and lets your children see how different shapes can go together to form a unique shape.

**Old Toy Trains** (lyrics)
Old toy trains, little toy tracks
Little toy drums coming from a sack
Carried by a man dressed in white and red
Little ones, don't you think it's time you were in bed?

Close your eyes
Listen to the skies
All is calm, all is well
Soon you'll hear Kris Kringle and the jingle bells

Bringin’ old toy trains, little toy tracks
Little toy drums coming from a sack
Carried by a man dressed in white and red
Little ones, don't you think it's time you were in bed?

Close your eyes
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**Take a Train Ride**
Line up all of your chairs to create a train (or bus). Put numbers on all of the chairs. Then distribute tickets (with corresponding numbers) to your students. Then you (the engineer) can put on an apron and take their tickets and punch a hole in them and return them. For added emphasis add extra props such as suitcases, maps and signs.

*(more on trains ~ page 4)*
How Big Is a Train?
Talk to your children about how long and heavy a train is. Tell them that a train engine weighs more that three cars. They will be impressed with the sheer size of a train.

Train Whistle
Let your children make train whistle sound by blowing across the top of a plastic bottle. Talk to them about how trains have certain whistle patterns that they use when they are crossing a road, meeting another train, etc.

Down by the station
Early in the morning
See the little pufferbellies
All in a row

See the station master
Turn the little handle
Puff, puff, toot, toot
Off we go!
Partners In Parenting
15th Annual Conference
Saturday March 3, 2012
West Boundary Elementary School
Rock Creek

Keynote :
Gary Anaka
“How to Grow a Child’s Brain”

Author of
Your Magical Brain: How It Learns Best

Gary  is a dynamic public speaker, famous for his audience engagement, energetic and lively sessions. His presentations are always filled with humour and optimism to support everyone, from babies to seniors.

Is it possible to grow a child's brain? Definitely, YES! With the right conditions and appropriate support, the brain can grow to its fullest potential. However, it takes years of well chosen experiences interacting with parents, teachers and caregivers to wire the billions of complex neural circuits needed for language, emotions, math, creativity, logic, etc.

Discover:

• How movement grows the child's brain
• How to grow dendrites
• The basic needs of the child's brain
• How to brain smart your children early
• 10 strategies to build a brain for lifetime optimal performance

Early childhood is the most critical time for the human brain. Abilities and talents are hard wired in early childhood building the brain reserve that is needed for an entire life time.

Who is one of the architects of the child's brain? - You are!

For more information
Call Louise Heck at Boundary CCRR
442 5152 or 1 800 475 2823
Or Deborah Baker, CAPC Coordinator
Rock Creek Community Medical Society
at 446 2540 or 445 2207
**StrongStart Family Centres**

StrongStart offers fun and creative activities for children and their parents/care providers such as:

- Story time, music and singing
- Healthy snacks
- Access to books, puzzles and art materials
- Movement and large muscle play activities
- Play areas that promote creativity and exploration for both individual and group play.

**Hutton Elementary School**
Mondays and Thursdays 8:30-11:30
Tuesdays 12:30-3:30
Wednesdays 5:00-8:00 p.m.
Fridays 8:30-11:30

**Perley Elementary School**
Glanville Centre
Mondays 12:30 - 3:30
Tuesdays 8:30 - 11:30
Wednesdays and Thursdays 12:30 - 3:30

**Boundary StrongStart Outreach**

**Christina Lake Elementary School**
Mondays 9:00 - 12:00
Wednesdays 12:30 - 3:30
3rd Sat of the month 9:30-12:30

**Greenwood Elementary School**
Monday and Wednesday 1:00-4:00
Fridays 9:00-12:00

**Midway Elementary School**
Mondays 9:00-12:00
Thursdays 1:00-4:00

**Rock Creek Elementary School**
Tuesdays 1:00 - 4:00
Thursdays 9:00 - 12:00

**Beaverdell Elementary School**
Tuesdays 9:00 - 11:30

Please remember that the Strong Start and Family Centre programs are closed with school closures.

**Watch for a new Mother Goose session**
Coming to the West Boundary this Winter
For children ages 0-4.
For more information on CBAL children's programs, call Michele at 442 0319 or email Michele@look.ca

**What is Alphabet Soup?**
It’s a fun preschool cooking and literacy program!
Starting January 24. 10:30 - 11:45
Location TBA
Sponsored by Columbia Basin Alliance for Literacy (CBAL)

Keep the friendships alive. An informal Loose Goose Rhyme Time will continue at the BCCRR throughout November and December on Tuesday mornings at 10:00. Everyone is welcome!
The United Nations Convention on the Rights of the Child

A child and youth-friendly version

What is the Convention?

- It is a treaty that is important for children all over the world. It was approved by the General Assembly of the United Nations in 1989.
- The Convention has been agreed to by almost every country in the world. Canada agreed to the Convention in 1991. Canada has been working ever since to make sure children know about and live their rights.
- In the Convention, there is a full list of rights for all children under the age of 18. Those rights are to be protected and promoted.
- The Convention says that governments are in charge of making sure that children have rights and that those rights are respected.

What are its basic principles?

1- Non-discrimination The rights of each child are to be respected without discrimination of any kind. It does not matter if children are boys or girls, if they are rich or poor, what their religion, ethnicity, or language is, or whether they have special needs. All children have rights.

2- The best interests of the child When decisions are made that affect the lives of children, the Convention says that it is very important to think about what is best for the child.

3- The right to survival, life, and development The Convention says that governments should do their best to protect children from harm, and to help children live and grow to be the best they can be.

4- Participation Children have the right to give their opinions in all matters that affect them and to have their voices heard. Children’s views should always be taken seriously.

Why is it important for children to learn about their rights?

- You will understand what rights are, that rights come with responsibilities, and how you can help others practice their rights.
- You will know if others have gone against your rights and know how to react.
- You will respect the rights of other children because you know all children share the same rights.
- You will feel good about yourself knowing that you have rights!

To learn more about children’s rights check out:

www.childday.gc.ca
www.unicef.ca
www.rightsofchildren.ca
discovery.cbu.ca/psych/index.php?/children

Canada
Stress is a normal part of everyday life. Children can feel stress in their lives at home, school or even at play. That's not all bad since stress can motivate or challenge a child. But when kids have more stress than they can handle it can hurt their health.

**Signs Vary**
Stress can show up in many different ways. Kids may say that they don't feel well or that their head or tummy hurts. You may notice they are acting differently than they usually do. They may become sad or moody, angry or panicky. They may have trouble getting along with family members or friends or they may not want to attend their usual activities. They may have difficulty sleeping, may eat more often or find it difficult to eat at all.

How can you help your kids when they feel stressed?
Stop. Find opportunities to connect with your child. Any quiet time when the two of you are least likely to be interrupted will do. Talking with children works best when you share a neutral activity together such as doing the dishes, colouring, or playing ball.

Look. Scan your child's face. Are you able to make eye contact? Does she appear relaxed or tense?

Listen. Sit with your child. Give him your full attention. It is important to give your child time to express himself.

Try these tips to help children feel good about themselves, learn to relax and have fun:

- Show your child that you love them with words, hugs and kisses.
- Spend time with your child. Play and laugh together.
- Give them time to relax and do nothing.
- Limit TV, computer, and video game time and encourage your kids to move their bodies. It is an excellent way to work out frustration and anger.
- Eat meals together and encourage your child to eat foods full of vitamins and minerals from all four food groups.
- Remember that feeling rushed puts pressure on children. Slow down. Try getting clothes, lunches and backpacks ready the night before.
- Be sure your child is getting enough sleep. Children require 10-12 hours of sleep nightly for optimum functioning.
- Encourage a regular bedtime routine with quiet, calming activities such as music, reading or quiet play.
- Kids as young as four can learn deep breathing and relaxation techniques. Do them together.
- Parents are a child's best teachers. Set a positive example by managing you own stress effectively.

For more ideas about how you can help your children enjoy a carefree childhood.

For more information, call (705) 721-7520, 1-877-721-7520 or click [Your Health Connection](https://www.yourhealthconnection.ca) and speak with a public health nurse.

*From the Canadian Mental Health Association website.*
*The BCCRR has additional resources for parents and care providers*
Parent & Tot Swim Lessons
Ages 6 months to 3 years
Tuesdays 5:30 - 6:00 pm
November 8 - 29
Adult participates in the water with the child. Registration Fee: $18.25

Parent & Tot Skate
Mondays, Ending Dec 5th 10:00 to 11 a.m.
Thursdays, 1:15 - 2:15
Have fun and play on the ice!

Free for children 6 & Under
Everyone Welcome!

Parent & Tot Swim & Play
Saturdays, November 5 - 26
10:30 - 11:30am
Free for Parents & Children 6 & under sponsored by GFREC and

Food Bank Day
Admission by donation to the Local Food Bank
Aquatic Centre Monday, Nov. 28th 6 am to 12:30pm & 4 - 8pm
Public Skating Friday, Dec. 2nd 1:45 to 3:30pm

Blessings Boutique in Grand Forks
Offers clothing, strollers, car seats, high chairs, bedding, sports equipment, books and toys for all families in our community with children ages newborn to 12 years.

Open on the 3rd Monday of each month from 10 - 2 refreshments provided on Monday only. Also open during drop-off time on Thursdays, 12 – 3:45 pm.

The Blessings Boutique is located in the Gospel Chapel 7048 Donaldson Drive, Grand Forks. Use the main entrance glass doors at the back parking lot. For more information call Karren at 443-1295.

If you have used items to donate call Karren to arrange a drop off time between 9 - 11:30 am Monday or Thursday 12-4 pm.

Wednesday Women’s Morning Out program (also known as Mom’s Morning Out. 9:30-12:30.
Conversation, activities and lunch all included.
Child minding is available for preschool aged children.

No church affiliation is required for this FREE, nondenominational program.

BCCRR lending library needs your Help! Please help us keep our items circulating
The loan period for most articles is one month. Count contents when borrowing and report missing pieces as soon as possible. Count again before returning to ensure all pieces are returned intact.
Please clean items before returning . Help us keep our items in circulation.

Thank you
Need childcare? We have a registry of licensed & registered childcare.

Subsidy rates increase if your childcare provider is licensed or registered with the BCCRR

“STATEMENT OF RESPONSIBILITY”
The Child Care Resource and Referral Program is a support and referral service for families and child care providers. The names of the child care providers and/or families are provided to families by request and are in no way a recommendation of the service provided by the particular care provider. The parent has the responsibility for ensuring that the child care arrangement ultimately chosen is suitable for the family's needs. The publication, Parent's Guide to Selecting Care (available at http://www.mcf.gov.bc.ca/childcare/parents.htm) may help you choose suitable child care for your family.

Care Provider Networking Evening

Create your own Angel

Tuesday, November 22
6:30 - 8:30

Learn the art of needle felting while you create your own Angel. Lorraine O'Connor will lead us through steps to make our own personal Angel (see one on display at the BCCRR). The BCCRR will cover the cost for registered child care providers.

The BCCRR is a designated drop off point for donations for the Community Christmas Hampers. Please help ensure that no one is forgotten this Christmas.

The BCCRR will be closed for the Christmas Holiday
December 23 - Jan 2, 2011
Re-opening Tuesday
January 3, 2012
From all of us, we wish you a safe and happy holiday!