



BULKLEY VALLEY CHILD DEVELOPMENT CENTRE

Inspiring strength in families and exploring the potential in children and youth.

PINWHEEL NEWS

Welcome to summer.....

We celebrate our 32nd Annual General Meeting on June 24th, 2014!

The BV CDC Staff delivered programs and services to over **466** children, youth and families. Our programs and services were delivered to **22** communities through home visiting, providing supports to community based services including schools, child care centers, Head Start programs, preschools, Health Centers, Community Centers as well as actively participating in various community based events such as early screening activities for young children and their families. The BV CDC also provided key leadership in coordinating the Northern Child Care Resource and Referral programs throughout the North, as well as collaborating with other regional and provincial partners on key initiatives, such as reviewing the School Age Therapy Model.

Over the past year, our leadership created a Capital Development Strategy to relocate all Smithers' facilities into one new accessible Child Development Center location while ensuring the outreach service delivery model. We are sincerely grateful to the Society Membership in supporting this strategy.

The BV CDC appreciates the support of our community members through the donations, fundraising initiatives and grant opportunities to enhance our various programs and services throughout the year.

In 2014/15, the BV CDC leadership will continue to develop our Capital Development Strategy in the best interest of our organization's vision, mission and beliefs. We will also move forward to our 4th Accreditation in Community-Child and Youth Services!

If you have any questions, please feel free to contact me at 250-847-4122 or director@bvcdc.ca.

Kerri Bassett Kluss

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**FETAL ALCOHOL SPECTRUM DISORDER
(FASD) AWARENESS DAY
SEPTEMBER 9TH, 2014**

WHAT'S HAPPENING

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.....in Smithers

Activities at the Early Child Development Building

Location: 3843 4th Avenue—Unit A (across from CIBC)

Stay & Play (Ages 6 months to 3 years)

Thursday Mornings - 10:00am to Noon

CLOSED FOR THE SUMMER

Infant Development Playgroup (Ages birth to 3 years)

Tuesday Mornings—10:00am to 11:30am

CLOSED FOR THE SUMMER

Adventure Camp for Families with Deaf or Hard of Hearing Children

Northern BC Children and Families Hearing Society

Our annual 3-day Family Adventure Camp at Ness Lake Bible Camp for families with a deaf or hard-of hearing member, and friends and family who interact with a deaf or hard of hearing person in their lives. Make great friendships and memories! Share experiences with other deaf and hard of hearing children and their families and friends. Have fun and make new friends!!

Here is the link to registration for the camp:

<http://www.eventbrite.ca/e/adventure-camp-for-families-with-deaf-or-hard-of-hearing-children-tickets-11105078589?aff=eorg>

WHAT HAPPENED.....

On May 25th ASL (American Sign Language) Classes were held at the BV Child Development Centre for anyone who interacts with a deaf or hard of hearing person in their lives. The workshop was designed to teach useful words and phrases for everyday life in a fun, interactive setting. Staff and families were invited to attend and found it useful, fun and everyone learned a lot. Thanks goes out to Northern BC Children & Families Hearing Society.



HELP



PLEASE

<http://nbchearingsociety.com/category/events/>

Tactile Defensiveness: Some People Are More Sensitive

Zoe Mailloux, OTD, OTR/L, FAOTA

In addition to the important role of our touch (or tactile) system previously discussed under tactile perception, another critical aspect of this sense is its protective function. Our tactile sense alerts us when something is sharp, hot, cold, or in some other way may present a danger. We learn to "notice" those things which may represent harm or danger and respond by moving away from them. For some individuals, however, the aspect of the touch system which distinguishes between potentially harmful and harmless "messages" does not work normally. Occasionally we see children who have an underactive sense of touch. These children do not seem to feel pain as much as others and often seem unaware of tactile sensations that should be noticeable. More common, however, is a condition of inconsistent responsiveness or hypersensitivity to touch. Dr. A. Jean Ayres was the first to describe this condition as "tactile defensiveness." An individual with hypersensitivity to touch or tactile defensiveness appears to overreact to sensation that most people might not particularly notice, or at least are not bothered by. Common signs of tactile defensiveness include: sensitivity to certain types of clothes or fabrics; preference or aversion to foods which seems most related to the texture of the food (e.g. avoidance of smooth and creamy foods or irritation in response to crunchy or lumpy foods); avoidance of touching substances such as finger paint or mud, or of getting one's hands messy; avoidance of walking barefoot on particular surfaces such as sand or grass; a greater than normal resistance to having teeth brushed, hair combed or face washed; and/or a tendency to prefer to touch rather than be touched, especially when the touch is unexpected. Because we do not usually think much about our sense of touch or realize that some people are more "sensitive" than others, many of these behaviours are often attributed to personality, emotional make-up, or behavioral tendencies. However, enough cases of tactile defensiveness have been documented for us to be confident that this is truly a neurologically-based condition which can create a great deal of discomfort and even turmoil for the individuals who experience it and their families. Our sense of touch is closely tied to our emotions. Perceiving frequent discomfort through this sensory system is likely to make an individual demonstrate emotionally potent reactions. Thus, children who experience this condition are often described as irritable, withdrawn, weepy, angry, etc. It's difficult to pay attention if a person is thinking about how his clothes feel, or how much it bothered him when someone brushed against his skin while he was standing in line. Individuals who have this condition can cope with it better at some times than they are able at other times. Stresses such as fatigue, illness, anxiety and even hunger often make the defensive reactions more severe. Therapy aimed at reducing tactile defensiveness attempts to gradually elicit more regulated reactions to various tactile sensations. The goal is to normalize the way the nervous system registers and interprets touch information and to develop productive coping strategies for understanding and living with increased sensitivity.

What You Can Do To Help

The following are ways you may be able to help your child or other members of your family who seem to display tactile defensiveness:

- Light, ticklish touch is usually the most irritating. When you touch your child, attempt to use firm and constant pressure, versus light touch. You may be able to help your child avoid the irritation of light touch by asking the teacher if your child can stand at the front or back of lines or at the end of a reading circle at school rather than in the middle.
- Firm, consistent - pressure tends to override tactile irritation. This is why we naturally rub something that hurts and it is probably how hugging developed.
- Firm massage, pressure (as in wrapping: the arms or legs with a stretchy material such as an ace bandage) and gently "sandwiching" the child between cushions may be helpful.
- Pay attention to which types of clothing, play substances or social situations (e.g. walking through a crowded mall) seem to elicit negative reactions from your child. Until the problem is alleviated, try to avoid irritating situations (e.g. let your child wear all cotton clothes if that is what she prefers).
- Avoid power struggles over this unless safety or some other critical issue is involved. It is easy to think that the child with tactile defensiveness is trying to manipulate you or purposefully make your life difficult. Believe him when he tries to tell you something hurts. There is a good chance that it does.

Note: any sudden or significant change in behavior should always be checked. Children with issues around sleep, digestion, allergies and other medically based conditions might show increased irritability, including tactile sensitivity. Be sure that other possible conditions are considered and fully evaluated before assuming that these behaviors are sensory in nature.

Submitted by R. Tworow, Occupational Therapist

FUNDRAISING

A Little Help Makes a "BIG" Difference.



WHERE ARE WE?
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We are on facebook!



Michelle Bourdage, Tracy Scott, Kerri Kluss (ED) & Jacqueline Skalin-Bell Media

CJFW-Bell Media Radio-thon

BV CDC Board of Directors, Society Members and Staff wish to thank CJFW FM Radio for including the BV CDC in the annual radio-thon on May 1st.

Thank you to the Bulkley Valley and Communities in our area for their participation and support. Staff were delighted to receive a cheque for \$2,000. All donations are appreciated and can make a difference in the lives of children and families who receive our services.

Submitted by E. Wojdak

Thank You

Your support makes a difference in the lives of children we serve!

Smithers Royal Purple Lodge #47
Dan & Karen Young

Telus

Provincial Employees Community Services

Colin McDonald (Telus)

Northern BC Friends of Children Society

Todd & Tammy Larson

BV Foundation

CIBC-Children's Foundation

Alison Howard

BV Community Foundation

Smithers Volunteer Firefighters Assoc.

Bell Media/CJFW Radio-thon

SMITHERS LIONS CLUB celebrates 50 years of service in Smithers and area.

Kerri Kluss, Executive Director, and Sharon Vander Meulen, CDC Board Member celebrated with the Smithers Lions Club last month. They personally offered congratulations and thanks on behalf of the BV CDC for the many years of the Club's support.

COMMUNITY SPIRIT COUPON BOOK

2014-2015—7TH EDITION

The new 2014-15 coupon book is nearing completion. These great little coupon books will be available for sale August 21st.

The BV Child Development Centre, BV Hospice Society and BV Brain Injury Association will be at the BV Exhibition in **BOOTH 40** celebrating the 7th Edition of the Community Spirit Coupon Book and doing a little 'Horsing Around'.

THANK YOU has to go out to the many businesses who continue to support the coupon book. THANK YOU to those who help sponsor the coupon book. We can't forget all the Volunteers who help talk about and sell the coupon book, THANK YOU

If you have any questions call ESTELLE @ 250-847-4122.



Bulkley Valley
Child Development Centre



BV CDC has been accredited in Community Services: Child and Youth Services, Governance Standards Applied