

Small Talk



January/February 2012

Newsletter of the Smithers & Area Child Care Resource & Referral Program

~serving Topley to Kitwanga, Stewart/Cassiar Hwy & Atlin~

Providing quality, accessible child care services to the community

Your Community's Best Source of Child Care Information and Resources

HOW TO REACH US?

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Funded by: The Ministry of
Children and Family
Development
www.crr.bc.ca

A Program of:
The Bulkley Valley Child
Development Centre
(BV CDC)
www.bvcdc.ca



Office Hours

Monday, Tuesday, Wednesday, Thursday 9:00am-4:00pm

Friday our office is *closed* Or *open by appointment*

We are closed from 12:00—1:00pm for lunch

Our answering machine is always on, please leave a message

Child Care Resource & Referral Program

Program Staff

Shannon Cote-Program Coordinator
Robyn Alden-Resource & Referral Worker
Glenda Patterson-Resource Educator
Arlene Morrison-Resource Educator (Hazelton)

Program Resources

- *Child Care Referrals
- *Resource Toy Lending Library
- *Child Care Subsidy Forms/Support
- * Start Up Funding for Registered License not Required
 - * Laminating/Photocopying
- * Training and Workshops for Parents and Providers
 - *First Aid Training
 - *Retail Art Supplies & Resources



has re-accredited the BV Child Development Centre for Excellence in Child & Youth Services

Out & About

OFFICE CLOSURES

January 16th, 2012—BV CDC staff meeting
11:00-2:30
February 14th, 2012—staff education—all day



Child Care Referrals



THANK YOU! to the Child Care Providers who have recently called us with updates for our Referral Registry! We encourage everyone to please call/or email our office to update your child care spaces. We rely on you to keep us informed of your centre's changes, so we can provide accurate information when giving out referrals. Our office has been receiving requests for Extended hours, Shift Work, Infant Care and pick up and drop off services. If you meet this criteria and have spaces please let us

know.

Phone: 250-847-8824



FAMILY PLAY DAY

SATURDAY, FEBRUARY 11TH, 2012
11:00-2:00pm

Location: Dze L'Kant Friendship Centre Hall
3955 3rd Avenue, Smithers

FREE ADMISSION
ACTIVITY BAG FOR EVERY
CHILD 6 AND UNDER

Learn about your young child's health and development.
FUN ACTIVITIES!



Training & Workshops

“Hope in Action – FASD, a Caring Community”

Regional Conference on Fetal Alcohol Spectrum Disorder
Smithers, February 7th -9th 2012



Get Ready! Registrations will open later this week!
For a sneak peak at the schedule, our speakers and the topics that will be addressed, visit www.scsa.ca and consult the *FASD 2012 Conference* tab on the left hand side menu.

For any question or to be added to the distribution list, contact Nathalie Brassard at 250-847-9515 or fasd@scsa.ca.



The Early Childhood Educators of BC Leadership Initiative
Join us in creating an ECE Culture of Leadership

Fourth Round of Applications are now available for submission.

ECEBC is entering the fourth year of our exciting Leadership Initiative. The initiative is designed to support ECEs across BC develop their capacity to take on a leadership role in the broader community. ECEBC and the Leadership Initiative Advisory Committee will select the 2012/2013 Communities of Innovation based on the following criteria:

Diverse geographic and cultural communities are involved.

The Project builds the leadership capacity of ECEs to raise the profile of their work and value.

Two or three licensed-to-practice ECEs are actively involved in the development of the proposal, are able to attend all three Leadership Institutes and understand they will play a leadership role in implementing the project.

The sponsoring society is a non-profit society AND holds charitable tax status.

For more information, and to download the 2012/2013 Communities of Innovation application, please visit our website at www.ecebc.ca

Child Care Options presents their 15th Annual Early
Care and Learning Conference

Children the Heart of the Matter

February 3 & 4, 2012

Bell Performing Arts Centre
6250 144 Street, Surrey

Keynote speakers are Gordon Neufeld on Friday evening
and Charlotte Diamond on Saturday morning.

Early bird price is \$75.00 if you register before December
16th!

For additional information visit
www.childcareoptions.ca or call 604.572.8032

ECEBC's 41st annual conference

Playing it Forward: Value of Authentic Play

May 3 to 5, 2012

Radisson Vancouver Airport Hotel
Online registration begins mid-February 2012!

Photo Contest! ECE's are invited to submit photos
of children and educators engaged in authentic play,
to be produced as a poster for Conference 2012.

Please note: Contest opens November 1, 2011 and
closes January 15, 2012.

The Parent Page



New Child Restraint Regulations

Beginning January 1, 2012 all child restraints sold or manufactured in Canada must conform to new regulations, making the Canadian standards for child car seat safety world-leading.

Replace your existing car seat if it was involved in a collision, is torn, damaged or is expired. If you are not able to find an expiry date, visit Transport Canada's website at www.tc.gc.ca/roadsafety or contact the car seat manufacturer.

Dial-A-Dietitian

Free Nutrition Information...Just a call or click away!

Translation services available in 130 languages

Toll-Free in BC 1-800-667-3438

www.dialadietitian.org

SFU Children's Health Policy Centre Research Quarterly: Early Childhood Development & Mental Health

SFU Children's Health Policy Centre's Research Quarterly focuses on Early Childhood Development & Mental Health. The Quarterly present summaries of the best available research evidence on children's mental health topics.

Website link to download Research Quarterly:

http://www.childhealthpolicy.sfu.ca/research_quarterly_o8/rq-pdf/RQ-4-11-Fall.pdf

*** Free Toolkit- Nature Based Experiences to Nurture Parent-Child Relationships**

Link to toolkit download and information: http://childrenandnature.ning.com/group/natureclubsforfamilies/forum/topics/together-in-nature-pathways-to-a-stronger-closer-family?xg_source=facebookshare

Jan/Feb
2012



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The Hazelton's

*Happy New Year
To All*



DAYCARE – HEADSTART CENTRES WORKSHOP

Come and join the fun in a Make N Take networking workshop for all Headstart and Daycare centers.

- **Date: January 27th, 2012**
- **Time: 9:00 am – 3:00 pm**
- **Place: Gitanmaax Hall**
- **Lunch and snacks will be provided**

Register early and come join us for a day of sharing!

Daycare – Headstart Centers Workshop Registration

Name: _____

Center Name: _____

Address: _____

Phone Number: _____

Registration Fee: **FREE**

Please return registration forms to: Gitanmaax Band Office: **Fax #: 250-842-6364**

Caregivers Corner

Visit our Website: www.childcarechoices.ca

Food Flair Training Resource Modules



Decoda Literacy Solutions is delighted to announce the long anticipated Food Flair Training Resource modules! These resources were developed in response to the need for more in-depth information on the rich content of Food Flair, a resource in the LEAP BC family of resources. The content of each module has been developed and reviewed by dietitians and early childhood development professionals. We are grateful for their contributions. The resources are available on the Decoda Literacy Solutions website at:

<http://decoda.ca/children-families/leap-bc/food-flair/food-flair-training-resources>.

Questions and feedback can be directed to info@decoda.ca

* Revised Edition of *The Best Practices Aboriginal Early Childhood Programs*

\$20 BC ACCS Members and \$25 for non-members

About the Revised Edition:

In 2003, the BC Aboriginal Child Care Society produced the first Handbook of Best Practices in Aboriginal Early Childhood Programs (herein Handbook). This six chapter volume of Aboriginal early childhood program practices emerged from a series of regional workshops with early childhood professionals in British Columbia where resources, practices, and ongoing programming needs were discussed. The BC Aboriginal Child Care Society received positive feedback on the Handbook from early childhood practitioners, early childhood education students and program developers alike.

For more information on the handbook and how to order one: http://www.acc-society.bc.ca/files_new/whatnew.html

Energy Explorers Workshop

A Hands-on workshop for Educators, sponsored by BC Hydro, to teach young children to be Power Smart.

An Educator Resource Binder, Big Book of Energy, Posters and a certificate of attendance for professional development will be provided. There is no fee for this workshop but register early to avoid cancellation.

****February 23rd, 2012 6:30-8:30pm At the CCRR– 3843A 4th Ave**

Activities to help chase the winter blues away...

Balloon Badminton

To make rackets:

1 Coat Hangar per child, old , clean nylons.

Pull coat hangar into diamond shape.

Stretch the foot of an old nylon over the wire frame.

Bend the hangar hook to form loop. Knot nylon over the loop. A piece of duct tape will anchor the nylon on the handle and give it stability

You will also need a round balloon per person. The bigger the balloon the easier it will be to follow and hit.

Lay a string on the floor and have children "bat" the balloon back and forth.

Pom-Pom Paddle Ball

Make pom-poms by winding wool around cardboard to form a small ball. Tie off with matching wool, slip off cardboard and cut through loops. Fluff and trim to form ball. Use paddles as above.

SNOWBALL FUN—INDOORS

Provide a basket full of "snowballs" made from paper stuffed into white socks. Have the children toss their snowballs into the empty basket. Vary the distance for older children, or challenge them to throw to a smaller target.

It Looked Like Spilt Milk

Materials: Story— It Looked Like Spilt Milk
Dark Blue Paper, White Paint,
Spoon

Read the Story. Then give each child a piece of blue paper folded in half. Help each child to put a small amount of white paint on one half of the paper. Help them refold paper and gently rub their hands over it. Unfold paper to view creation. When finished allow to dry.

*Spilt Milk is available to borrow at the CRR

Pretzels

Ingredients: 1 package of active dry yeast
1 1/2 cups warm water
1/4 tsp. salt
1 tablespoon sugar
4 cups flour
1 egg beaten
Coarse salt



Directions: Dissolve the yeast in warm water. Add salt and sugar and flour. Knead the dough until smooth, adding more flour if dough is sticky.

Divide dough into walnut-sized pieces. Each child rolls his ball into a 12-14 inch "snake". Shape like pretzels or any way children wish. Brush them with beaten egg and sprinkle with coarse salt. Let rest on a cookie sheet for 20 minutes. Bake at 400°F. for 15-18 minutes.

** Instead of pretzel shapes, have children form first letter of their name.

Musical Lily Pads

**Suitable for Toddlers too!*

Materials: Carpet Squares, mats or cushions-one per child

Cd or tape of lively music

1 Tell the children they are going to be frogs that jump, dance and say "ribbit".

2 Begin with each child on their own "pad". Start the music and encourage children to hop around the room. When the music stops they jump on a pad.

3 You may choose to remove a pad after each round but NO children are eliminated. Fun to watch children squeeze onto one pad.



Chinese New Year

January 23, 2012

Year of the Dragon



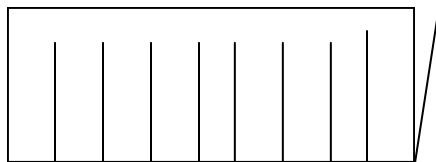
FORTUNE COOKIES

1 egg white	1/4 cup flour
1/8 tsp. vanilla extract	1/4 cup white sugar
1 pinch salt	

Directions: Have children help write fortunes on papers 4 X 1/2inch wide. Mix the egg white and vanilla until foamy but not stiff. Sift flour, salt, sugar and blend into the egg mixture. Place teaspoonfuls of the batter into a greased and heated frying pan, forming a three inch circle. When edges bubble carefully flip over and brown other side. Remove from pan with spatula and immediately place paper across middle of circle. Fold in half, then place the folded edge across the rim of a glass or measuring cup and pull the pointed edges down, one on the inside and one on the outside. Place folded cookies into the cups of a muffin tin to hold their shape until firm.

Chinese Paper Lanterns

You Need: 1 piece of paper per child, folded in half lengthwise. Along the folded edge draw cutting lines spaced 1/2 inch apart (and perpendicular to the fold) Have each child cut along lines. The lines will stop approximately 1 inch from edge of paper. Unfold cut paper and form tube.



Folded edge Cut along lines

Staple at bottom and top edges. Decorate with stickers. Add hanging handle.

Groundhog Day

Groundhog day is February 2nd. Traditionally the Groundhog is used to predict whether winter will continue for six more weeks or is Spring on it's way. What is your prediction? Make a chart with your children and see who will guess correctly. Discuss shadows. Use a flashlight to demonstrate what a shadow is. Practice making fun shadows. Have children take turns holding the flashlight. The most popular shadow art is drawing silhouettes of the children's heads. This would be interesting to display for parents and have them guess which silhouette is their child. Groundhog puppets are easy to make. Cut a circle (4 inch diameter) from brown paper. Glue to a popsicle stick and have child draw on a face. Ears can also be added. A poem to go with the puppet:

*Up pops the groundhog every groundhog day,
If he doesn't see his shadow he'll come out to play.
If his shadow he sees, he will slowly creep,
back to his burrow to sleep, sleep, sleep.*

A fun art activity for older children is to make a design on white paper then stack black paper behind and cut the image out of both papers at the same time. Form a shadow effect by first gluing the black cut out onto paper. Then glue the white paper, offsetting the design so it forms its own shadow. The possibilities are limitless!