

FEBRUARY 2012



CCRR
Child Care
Resource & Referral

Shuswap Child Care Resource & Referral Program

OFFICE INFORMATION

Mail to:

Shuswap CCRR, Box 2579
Salmon Arm, BC V1E 4R5

Location:

#14 - 451 Shuswap St. SW
(Downtown Activity Centre)

Phone & Fax

250-832-4191
250-832-4591 (F)

Email & Website

ccrr@shuswapchildrens.ca
www.childcarechoices.ca

Hours

9 am - 4 pm
Monday - Thursday

Staff

Cathy, Karen, Diana,
Christine

In This Months Newsletter:

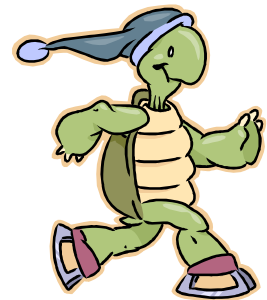
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Next Meeting Date:

Our next date is a workshop
with Elina Falck, "Raising A
Secure Confident Child,"

This is a free workshop put on
by Supported Child

Development with help from the CCRR program. See
page 2 of this newsletter for registration details, time
and place.



Next Child Care First Aid will be held
Saturday February 11, 2012
As well as May 12, 2012

HAPPY RETIREMENT



*If you weren't aware; Karen will be retiring
from the Shuswap CCRR Program after 15+
years of dedicated service. Karen's last full
week will be Feb 20th -24th, please call or
come by to wish her well.*

RAISING A SECURE CONFIDENT CHILD

Using attachment based principles to develop strong
emotional and mental health in children

Presenter: Elina Falck,
Child and Youth Mental Health Associate
Clinical Team Leader for Salmon Arm

Where: District Education Centre

When: Tuesday Feb 21, 2012 6:30 - 8:30 p.m.

Register: Call 250-833-0164 to reserve your spot

Cost: Free

Who Should Come: parents, foster parents, caregivers, grandparents,
anyone interested in the emotional and mental health of the young people
they care for.

What You Will Learn

- what is emotional development from a "brain science" perspective
- what is an attachment style or pattern
- what do children need to feel secure and attached
- how your own early history might affect your caregiving
- what is the difference between bonding and attachment
- why talking to your child with empathy and acceptance is so important
- what is "time in" and how does it help build a secure attachment
- strategies to repair your relationship when upsetting events happen
- what is a "window of tolerance" and how does it relate to attachment and self-regulation

***"Helping your child gain empathy, humor, good judgment, compassion,
creativity, insight, and positive values along with the ability to regulate
emotions will not only help your child express himself but will also help
him contribute positively to a more civilized world".***

Ruth P Newton from "The Attachment Connection"

caregiver's

corner

UPCOMING DATES &
GROUPS....



SCHOLASTICS:
Feb 23rd



ART ORDERS:
Not until March

Playgroups: Salmon Arm

Little Caboose Playgroup (Mon. Mornings) 9:00-11:30 Operates year round except Holidays For information phone Debbie 250-832-4191

DAC Strongstart Program Runs (Mon Noon—3PM), (Tues, Wed, Thur 9AM-Noon) and (Fri Noon-3PM) info: Debbie 250-832-4191

Salmon Arm West Strongstart Program Runs (Mon—Fri), info: Kim 250-832-3862

.....and Area

Sicamous/Malakwa

Early Childhood Development Programs-Family Drop-Ins
Phone Eagle Valley Community Resource Society for information
250-836-3440

Parkview Elementary Strong Start
Cori Miller-, Phone
250-836-2871 info

Sorrento/North Shuswap

Shuswap Lake Estates Playgroup
Thursdays, Call Christine: 250-675-3828
North Shuswap Parents & Tots
Wednesdays, Call Anna-Marie:
250-675-8455
Sorrento Elm./North Shuswap Elm.
Strong Starts, Joan Sturdy 250-675-2311
(Sorr) 250-955-2214 (NS)

Enderby

*Family Place operates
Wednesdays Phone 250-838-9446 for
info

*Enderby Preschool/ Out of School Program and Drop-In
250-838-6676 for info

*M.V. Beattie Strong Start
Carrie Sutherland
250-838-6434 for info

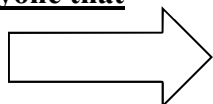
**Shuswap
CCRR Child Care Provider
Drop-In**

**This is for Child Care
Providers and the
Children they care for, parents
may attend the Family Place
Strong Start Programs above:**

**Child Care Drop-In
(Fri Mornings)
10:00-12:00 except
Holidays for info phone
250-832-4191**

**Child Care Subs listed have not been
checked out or
interviewed by the CCRR. They
have simply put their names forward.**

**Licenses are responsible for
validating the credentials and
qualifications of everyone that
works for them**



Upcoming Dates:

Feb 11, 2012-Child Care First Aid
Feb 14, 2012 - We love you! Happy Valentines Day
Feb 17, 2012 - Pro D Day, No Strong Starts
Feb 21, 2012 - PALS @ the DAC for Parents &
Preschoolers, 9:30 am lassloc@telus.net
Feb 21, 2012 - Workshop with Elina Falck 6:30 pm
Feb 20th—24th 2012 - Karen's last full week!
Feb 29, 2012 - LEAP YEAR, Some of you are a year older?



A very warm **welcome back** to Diana !
Our Toy Library lady has joined us once again. Diana will take up
her post on Tuesdays 9-4. So glad to have you back, Diana

Substitute List



Jane Dagneau, has her ECE and is available as a sub.
Contact Jane at 832-2478

And Wendy Wilcox is available for subbing, Wendy works in Family
Child Care 250-832-3229

**** Reminder to Check the Workshop Postings in the Hallway outside our office. Many to choose from, to many to print. (Local and across BC)****

Workshops & Events

**CCRR Next First Aid will
be:**

**February 11,
2012 & May
12, 2012**



Remember: Shuswap CCRR has a small bursary fund for child care providers to attend workshops or conferences. (First Aid Excluded).
You must be a Shuswap CCRR member.
Contact us for details 250-832-4191

St. John Ambulance First Aid Courses and Food Safe –check it out at www.sja.ca or 1-866-321-2651

Congratulations
to Shelby Babakioff, and Kaitlyn Pengelly
on completing the necessary components
of the Family
Child Care training Course for Responsible
Adult

Saying goodbye to yet another Licensed Family
Day Care—Edna Faust of Nana's Huggable
Loveable Christian Day Care has closed their
doors. We will miss you. Good Luck on your new
adventure

Dr. Gabor Mate
Why Relationships Matter
February 20th, 2012
9:00 am to 4:30 pm
ALB Gym-Chase BC
Registration form copy at office

ECEBC 2012 Conference
May 3rd—5th
Radisson Hotel Vancouver Airport
On-line registration starts mid February, 2012
www.ecebc.ca

The Family Resource & Referral
Centre 250-832-2170
Has workshops/sessions for
Grandparents Raising Their
Grandchildren as well as
For Parents Raising Teens
Phone them for information re: times
and dates

Ministry of Children and Family
Development
And
Dr. Kevin Miller present
The Psychology of Attachment Trauma
April 20th, 2012
9:30 am-4:00 pm
At School Board Office Revelstoke
Please RSVP by April 8, 2012 to Caroline
Grenier at caroline.grenier@gov.bc.ca
Call 250 837-7612

Raising a Secure Confident Child
Presenter Elina Falck, Child and Youth
Mental Health Associate Clinical Team
Leader for Salmon Arm
At District Education Centre, Tuesday
Feb 21, 2012 6:30-8:30 pm
Call 250 833-0164
free workshop

Internatinal Innovations
A Canadian Forum on Early Childhood
Frameworks
July 13-15, 2012
Victoria BC
University of Victoria School of Child &
Youth Care

Everyday and Everyway Talking about... February



Valentine's Day and Family Day are both in February. It's a good time to celebrate family and to think about those you love. Children can learn many things by celebrating these two holidays.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities

Valentine's Day

- Talk about what this day means. Talk about how we send cards to tell people we love them.
- Talk about all the people your child loves. Make a list of the people that you will send a card.
- Let your child pick out the cards to send. Let him write his name on the card.
- Let your child make his own Valentine cards. Help him cut out hearts and write notes on them. He can draw or paint a picture to send as a gift.
- Make heart-shaped sugar cookies together. Your child can use the cookie cutter. He can help put icing and decorations on them.

Family Day

- Some families have this day off. Think of something your family can do together.
- Play in the snow, go to a winter festival, visit a museum, or stay inside and play with toys or games all day.
- It doesn't matter what you do. If the whole family is there it can be lots of fun!
- If you don't have the day off, pick a different day to be a special family day.

Build snowmen

- Build snowmen together.
- Talk about how you make the snowman – you roll the snowballs to make them bigger.
- Talk about how many snowballs you need and how big they are. Talk about which one is the biggest or the smallest.
- Talk about what you need for the snowman's face, arms, and hat.
- Make snowmen that look like everyone in your family.



Drawing, colouring, cutting, and making crafts help children learn skills they later need for writing.



Songs and Rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

10 little hearts

Author unknown

- 1 little, 2 little, 3 little red hearts.
- 4 little, 5 little, 6 little red hearts.
- 7 little, 8 little, 9 little red hearts.
- 10 little wiggling red hearts.

(count your fingers as you sing the song and wiggle them when you get to the end)

If you're happy and you know it

Author unknown

- If you're happy and you know it, clap your hands.
- If you're happy and you know it, clap your hands.
- If you're happy and you know it and you really want to show it,
- If you're happy and you know it, clap your hands.

(change it up and add other actions, like stomp your feet, nod your head, jump up and down, or hug a friend)



Books

Go to your local public library to find these and many more great books.

- Red is best by *Kathy Stinson*
- Mommy's best kisses by *Margaret Anastas*
- Skidamarink by *G. Brian Karas*
- Kiss kiss by *Margaret Wild and Bridget Strevens-Marzo*
- A hug for you by *Margaret Anastas and Susan Winter*

- Hugs and hearts by *Toni Trent Parker*
- Big pig saves Valentine's Day by *Cecile Schoberle*
- Hug by *Jez Alborough*
- Hugs and kisses by *Roberta Grobel Intrater*



Crafts

For more craft ideas go to www.wondertime.go.com

Heart wreath

Materials needed

- Red and pink construction paper
- Paper plate, scissors, glue

Instructions

Cut a circle out of the middle of the paper plate so it leaves a ring about 2 to 3 inches wide.

Cut out a lot of red and pink hearts large enough to cover the plate.

Write the name of someone or something that your child likes on each of the hearts.

Glue hearts on the paper plate, covering the entire plate ring.

Soft sugar cookies

Materials needed

- | | |
|-------------------------------|----------------------------|
| 1 cup butter | $\frac{3}{4}$ cup milk |
| 1½ cups sugar | 4 cups flour |
| 2 eggs | 2½ teaspoons baking powder |
| 1 teaspoon vanilla flavouring | |
| 1 teaspoon almond flavouring | 1 teaspoon salt |

Instructions

Cream together butter and sugar until light and fluffy. Mix in eggs, vanilla, and almond flavouring. Add milk and mix well. Sift together flour, baking powder, and salt. Gradually add flour mixture and mix well. Shape dough into a ball and cover with plastic. Refrigerate overnight. Roll dough to desired thickness and cut with favourite cookie cutters. Bake in a 350°F oven for 8–10 minutes. Let cool and decorate with your favourite icing.

Singing is a great way for children to learn new words. Don't forget to make up actions for songs.

SHUSWAP



February 2012



Sun Mon Tue Wed Thu Fri Sat

			1	2 SLE Drop-In	3 CCRR Drop-IN	4
5	6 Little Caboose	7	8	9 SLE Drop-In	10 CCRR Drop-IN	11 <u>Child Care First Aid</u>
12	13 Little Caboose	14 V-Day	15	16 SLE Drop-In	17 CCRR Drop-IN Pro D Day	18
19	20 Little Caboose	21 <u>PALS</u> No Late Night <u>Elina Falck Workshop</u>	22	23 SLE Drop-In <u>Scholastics</u>	24 CCRR Drop-IN	25
26	27 Little Caboose	28	29 Leap Year			