



PROVIDER

Spring 2011 Newsletter



Gage Thomas and Grace Hieb fishing at Munchkinland Adventure Centre in Qualicum Beach.

Photo by Erin Millar

Coordinator's Message

Hello everyone, are you all ready for Spring? We at PacificCARE are looking forward to more sun and blossoms on the trees. It is a time of change and new growth here at PacificCARE.

We welcome Kirsten Barlow and Laura Lidstone as new Child Care Consultants in Nanaimo and Courtenay. We are sad to say farewell to Sandra Allen in Courtenay, however we are happy Sandra is pursuing her dreams and wish her all the best.

We also welcome Joanne Fitter as the new Program Coordinator of the Child Care Resource and Referral program! This will be my last message to you through the Provider, after over 16 years at PacificCARE, I am about to embark on a journey of developing my own consulting business. For now I will remain in Nanaimo and provide conflict management, team building and health and wellness services through out the West Coast of BC.

I am sure the changes to staff at PacificCARE will be like a breath of fresh air and enhance the quality of services to our clients and community partners. We thank you for your support during these transitions and encourage you to contact us if you have any questions.

It has been a real pleasure working with so many inspiring, dedicated and passionate people who continuously put children first on their agenda!

I look forward to the endless possibilities the future will bring and invite you to contact me before or after I leave. My last day at PacificCARE is April 1, 2011.

Warm Regards,
Carmen Barclay MA
Coordinator of Programs and Services

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Quality Improvement Update

It's **FEEDBACK TIME!** Check out the CCRR Care Provider SATISFACTION Survey link below. By taking the time to complete the quick survey you will be providing the CCRR program with valuable information that will help guide our service for you for the upcoming year. Let us know about what you like and what we could improve on. Also, please feel welcome to contact staff if you'd like to share your feedback in another way, for example by phone or in person.

PacificCARE is due to have the Re-accreditation site visit to the Nanaimo and Courtenay offices at the end of March. We are very excited to have the Peer Review Team from the Council on Accreditation (COA) come and learn about PacificCARE's programs and services.

PacificCARE offered Advisory committee meetings in Nanaimo and Courtenay in the Spring time of 2010 and would like to have the next two meetings in Parksville and Port Alberni this April. Please watch for more information about these sessions as they are a wonderful way of learning about the whole organization the opportunity to add your input.

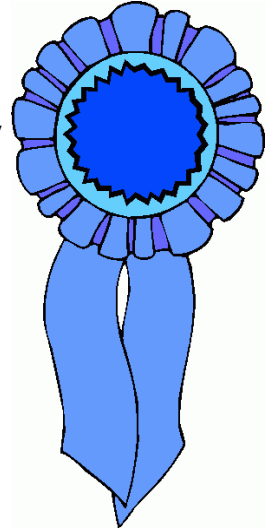
Let Us Know How We Are Doing

Please take a few minutes to complete a short survey by clicking on the following link:

CCRR Care Provider Satisfaction Survey

<http://www.surveymonkey.com/s/VWSNH6Q>

Your feedback is very valuable to us as it helps PacificCARE to continually improve our services to you. If you don't have access to the internet, you're welcome to contact us for the survey in another form.





PacificCARE
Promoting Quality Child Care

**Office hours for
Nanaimo and Courtenay**
8:30 am to 4:30 pm
Monday to Friday
Nanaimo Office open until 6 pm on Thursdays
Closed all Statutory Holidays

Head Office:
3156 Barons Road, Nanaimo, BC V9T 4B5

Courtenay Satellite Office:
237-3rd Street, Courtenay, BC V9N 1E1

Phone: (250)756-2022 or 1-888-480-CARE (2273)
Fax: (250)756-2021

Website: www.pacific-care.bc.ca
Email: mailbox@pacific-care.bc.ca

Please note: if you are unable to reach your area consultant and must talk to someone you can call the Nanaimo office and speak with a consultant or the Coordinator of Programs and Services.

Good News for Little Ferns Early Learning Centre

Little Ferns Early Learning Centre and Young Parent Program in Nanaimo had some good news last month. The Ministry of Children and Family Development announced increased funding to the Young Parent Program. Little Ferns, a combination daycare and preschool, is one of 44 such recognized programs in BC. Although these centres have child care spaces for community families, the majority of families are teen and young adults who have not completed their graduation requirements and have a child under the age of five years. YPP supports these families in graduating, parenting, and providing their young children quality care and early childhood education.

The increase in funding will allow the daily meal program to continue and will help with transportation, subsidy and wages. The centre currently has 16 preschoolers and 12 infants enrolled.

Before ABC's and 123's...

*By Rhonda Teramura, Child Care Consultant
CCRR Campbell River*

Learning is natural. Research tells us it begins in utero, and continues on for the rest of one's life. When learning is self-directed and meaningful, its depth goes far beyond anything taught. Children routinely choose their play activities based on interest which can reflect their personality, mood and recent experiences. It is through engaged play that children are learning and absorbing information and skills. Observant adults can take the opportunity to expand the experiences with concepts that fit. "I'm making a town," says Beckett, 3, to his mom, as he connects Duplo blocks. "These are the same colors!" he announces, holding up two yellow bricks. He continues to gather more yellow bricks to add to his building. Unknown to him, Beckett is developing the early math concepts of categorizing and matching. The comprehension of "sameness" provides a base for other numeracy skills, which leads into comprehension of quantity and number. Teaching counting at this stage has little relevance and does not build understanding.

"Yes, those are yellow bricks. I can see more colors that match, can you?" Beckett's mom asks. With a blue brick in each hand, Beckett says, "these green ones match too!" Mom: "They do match, they are both blue. Where should we build the blue building?" The adult can offer expansion to the natural learning through play experience for a child if done in a non-intrusive, respectful way. Almost always there are several developmental areas being stimulated through play. Emotional development, social development, and language development are also taking place in this scenario, also vital skills that ready a child for life. A child's natural desire to explore, create, imagine, and engage, also known as play, provides the perfect conditions for learning.

PacificCARE's Referral Process

*By Shirley Sugden, Child Care Consultant
CCRR Nanaimo*

Information on how referrals to child care providers are generated:

- All information about registered child care providers in PacificCARE's region is stored on a computer data base, ChildCarePro. This information is provided by the care providers when they fill out the registration forms with PacificCARE. The more complete the information is, the better we are able to match parents with care providers who offer the services they are looking for.
- Child care providers are encouraged to keep their referral information up to date, any changes to ages served, hours of operation, schools where pick-up is provided, type of program offered or any other services provided need to be added to their profile. The ChildCarePro database can be accessed online by registered care providers to help maintain current information.
- CCRR staff use a random sort option to ensure referrals are equitable.
- We *cannot* guarantee a care providers name will be given out every time.
- We *cannot* guarantee there will be child care space available.
- We *do* ask for 72 hours turn around time for referrals, as they are done on a first come first served basis, unless the client is in immediate need of referrals.
- Referrals may be made in person, by phone, fax, mail or email.
- When parent requests are received, the referral consultant enters the information and match the criteria given with child care providers on our data base. The main areas checked are geographic location, ages served, hours of operation and school pick-up. Upon request, we can broaden the search to include Facility type, Special Needs, Curriculum, Environment, Qualifications, etc.
- Care providers are encouraged to go on to ChildCarePro and up date their data regularly.
- Parents are encouraged to utilize all available resources to assist in making the best choice for their family.



Springtime Fun



PacificCARE is pleased to offer a variety of resources to care providers in our communities. We have die cutters in Courtenay, Nanaimo and Port Alberni and over 60 different dies to choose from. Die cutters are a great way to make felt stories, games, art activities and other resources to enrich programs. These versatile tools cut a variety of materials including fun foam, felt, paper, fabric, wallpaper and sponge. We have included some ideas using our Frog and Dragonfly dies to inspire your creativity. Please contact your local child care consultant to learn more about the die cutter and to arrange a demonstration.

For further information about laminating and photocopying, please contact your local PacificCARE office.

Need a great story to tie in with your frog activities? Here are a some titles that will keep little ones listening, counting and croaking along...

A FROG IN A BOG by Karma Wilson
ONE FROG SANG by Shirley Parenteau
BAD FROGS by Thacher Hurd
FROG ON A LOG by Phil Roxbee Cox
THE ICKY STICKY FROG by Dawn Bentley
STICK by Steve Breen

I LOVE GRANDMA by Lizi Boyd
I LOVE GRANDPA by Lizi Boyd
LITTLE QUACK'S NEW FRIEND by Lauren Thompson
BRADLEY MCGOGG, THE VERY FINE FROG by Tim Beiser
FINE AS WE ARE by Algy Craig Hall

More Springtime



FIVE GREEN AND SPECKLED FROGS

Five green and speckled frogs
 Sat on a speckled log
 Eating some most delicious bugs – yum yum!
 One jumped into a pool
 Where it was nice and cool
 Then there were four green and speckled frogs.
*Repeat for four, three, two, one, removing
 froggies as you go.*

FROGGIES

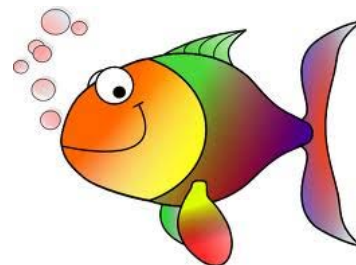
This little froggie broke his toe.
 This little froggie said, “ oh, oh, oh. “
 This little froggie laughed and was glad.
 This little froggie cried and was sad.
 This little froggie did just what he should...
 Hopped straight to his Mother
 as fast as he could



CAN YOU JUMP LIKE A FROG?

Can you hop, hop, hop like a bunny?
 Can you jump, jump, jump like a frog?
 Can you walk, walk, walk like a duck?
 Can you run, run, run like a dog?
 Can you fly, fly, fly like a bird?
 Can you swim, swim, swim like a fish?
 But can you still be a quiet little child?
 And sit as still as this?

*Do the actions with the children and then sit quietly
 with hands folded in lap... Time for a story*





What's Cooking?

Let your kids play with their food by making this creative crudité. Once their flower is in bloom, they can dip the petals in the easy -to-mix ranch dressing.

Literacy Links:

The Bunnies Picnic
by Lezlie Evans

Rock It, Sock It Number Line
by Bill Martin Jr.

Photo from Family Fun Magazine



Vegetable Flowers with Homemade Ranch Dip

What You Need:

ASSORTED VEGETABLES:

- radish slices
- fresh spinach leaves
- cucumber rounds
- cherry Tomatoes
- celery sticks
- baby carrots

RANCH DIP:

- 1 16-ounce container sour cream
- 1 tablespoon white vinegar
- 2 tablespoons minced, fresh parsley
- 2 tablespoons minced, fresh dill
- 1/2 teaspoon garlic powder (or 1 clove garlic, crushed)
- 2 tablespoons grated onion (optional)

How To:

Flowers: Set out vegetables and let your kids design their own flowers (there is no right or wrong way of doing this). We used radish slices and cucumber rounds for petals, cherry tomatoes for flower centers, celery sticks for stems, spinach for leaves, and baby carrots for grass.

Ranch Dip: In a small bowl, stir together the sour cream and vinegar until smooth. Add the parsley, dill, garlic powder, onion, if desired, and salt and pepper and stir. Cover and refrigerate for at least 1 hour.

Reference:

<http://familyfun.go.com/spring/spring-recipes/spring-snacks/vegetable-flowers-with-homemade-ranch-dip-685566/>

Let's Get Ready for Change

How to Help Your Child Get Ready for Child Care or School

**By Julie Rushton, Child Care Consultant
CCRR Port Alberni**

Many parents wonder how they can help their child transition to a new child care centre or school. We hope the information you find here will be helpful in assisting you to meet this goal!

It is important to recognise that with different ages of children come different stages of development. How you prepare your young toddler for the new transition will look somewhat different than preparing your 4 year old for kindergarten. Although the key points are the same, how you follow through with them is dependent on where your child is in terms of age.



Explore Your Community Together

- Check out community groups that you and child can attend together. These groups are wonderful for sharing information and building new friendships for both parents and children.
- Strong Start programs are a wonderful opportunity to explore friendships, transitions and school readiness skills. These programs allow for parents and children to interact with an Early Childhood Educator as well as other children in a preschool setting. Strong Starts are located within many schools throughout Vancouver Island and British Columbia, therefore providing a chance for your child as well as you the parent to become comfortable within an Elementary school setting.

Talk, Talk, Talk with Your Child

- Share with your family members the new routine that is coming so that everyone can talk with your child about what's going to happen when he/she is set to begin. Will she start slowly? Maybe a one-hour visit with Mom/Dad that gradually increases to an hour or two without Mom/Dad. Make it a schedule that you are comfortable with; each family's comfort level is different.
- Will they have an opportunity to visit Kindergarten with Mom and Dad before she/he begins? Kindergartens are part of the school system therefore you will need to talk with the school Administrator/Principle to make arrangements. Talk with your child about who their teacher or primary care provider will be and get them used to their name.
- Will there be a bus involved with transportation?
- Also, talk about what will stay the same in their routine; will Mom or Dad be picking them up?
- Does your child have any questions? Ask them, "How can I help you to be ready for this change?"
- Be supportive and enthusiastic. Point out the great things you see at daycare or school. Talk about some of the wonderful things they will be doing, and all the friends they will make. You also might want to talk about any fears your child has in terms of making new friends.

Visit

- Visit the new daycare centre or Kindergarten well before your child begins. Even if it's just checking out their playground after hours. (Some centres playgrounds are not open to the public, please check)
- Call the daycare or school during operating hours and set up a tour for you and your child.
- Arrange to have a gradual entry into your child's new program. Make several short visits to the centre, followed by a short stay on their own. ***Come back when you said you will, your child needs this first opportunity to see that you are coming back!*** Once children know and have experienced the safety net that surrounds him/her they can be more comfortable to relax and enjoy the experiences.

(Continued on page 8)

Helping Your Child Get Ready for Child Care or School

(Continued from page 7)

Socializing

- Help your child to find friends attending the same daycare or school as them. Encourage these friendships by having play dates both at your house and theirs. Your child will benefit immensely from seeing a familiar face and will have gained confidence from playing with a friend outside of their own home.

Share Feelings

- Talk about how you are feeling about your child's new opportunity to play and explore his/her world in child care or at school.
- Share some feelings you remember having as a child when you first went off to daycare or Kindergarten. Ask brothers and/or sisters to share what they were feeling when they started Kindergarten or child care.
- Sometimes, while children are excited about becoming a big boy or girl, it can be scary for them as they are starting to see that yes, they are a separate person from Mom/Dad. You may see your child turn into an independent child one day, and the next only explore from the safety of Mom's legs! This is normal and you can take it as a sign that your child is adjusting well. It's like the first time you jumped off a diving board... you probably inched out, only to turn around to the safety of the board before finally being ready to go!
- Change or transition takes time; sometime parents give up too early in the process. Constant communication with your child's teacher or care provider can help you and your child through this process.

****Please note:** you do need to talk with your child about what is happening for them if your child suddenly starts clinging to your leg. If your child has been happily attending daycare or school and all of a sudden does this, something might be upsetting them; you need to find out what it is that is bothering them.

Share Your Child's Work

- When your child brings home something they have created at daycare or at school, display it for the world to see. Talk to your child about the project and ask questions about it. Tell your child why you like their work: "I really like how you put purple paint around the edges of your picture." It's a great way to show your child you value them and that you see the effort that went into their work.

Talk to Your Child's Care Provider or Teacher Regularly

- It's important to keep communication with the person who is caring for your child constantly flowing. This will allow you stay on top of what's happening in your child's life away from home and will help your child's care provider or teacher provide the best for your child.

Some Other Tips for Supporting Your Child's Development

- Read early and often to your child. Oral stories as well as printed stories are great!
- Talk about what you are reading, newspapers, magazines, cereal boxes, recipes, sports score board, road signs, talk about everything you are reading!
- Allow your child to draw, colour and create. You provide the medium and they provide the creation! Talk about what they are creating and remember it is important to focus on the process of what the child has created, not so much on what the creation is. Ask the child to tell you about their creation rather than guess.
- Tell stories as a family. One family member says the first line of the story and everyone takes a turn adding to it.
- Play outside games like treasure hunt, give your child five things to find (according to their age, you may only give them two things to find).
- Allow your child to write letters in print or email messages to family members. If your child wants to write a letter themselves and cannot write or type, that's awesome, let them! Your child can tell you the words and you write down what they are saying in their letter.
- Allow your child to feel independent. Let them choose their clothes to wear, as long as they are weather appropriate. The little girl that wants to wear her ballerina clothes in a snow storm would be a bit chilly, but that's where you come in. Perhaps she can wear a sweater and pants under her winter coat until she gets to where you are going. Once she is inside again, let the ballerina shine!

Join us at a Drop-In

CAMPBELL RIVER

Sprouts Drop-In

A program for early learners and those caring for them

Tuesdays 9:00—11:00 am

at The Gathering Place

300 Robron Road

More info: Rhonda 250 286-9790

**No Drop-In March 22 & March 29*



COURTENAY

Purple Dragon Drop-In

Welcome parents, care providers and children

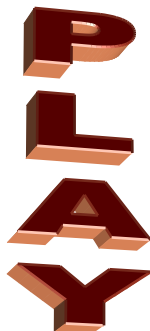
Socialize, play, art activities
and group time

Tuesdays 9:30—11:15 am

at CVCDA 237 Third Street

More info: Sue or Laura 250 338-4288

Local 236 or 250



NANAIMO

Woodgrove Drop-In

Families, care providers and children

Join us for play and art activities
Next to the Food Court!

Tuesdays 9:30—10:30 am

at Woodgrove Mall

More info: Shirley 250 756-2022



OCEANSIDE

Munchkinland Drop-In

For care providers and children

Network with other care providers
Play and art activities Circle Time

Wednesdays 9:30—11:00 am

at Qualicum Beach Elementary

More info: Sue 250 594-1109

** No Drop-In on March 16 & 23*

Young Writers' Corner

Blue and the Monster Animals

by Malandra Shandley

Once upon a time there was a cat named Blue and he always sleeps on his favourite box. He sleeps and sleeps all day through. And sometimes he goes to his litter box. And he is not an outside cat. And then Blue accidentally went out of the door because he lived in a jungle and he met his friend Lion Heart. And then Squeaky the tiger came over to have tea with Lion Heart. And Blue loved Squeaky coming over because he was so funny. So then Rero the Rhino was very angry because he wanted to squish Blue because Rhino's don't like cats. Rero stomped and stomped to try and squish Blue but Blue was too fast. So Squeaky started telling rude jokes to Rero to make him stop. Then Squeaky and Lion Heart got mad and tried to eat Blue because he didn't have any tea. Then Blue had a smart plan he would go back home and sleep on his box for a few more days.

The End

Malandra Shandley
Age: 6
Langford



BookFest Celebrates 25 years With a Move to Downtown Nanaimo!

After 24 years at VIU, BookFest will move to downtown Nanaimo, Saturday, May 7th, 2011. This 25th celebration year will bring nine authors, illustrators and storytellers, to meet and engage Island children aged five and up. Younger children can join a *Mother Goose Rhyme-Time session* and be entertained with a *puppet show*. Everyone, young and old can enjoy the musical talents of the *Kerplunks* during noon hour entertainment.

The downtown sites will offer a variety of experiences in the Harbourfront Library, at the Diana Krall Plaza, at the Nanaimo Art Gallery and the Museum." The new downtown venue will be an accessible location for all. It is truly a magical day, open for all to attend. Further information is available at the BookFest website: www.bookfest.ca



Check out the Calendar of Events on the Island Family Information website at www.islandfamilyinfo.ca for the latest activities, events, training and workshops in the PacificCARE and other Island CCRR regions.

Did You Know...

Children who enjoy high-quality early learning experiences are more likely to stay in school, attend college, earn more money, and land a high-skill job.

Retrieved from <http://earlyexperiences.org/did-you-know.html#quickfacts>

Child Care News and Links



If you do not have access to a computer and would like access to this information please contact PacificCARE and we will ensure you get the resources you desire.

From Child Care Resource and Referral Program | Ministry of Children and Family Development Canada Learning Bond - \$2000 Toward Post-Secondary Education

A recent article on parentcentral.ca says that only 19% of eligible low income families have taken advantage of the Canada Learning Bond, which contributes up to \$2,000 to a child's Registered Education Savings Plan (RESP) for their education after high school.

A child born after December 31, 2003 is eligible for the Canada Learning Bond if their family receives the National Child Benefit Supplement as part of the Canada Child Tax Benefit. The bond is \$500 plus an additional \$100 per year up to the age of 15, as long as the family continues to qualify for the National Child Benefit Supplement. [Find out more about how to get the bond.](#) Multilingual information about the bond is available [here](#).

ECEBC's 40th Annual Conference 2011

May 12, 13, 14, 2011 Richmond, BC

The theme for this year's conference is Dedicated to Leading and Creating Change. It will be held at the Radisson Hotel Vancouver in Richmond, BC. To find out more, information please visit the ECEBC website: www.ecebc.ca

The Community Care Facilities Licensing Program, in collaboration with community partners from Vancouver Island are pleased to provide you with "Active Healthy Living for Children".

April 19, 2011 – Parksville Community and Conference Centre, 132 East Jensen Avenue, Parksville

April 26, 2010 – Archie Browning Sports Centre, 1151 Esquimalt Road, Victoria

Watch your mailbox for your invitation which will be enclosed in the Winter 2010-2011 edition of "Licensing's Latest Child Care Newsletter" or visit www.islandfamilyinfo.ca for more details.

Effort to Restore Children's Play Gains Momentum

January 6, 2011 (The New York Times)

For several years, studies and statistics have been mounting that suggest the culture of play in the United States is vanishing. Children spend far too much time in front of a screen, educators and parents lament — 7 hours 38 minutes a day on average, according to a survey by the Kaiser Family Foundation last year. http://www.nytimes.com/2011/01/06/garden/06play.html?_r=1

Chemical Ban in Toys Announced

Vancouver Sun, January 18, 2011

Canadian retailers will have until June to get rid of children's soft vinyl toys and other products containing a toxic chemical that can be harmful to kids, Health Minister Leona Aglukkaq announced Tuesday. <http://www.vancouversun.com/health/Chemical+toys+announced/4125234/story.html>

Consumer Product Warnings and Recalls—Children's Products

Toddler Girls' Pants, Jeans, and Shorts from 77kids by American Eagle

http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1238

Children's Sleepers sold by Sears Canada

http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1242

Toddler Talk Toy Mobile Phones by Discovery Toys - Joint Recall with Discovery Toys, Health Canada, and the United States Consumer Product Safety Commission (US CPSC)

http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1240

Infantino SeaPals Water Teethers sold by Winners

http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1250

Greetings Everyone!

I wanted to briefly introduce myself to the child care community and the care providers to whom I may be providing support to in the upcoming months. My name is Kirsten Barlow, and I am the new Child Care Consultant for the Nanaimo office of *PacificCARE*.


I have just recently returned to Nanaimo after many years of living in the Lower Mainland and I am thrilled to be back as I was born and raised here. I have worked in the child care field for over eighteen years in a variety of capacities, starting as an LNR, daycare worker and owner, Montessori and ECE preschool teacher, then later as a Special Education Assistant, Elementary Secretary and most recently as a Child and Youth Counselor.

I am very excited about my new role with PacificCARE and I look forward to meeting and getting to know the child care community.

With kind regards,

Kirsten Barlow
Child Care Consultant, CCRR Nanaimo

Spring is nature's way of saying, "Let's party!"
~Robin Williams



Statistics for October to December 31, 2010

239	Parents received referrals to child care services
8	Workshops and courses provided
83	Providers and parents were provided resources
39	Providers and parents borrowed from the toy and equipment library
2596	Individuals receiving consultations
36	Support visits
273	Parents assisted with subsidy forms

Awards of Excellence

Care provider recognition for excellence... Nominations accepted until Friday, March 11, 2011. For more information visit: <http://www.mcf.gov.bc.ca/childcare/awards/index.htm> or call 1-877-387-7027 or email: EarlyYears@gov.bc.ca

To all child care providers out there - here is a **NEW GROUP** you might want to join!
ISLAND CHILDCARE CONNECTIONS

We are a group of child care providers helping other child care providers and parents.

Here you will have the opportunity to network with other professionals, share curriculum/ educational ideas, and exchange toys and learning resources.

www.childcare-connections.webs.com

This is a non-profit group and it's free to join!

Meet PacificCARE's Newest Care Providers

Nanaimo/Ladysmith

LNR	Vanessa Pearson
The Tot Spot	Melinda Spencer

Courtenay/Comox

Chez Tante Lucille A.F.V.C.	Shawna Logan
Jamerry Home Daycare	Arleigh Finnigan
Dewdrop Kindercottage	Kendra Quince
Turnip and Explore	Elisha D'Agostino

Port Alberni

LNR	Jackie Burns
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