

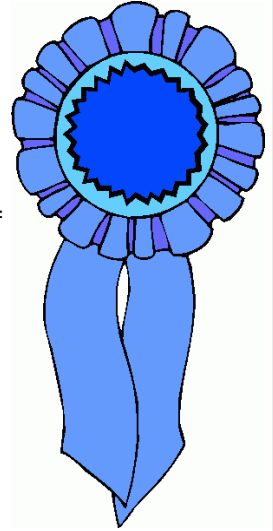
Quality Improvement Update

PACIFICCARE PASSED RE-ACCREDITATION! Thank you for all the community support that we received while we were going through the process.

The CCRR program recently sent out a Care Provider Satisfaction survey and the amount of responses were incredible, 124 surveys were filled out. - thank you! We did a prize draw for a backpack filled with toys/stories/activities of the winner's theme choice. The Grand Prize Winner is: Anthea Finlayson from Port Alberni - Congratulations!

Since we had so many responses, we decided to do a random draw from everyone who responded to offer 12 care providers the opportunity to attend the upcoming Jane Cobb workshop at a greatly reduced rate from \$140 to \$50.

We are so excited to gain all of your valuable input so that we can continue to make the CCRR program the best fit for all our clients. A summary of the survey results will be available for everyone to see in the September 2011 Provider Newsletter edition.



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.

Coordinator's Message

(Continued from page 1)

outstanding, as we were told it might take up to 45 days to hear from them! We also thank the care providers that came in to be interviewed, and thank you all for your positive feedback.

As we move from Spring into Summer and the weather begins to get warmer, we look around and see the changes in the world around us. Often we hurry through our day, busy with our lives. So once in a while, just take a moment to breathe...and see the world through the eyes of a child – full of wonder and awe. Children notice the smaller changes, a bloom on a flower, a caterpillar crawling along a leaf – take a moment to share in their delight, you will capture a moment in their hearts forever!

Have a warm, wonderful Summer...

Joanne Fitter
Program Coordinator



Then followed that beautiful season...Summer...
Filled was the air with a dreamy and
Magical light; and the landscape
Lay as if new created in all the freshness of childhood."

~Henry Wadsworth Longfellow

Caring for the Caregiver

May is Child Care Month. A time when we acknowledge and celebrate the skilled and caring individuals who make a place in their homes, their programs and their communities for our children. Across the Island, care providers are honoured at events and gatherings for their contributions to children, families and their communities. Here are a few photos from PacificCARE events.



Nanaimo consultant Shirley Sugden with Fran Stoddart from Neighbour Fran's FCC



From Oceanside...Lorraine Seline receives a hand massage.



Caireen Ellis "reads" Corinne Purchase.



Ellen Sacho, Betty Gautier and Donna Shorting.



Summertime Fun



It's the time of the season...for bugs that creep and crawl and fly! Discover the real things while out in the garden, the backyard or the park and then extend the learning with fun resources made from PacificCARE's die cuts.

Shirley Sugden, Nanaimo consultant, suggests these titles to get things buzzing...

Why Mosquitoes Buzz in People's Ears

by Verna Aardema,

Effie by Beverly Allinson

The Very Busy Spider by Eric Carle

The Very Hungry Caterpillar by Eric Carle,

I Know an Old Lady Who Swallowed a Fly by Nadine Westcott,

The Napping House by Audrey Wood

Jane Cobb's book *I'm a Little Teapot!* is a wonderful resource for songs, stories, fingerplays and more.

Five Bugs in a Bed

Five bugs in a bed,
And the ladybug said
Roll over, roll over."
So they all rolled over and one fell out,
They gave a little scream, they gave a little shout...

Please remember to tie a knot in your pyjamas,
Single beds are only made for 4..3, 2, 1.

Continue verses with 4, 3, 2 bugs

One bug in the bed,
And the ladybug said,
I got the whole mattress to myself,
I got the whole mattress to myself,
I got the whole mattress to myself,
I got the mattress to myself!



*You can use the felt board for this song or use a cookie sheet and magnetic bugs. The kids and adults too enjoy this one!

Bug Silhouette and Feltboard Games

Place the green leaf on a table and allow the children to match the felt pieces to the corresponding silhouette.

Extension: Place one of each bug on a felt board and have the children find the matching bugs.

OR

Place one of each bug on the felt board
Hand out the rest to the children
Say "Use your eyes quickly, look and see,
If you have the red bug,
Put it on the board for me."
Have the children match up the bug to the one on the board.

Continue with all the colours.

OR

Instead of using a colour to identify the bugs describe them. For example: This bug has no legs and likes to eat dirt. Answer: a worm.





Sensory Art Recipes

by Sharon Larkins
Tender Beginnings Child Care Centre
(Nanaimo)



Sidewalk Paint

Mix together 3 heaping tbsp. cornstarch, 1 1/2 c. cold water and your choice of food coloring. Stir as you use. Children can paint this on sidewalks and watch the magic as it dries. It washes away easily with water.

Easy, No-Cook Play Dough

Mix together 3 c. flour, 1 c. salt, 2 tbsp. alum, 1 tbsp. cream of tartar, glitter of your choice and Kool-Aid (for smell). In another bowl, mix 2 3/4 c. boiling water, 1/2 cup oil and food coloring. Combine both mixtures, adding more flour if necessary. Knead and enjoy. Keep in an airtight container. Experiment with spices, textures—eg. cornmeal, coffee and colours.

Magic Mud

Put 1 c. cornstarch on a tray. Add just enough water to be able to stir it, and then add some food coloring. Once mixed, it feels like a solid but then just drips through your fingers. If any spills on the carpet, let it dry and vacuum.

Bubble Paint

Mix together 1/3 c. Sunlight liquid soap, 1 tbsp. glycerine, 1/4 c. liquid paint and 1 c. water. Place bowl on aluminum pie plate to catch overflow. Have a child blow bubbles while you catch the bubbles on a piece of paper as they overflow the bowl.

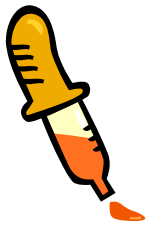
Drizzle Goo

Mix together 1 c. flour, 1/4 c. salt and 1/4 c. sugar. Add 3/4 c. water and food coloring. Mix all together and put into a squeeze bottle. Drizzle on paper—heavier stock works better. Dries in 2-3 days to a crystallized effect.

Paper Mache

Mix 4 c. flour and 1 c. sugar in a large pan. Add enough warm water to make a paste. Add 6 c. warm water, stir. Bring to a boil, stirring until thick and clear. Spreads best when warm keeps for 3 days in the fridge. Reheat in microwave in amounts needed.

Art Utensils Found Around the House



- Refillable deodorant containers
- Salad spinners, coffee filters
- Curtain hooks, feather dusters
- Spatulas, mashers, flippers
- Turkey baster, pastry brushes
- Pot scrubbers, spray bottles
- Rolling pins, wood blocks
- Balloons filled with rice, popcorn
- Plastic mustard/ ketchup bottles
- Small tiles glued to boards
- Splatter screens, straws
- Sponges, foam tubes
- Nail brushes, toothbrushes
- Pipettes, medicine droppers
- Thread spools, serger spools
- Toy cars, q-tips



Use household items to create unique painting tools and unique art works. Glue macaroni or string to wooden blocks to make paint stamps. Dip q-tips, toy car wheels or pot scrubbers into paint to create a wide variety of textures, designs or backgrounds on paper. When you use your imagination anything can become an art utensil!





What's Cooking?

Summertime...and the living is easy. And so are the meals! Here is a healthy pasta salad recipe from www.parents.com that's fun, educational and great for a picnic.

Literacy Links:

Picnic Buddies by Marjorie Hakala

We're Going on a Picnic! by Pat Hutchins

The Picnic by Lorraine Adams (from Duncan, BC)

Let's Pack a Picnic Basket

A-tisket, A-tasket,

Let's pack a picnic basket.

We'll fill it up with food to munch.

What's in our picnic lunch?

A-B-C Pasta Salad

What you need:

INGREDIENTS:

- 1 cup whole-grain alphabet pasta
- 2/3 cup minced carrot
- 1/2 cup peas
- 1/2 cup diced part-skim mozzarella cheese
- 1/4 cup light Italian or Balsamic Vinaigrette salad dressing

How to:

1. Cook pasta (parents.com used Eden's Organic Vegetable Alphabet) according to the package directions. Add the carrots and peas during the last minute of cooking. Drain and rinse with cold water.
2. In a large bowl with a lid, gently mix together the pasta, vegetables, mozzarella cheese and salad dressing. Cover the bowl and pack for transporting outdoors. (or refrigerate)
3. Enjoy!

Reference:

A-B-C Pasta Salad. Retrieved May 9, 2011, from <http://www.parents.com/recipe/salads/a-b-c-pasta-salad/>



Photo & recipe from www.parents.com

Embracing the Genius of Play

by Rhonda Teramura, Child Care Consultant
CCRR Campbell River

Of the many things Mother Nature is genius for, the play instinct of humans has got to be one of the most fascinating, impactful and indicative of people's lives in the long-term. There is much purpose to play, and as such, it is much more than the opposite of work. Play is work of a specific kind, work we are happy to do. At play, we are open, free, connected by interest, solitary by desire, purposeful, motivated, and engaged. When I say we, I mean children, men, women and even animals. Play is universal; its purpose applies evenly to all who do it. People can take play to levels that will never be known to animals, utilizing assets which can propel us forward in important ways-top companies in areas such as engineering, use play to identify innovative thinkers when interviewing, and given our global challenges, the benefit of creativity, problem solving, collaboration, divergent thinking and perseverance (all developed through play) goes without saying. Throughout human development, play plays an important role, but in the early years of childhood it is foundational. Here are some of its purposes:

Play Identifies - us, as we identify with it. Play can show who you are, where you come from, and where lie your strengths, challenges and interests. It is said that if you think back to between the ages of 8 and 11 yrs, and remember what it was you loved to play the most, that within that context, you would find your true purpose in life.

Play Provides- development and learning opportunities. Key areas such as social skills, emotional and physical growth, creativity and intellect are stimulated, and encouraged naturally in free play within the developmental areas are limitless specific learning opportunities which go far beyond the parameters of prescribed learning. If creativity, perseverance, innovation and ingenuity are characteristics developed and encouraged in childhood through unstructured play, once well developed in adulthood, become the cornerstones of the well being of our societal structure and environmental state.

Play Motivates us, intrinsically. When people are drawn into play-free, unprescribed, and self directed, their mind opens, senses awaken, interest is piqued and they become inspired. Minds are like parachutes, they only work when they're open. Inspiration drives individuals to focus on goals, which leads to asking questions and solving problems, and it all happens naturally. Aren't goal setting, curiosity, and problem solving all key elements of successful learners? During play, it is easier to take risks and try new strategies, there is no pressure to succeed, no fear to fail. Play builds confidence. Those who engage in unstructured, sustained free play, especially as children, have developed capacities in creativity, innovation, perseverance, problem solving, among other things.

Play Prepares- it is practice for the larger world. Play provides understanding of truths-truths about self, others and the surrounding environment; it is a child's work. Through play one prepares for important aspects of life. Whether the player is a lion cub play wrestling siblings, and trying out hunting and defensive strategies, or a baby learning the laws of gravity by the cause and effect of gleefully and repeatedly dropping her bowl off her high chair. Spontaneous play is full of purposeful learning, and the more we support the play environment and social, emotional, creative, physical and intellectual opportunities within play, the more neurological pathways our children will form to support their holistic development within childhood and beyond.

Play Protects- especially, but not exclusively, in childhood. Our psyches are at work to make sense of the world and our relationships, and play is a state in which our bodies can help share the load our minds cannot bear alone. Whether a child is using play as therapy, to dramatize experiences or to communicate painful feelings, or as a stress release to balance emotional and physical needs, or as a vehicle for communication and expression in general-play is at work to meet needs not obvious to us.

Firmly rooted in the early years of childhood, in conjunction with traditional learning practices throughout middle and later childhood, and in a healthy dosage to balance adult life, play is and always has been present-all that's left is to understand it, and embrace it.

Have a Sun-Safe Summer

by *Laura Lidstone, Child Care Consultant*
CCRR Courtenay/Comox

Summer is fast approaching and so is the hot weather. Playing outdoors is important for kids, but the worry about sunburns is also a concern and summer sun safety for your children is a number one priority for many parents. Here are some tips for sun safety for kids.

Sun Safety for Babies: Babies under six months of age should be kept out of direct sunlight. Move your baby to the shade, or use an umbrella or stroller canopy. Dress your baby in light clothing that covers their arms and legs and ensure they have an appropriate sun hat on. There is clothing available for children that are lightweight and sun resistant. "Sunscreen can be irritating to the eyes of an infant, use sunscreen only on small areas of an infant's skin and only if necessary, while protecting most of the skin with clothing, a hat and shade."

Sun Safety for Kids: Choose a sunscreen that is made for children, preferably waterproof. Before using sunscreen on your child, test it on your child and look for an allergic reaction. Apply carefully around the eyes, avoiding eyelids. Make sure to find a hat that covers your child's face. Sunglasses with UV protection are helpful when protecting your child's eyes.

Sun Safety for Families: The sun's rays are the strongest between 10 a.m. and 4 p.m. it is important to try to keep out of the sun during those hours. Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days. It is also important to practice sun safety when it is winter as the sun's rays can reflect off the snow and cause a burn to any unprotected area of skin. Choose a water-resistant or waterproof sunscreen and reapply every two hours. Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees. Put on sunscreen 30 minutes before going outdoors-it needs time to work on the skin. Remember that sunscreens should be used for skin protection when sun exposure can not be avoided and not as a reason to stay in the sun longer.



According to the BC Cancer Agency the number of times a child gets burned from the sun increases their risk of skin cancer. It is important to be outside and play but remember to: *SEEK* shade and try not to be outside between 10 - 4 pm. *SLIP* on lightweight clothing. *SLAP* on a sun hat that protects their ears and neck and *SLOP* on some SPF 30 or greater sunscreen to your and your child's skin before going outside.

Excerpts taken from:

BC Cancer Agency, (2010) Be a Sun-Safe Facility, BC Cancer Agency Prevention Programs, Page1-4.

Tips for travelling with children

Are We There Yet?

by Sue Warren, Child Care Consultant
CCRR Courtenay/Comox

It's that time of year again; time to pack the car till it's bursting, grab the sun hats, sunscreen, camping gear, beach toys and hit the open road. Summer vacation is a great time to make family memories but if you have infants and toddlers in tow, you may be dreading it as much as you are looking forward to it.

These are some really helpful tips, to make everyone feel more relaxed while traveling with children. Sometimes pulling over and making a pit stop is not always possible, so it is always a good idea to have a cooler ready prepared full of snacks and drinks. Try and freeze the drinks overnight if possible to help keep them cool. Staying hydrated when traveling is important. Bringing your child's favorite CD's to sing along with can help pass the time in a fun way. You could also bring a portable DVD player so they can watch their favorite movies. Having toys, books and games readily available is always a good idea.

Being prepared for those unexpected moments helps avoid stress. Take a change of clothes and maybe even a travel potty if you're taking a long trip. Try and stop as often as possible to let your children stretch and run around. Moist face cloths in baggies or baby wipes come in handy for hand washing if facilities are not available. Hand sanitizers are another solution, but try and avoid the brands that have an alcohol content, as babies and toddlers often put their hands in their mouths.

If flying, when taking off and landing, offer drinks, either from a bottle, breast or sippy cup as this will help to equalize the pressure in the middle ear.

Try not to have a tight schedule, allow yourself enough time to arrive at your destination.

Start your travels relaxed and remember to enjoy yourself!



*There are no seven wonders of the world
in the eyes of a child. There are seven
million.*

Walt Streightiff



Check out the Calendar of Events on the Island Family Info website at www.islandfamilyinfo.ca for the latest activities, events, training and workshops for the PacificCARE region.

Did You Know...

“Every study reaches one sad conclusion: Good old-fashioned play is quickly becoming an endangered pastime for today’s plugged-in, over-scheduled kids.”

“The average U.S. child is now “plugged-in” to some kind of digital device - not including cell phone and text - 7 1/2 hours a day.”

Dr. Michele Borba

Young Writers' Corner

Frogs!

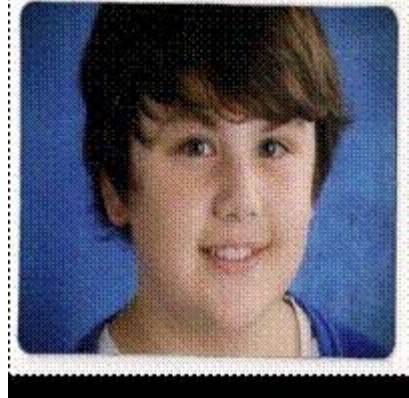
by Douglas Fitter

You may just think that Frogs just croak and catch flies with their tongues but there are so many other interesting facts about them, for instance: did you know that frogs do not drink, but they do live in water and some live above ground? So I wondered why do they seem so lively if they never drink. It turns out they absorb water through their skin! To some people frogs seem cute, but the colourful ones are sometimes dangerous, but don't bother trying to memorize them because there are over 4,000 different species of marvellous frogs. Just don't pick them up!

In the Jurassic period there were amphibians and reptiles around. So some scientists have found fossils of frogs, but the Jurassic period was 144-208 million years ago so how could they still find small fossils of amphibians?

Hey, here is a really interesting fact: Frogs and Toads are a type of amphibian called Anurans! Frogs can be found all around the world in hot terrains and in cold terrain (very rarely) so their bodies change temperature. That is called ectotherms so frogs are ectotherms - their body temperature depends on the temperature around them. Another freaky fact is that when frogs are eating a big bug somehow it uses its eyes to push food down into its stomach - now that doesn't get any more weirder!!! THE END

Douglas Fitter
Age: 12
Nanaimo



In the Spotlight

Itsy Bitsy Family Daycare

This Family Child Care centre is located in Port Alberni and has been registered with PacificCARE for 4 years. The daycare was started because Wendy wanted to be able to stay home with her own two children. Wendy, along with her sister Joyce enjoy providing family child care because it allows for them and the children to feel like family. Sharing a home and having smaller numbers enables us to have close relationships with our children and their families. We enjoy reading, crafting, baking, singing, and going for walks with our children. Our walks are filled with exploration of our natural environment and new discoveries that lead us to a wonderful place of further exploration and imagination, Wendy and Joyce do a lot of baking with their children and enjoy their daily adventures through the Donkey trail where it is believed that Shrek lives!

Wendy and Joyce



Child Care News and Links



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

Community Plan for a Public System of Integrated Early Care and Learning

The Coalition of Child Care Advocates of BC and the Early Childhood Educators of BC are pleased to share our [Community Plan for a Public System of Integrated Early Care and Learning](#).

In 2010, many of you, along with thousands of other British Columbians, were excited and energized by the concrete and innovative vision in our draft Emerging Plan. As promised, we listened to and learned from you as we finalized our Plan.

While the key elements of the Plan remain unchanged, our Community Plan is stronger and clearer as a result of your engagement. Highlights include:

- New legislation... a BC Early Care and Learning Act
- A new home for child care in the Ministry of Education
- A new role for Boards of Education
- The development of Early Years Centre Networks
- Enhancing Kindergarten and Grade One
- Strengthening School Age Care and Family Child Care
- Developing the Early Childhood Educators' workforce

The Plan offers a "made in BC" solution to the current child care crisis and incorporates the best of quality child care and the best of public education.

Now it's time for decision makers to endorse the Plan and move it forward so that children, families, communities and our economy are served by a high quality, universal, democratic and accountable system of early care and learning.

As BC's Ministry for Children and Family Development and Ministry of Education move forward with plans for junior kindergarten - endorsing and promoting this Early Care and Learning Plan couldn't be more timely!

You can help by:

- [Downloading and reading the Community Plan](#)
- [Endorsing the Plan](#)
- Ordering copies of the Plan to share in your community, workplace or classroom (email info@cccabc.bc.ca)
Stay tuned for ideas about how you can help build support for the Plan!

Consumer Product Warnings and Recalls—Toys

Recalls are initiated by an importer or a manufacturer after becoming aware that the product is or may have a safety concern. Health Canada works cooperatively with companies to ensure the effective and efficient removal of hazardous products from the marketplace.

- Parents Busy Time Activity Center
- Topco Kidz Zone Shape Sorter
- Oball Links and Mini Rattle
- Troy the Activity Truck
- Monkeez Wrist Rattle and Monkeez Baby Booties
- Kiddieland Scooters
- Disney Princess Racing Trikes

<http://cpsr-rspc.bc-sc.gc.ca/PR-RP/results-resultats-eng.jsp?searchstring=&searchyear=&searchcategory=10&x=28&y=13>

Playpens and Sleeping

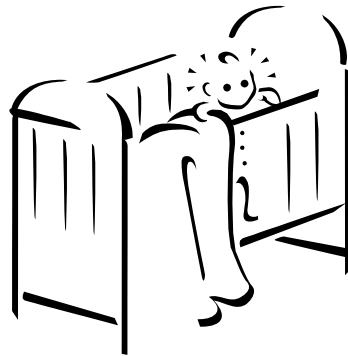
Health Canada reminds parents and caregivers that the safest place for an unsupervised baby to sleep is alone in a crib. Babies and young children should never be placed to sleep in products that are not specifically designed to accommodate an unattended sleeping baby, such as car seats, strollers and change tables. A crib that meets current Canadian safety regulations is the safest place for an infant to sleep.

A reminder that equipment should only be used as described in the manufacturers handbook.

Playpens do not meet the same safety requirements and are not as durable as cribs, they are not designed to be used as a sleep surface.

Please visit the Health Canada website to review further information regarding Safe Sleeping for Babies.

The Child Care Resource & Referral Program will soon be adding Playpens and Sleeping to their Home Safety Checklist for home visits.



<http://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/sleep-sommeil-eng.php>

Excerpts taken from:
Health Canada www.hc-sc.gc.ca

Statistics for January to March 31, 2011

289	Parents received referrals to child care services
20	Workshops and courses provided
78	Providers and parents were provided resources
34	Providers and parents borrowed from the toy and equipment library
3076	Individuals receiving consultations
27	Support visits
357	Parents assisted with subsidy forms

Meet PacificCARE's Newest Care Providers

Campbell River

Kwanwatsi Preschool/Daycare Rachel West
Noah's Ark Family Daycare Chris Boldt

Courtenay/Comox

LNR Lonni Welin
Tiny Toes In Home Daycare Michelle Klassen
Learning Journeys Montessori Preschool Julie Niven

Nanaimo/Ladysmith

LNR Lisa Birchard
LNR Maryanne De Jong
Katies Korner Childcare Ltd. William Billman
North Cedar Before & After School Care Program Debbie Lannon
Lil' Monkeys Daycare Carrie Looy
Smarty Pants Children's Daycare Rachel Trew
Ellis Family Childcare Kim Ellis

Oceanside

LNR—Kidz World Tegan Scott
Winchelsea's Promises Childcare Lynn Moore



Port Alberni/Westcoast

Deb's Family Childcare
Deb Lulham

Liability Insurance Renewal Reminder
Child care insurance certificates under the current insurance program expires on October 1, 2011. Please complete your Registration/Society Membership with PacificCARE to obtain your registration/membership number that you will need for your insurance renewal application. If you need assistance or information, please contact PacificCARE at 1-800-565-6510 or visit our website at www.pacific-care.bc.ca.