



PROVIDER

Winter 2010 Newsletter



Snow set the scene for the Street of Dreams Light Up at Storybook Village in Qualicum Beach. More on page 10.

Coordinator's Message

Greetings to all, how about all the snow! Hope you have time to sit back, have a hot cup of something special and enjoy the beauty of the snow on the trees. As winter descends upon us, we trust each of us will do our share in supporting our families and friends who need a little something extra.

Recently I had the good fortune of attending the Aboriginal Child Care Society's annual conference in Vancouver. This event was excellent; I would recommend it to anyone caring for children and working with families. There were many quality workshops to choose from and I attended ones that would help the CCRR support Aboriginal family development while keeping tradition and culture in the forefront of the work we do.

In this issue of the Provider one of our child care consultants wrote the article, *Recreating the Village*, which offers ideas on how to create opportunities in your child care centres for supporting this concept. We aspire to helping communities and people thrive and hope you do too.

We are happy to have another entry for our Young Writers' Corner and trust you will enjoy the creative energy this young person has brought to this edition of the Provider.

Wishing you all the best for a happy, safe and warm winter!

Carmen Barclay MA
Coordinator of Programs and Services

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Quality Improvement Update

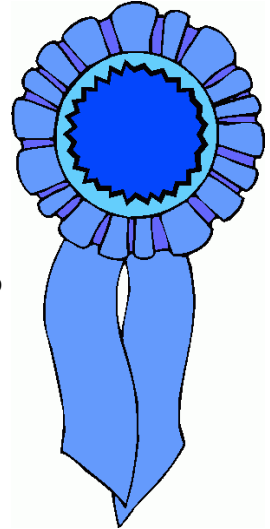
PacificCARE has updated the **Client Handbook**, information in the client handbook will provide readers details on client matters, visit: www.pacific-care.bc.ca or contact **PacificCARE** for a copy.

Each **PacificCARE** community has a training plan in place for child care providers. This training plan will be set annually based on client feedback from surveys and evaluations. So please remember to let us know what you want.

PacificCARE values your input, we hope you feel welcome to contact us with any of your feedback. The Nanaimo and Courtenay offices have "Comment Boxes" for you to leave us your feedback.

Improvements to the Island Family Information Website www.islandfamilyinfo.ca have been made. When searching on the Calendar of Events you can now search by community by clicking on the "Categories" drop down section. To get regular updates sign up to the "RSS" feed. RSS (Rich Site Summary) is a format for delivering regularly changing web content. Many news-related sites, weblogs and other online publishers syndicate their content as an RSS Feed to whoever wants it. Sign up to RSS on islandfamilyinfo.ca and receive a current list of activities/events in your community sent to the RSS feed on your computer.

PacificCARE had a mock visit with a Council on Accreditation expert, Dr. Bruce Hardy. This visit was a chance to take a look at where we are in the re-accreditation process; it is a reality check. There were no surprises, we knew where we needed to focus more of our efforts and he confirmed our thoughts and helped us to identify a plan to get us through the process. We are currently revising all of **PacificCARE** policies and procedures in preparation for Board approval and we have created more efficient internal systems. As a result of Dr. Hardy's visit, we have adjusted our final date for the accreditation site visit to the end of March 2011. This allows us time to attend to the accreditation requirements as well as day to day operations.





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.

Holiday Office Hours



The Nanaimo and Courtenay Offices will be closed all Statutory Holidays: December 27, 28 and January 3
December 24 and 31 open until 12:30

Recreating the Village

by Rhonda Teramura, Child Care Consultant
CCRR Campbell River

"It takes a village to raise a child."

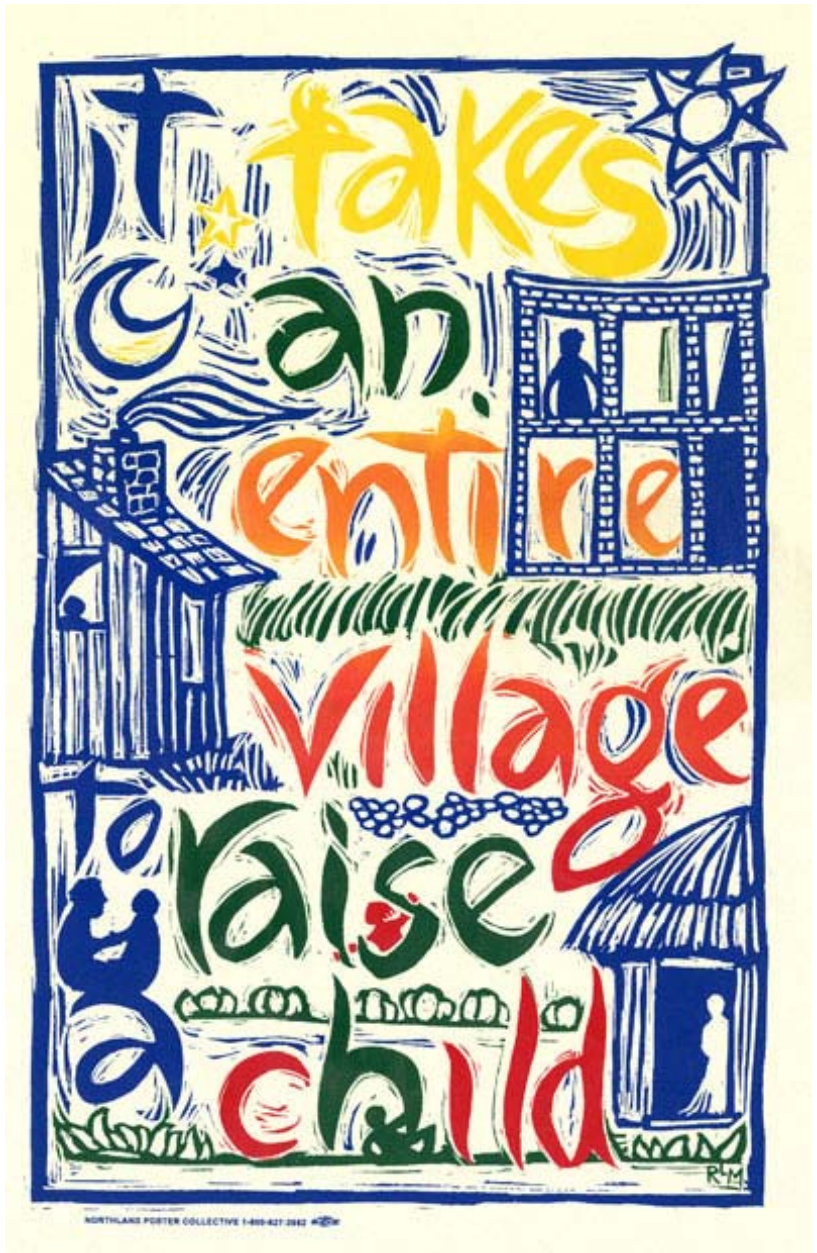
This famous quote holds truth that all seem to agree on, but few live by. It tells of life from the past, where children were co-parented by community members and extended family. Communal child minding allowed parents to be contributing members of the community before daycares.

Large multigenerational family systems were the norm not all that long ago, and their existence was multipurpose. Childcare, eldercare, income earning, homecare, and various other needs could be met under one roof in the multigenerational family home. The neighborhood beyond the multigenerational family would reflect a similar story. Look even further back into history and you will notice the village and tribe lifestyle was a very successful way to meet the needs of individuals, which in turn satisfied the requirements of the community's existence.

In groups of about 200 people, early civilizations were able to make use of all members to meet the needs of food gathering, tool making, hunting, healing, raising children, making clothes and shelters and many other necessities. In relatively recent times, in our 1st world, western culture, humanity has moved away from communal living, and into a much more populated environment which ironically, is very isolating.

Villages have been replaced by the metropolis.

The existence of the metropolis is dependant on the dependence of people. Life in the metropolis does not support large, multigenerational family systems, nor small self reliant community groupings, the traditional sources of family support. The metropolis relies on employees, and employment outside the home is a source of disconnect for families. With families spread over distances, and the loss of neighborhood connections in many cities, supports and resources for the families must be abundantly available in other easily accessible ways, to



(Continued on page 4)

Recreating the Village Today

(Continued from page 3)

ensure healthy communities. Raising children in an atmosphere of disconnect robs them of rich developmental opportunities.

The confines of our lifestyles, jobs, commitments, and activities are rigid and distracting. We must utilize natural opportunities to recreate community, a place where people connect. Child care and early learning centres can become community hubs for people of similar situations and experiences to engage with each other. Engagement requires an openness to that which surrounds one, a willingness to participate and respond to ones surroundings. Parents, children and caregivers are gathering at a regular time in the same place for a shared purpose with similar needs. The simple act of physically coming together offers a multitude of opportunities to share, and access support.

The Bulletin Board

Centre walls are often well used for communication of a variety of topics in visually appealing ways to attract individuals. The bulletin board may very well serve as a seed planting which grows into a valuable family conversation at the dinner table. For those parents who are rushed, shy, apprehensive, and unaware, the bulletin board can act as a important net and initial contact point from which to build on for supporting individual families. On top of that, it initiates communication and invites questions about the day to day events, special activities, upcoming fieldtrips, and other community service functions, support, and events.

If the bulletin board is located in a central place, where families can gather, it may serve as a conversation starter, which initiates networking for parents, and can grow into life long relationships. Building relationships between families within a community is supportive in ways such as sharing pick ups, taking turns hosting play dates, and developing friendships to enhance the quality of life in general.

Communication Book/Log/Sheet

This is a tool for care providers to record important information about each child's day, to share with families. It can take a variety of forms such as a note book/ binder, individual back and forth book, clip board with individual sheets, it can be kept next to the sign in/out sheet, for each parent to access, or to serve as a reminder of what you may want to verbally share.

It is equally important for parents and guardians to communicate details of children's experiences at home to ensure child care staff is prepared to respond appropriately as events arise. This may include late bedtimes, changes within the home, etc. A communication book can be kept in the child's bag and travel back and forth so families and care providers are able to keep running conversations, or simply quick notes and reminders. This works especially well, when groups of children are arriving and leaving at the same times, and verbal communication is difficult. Keeping communication lines open avoids the build up of unanswered questions, assumptions and feelings of frustration on both sides.

Face to Face

No form of communication will come close to conveying the amount of information that face to face conversation does. The non-verbal messages being sent and received in a face to face exchange says even more than the words do. Using expressions, body language, gestures, intonation, inflections and eye contact are some of the most important ways we communicate how we really feel. The direct communication that children observe shows the nature of the relationship between the parent and care provider. It is a combination of observing communication and relating and then imitating what they see, that children learn the art of communication. When this is a secure and trusting relationship that children are being exposed to, their individual development is enhanced as well as the social and emotional state of the environment as a whole. Simply put, positive, healthy relationships create positive, healthy environments.

Young Writers' Corner

The Alien Invasion Gone Wrong

A screenplay by Riley Teramura

SCENE 1: UFO. SCENE 2: TRAPPED. SCENE 3: LESSON FOR ZORX.

Cast list: *TENTELL *SPACE MAN SPIFF *GENERAL *ZORX *MINYANS *THE ARMY

TENTELL(on a radio) General, be ready for an attack...

SCENE 1: UFO The Kitchen Zorx/Minyins/General/Army

ZORX Put the ship in auto Pilot and get ready to destroy earth! (shooting)

MINYIN 1 Yes Sir! It won't be long until this solar system is ours!!!

ZORX TURNS ON THE LOUDSPEAKER TO SEND A MESSAGE TO EARTH.

ZORX Humans, I the powerful Zorx, am going to destroy your planet, and take your solar system with my gravity ray! And there is nothing you can do to stop me!! HaHaHa!

CUT TO STADIUM. THE GENERAL & HIS ARMY SPOTTED ZORX'S UFO. (pointing)

GENERAL Destroy the Ship and Weapons!!!

ARMY Yes Sir! (altogether)

GENERAL Soldier! Put up the shields!

SOLDIERS PUT TABLES ON SIDES AND AIM GUNS.

ZORX AND HIS CREW WALK THROUGH SHIP'S TRAP DOOR INTO THE BATTLE FIELD.

ZORX Attack!!

BATTLE TAKES PLACE & SHIP EXPLODES(Aliens run and hide).

SPACE MAN SPIFF ENTERS THE SCENE(he bounces in with a funny look on his face)

SPACE MAN SPIFF I am here to save the day! Hey, where is everybody?!

EVERYBODY IGNORES HIM, AND HE RUNS OFF.

SCENE 2: Trapped THE ALIENS ARE AFRAID BECAUSE THEY ARE TRAPPED IN A CAGE.

ZORX Minyins! Destroy this thing and get us out of here!!!

MINYIN 2 Butt butt butt...

ZORX No Butts!!! Don't you know Butts stink?!

GENERAL AND A SOLDIER(2) WALK OVER TO THE CAGE.

GENERAL We could kill you, but we will keep you in here for now.

SCENE 3: The lesson for Zorx...THE GENERAL LETS ZORX OUT OF THE CAGE.

GENERAL Zorx...

ZORX What?

GENERAL apologize

ZORX Ok...ok...ok!

GENERAL Now! Zorx! Up to the loudspeaker!

ZORX Yes Sir! (he goes to the loudspeaker) Since I don't have any power, I will learn your human ways. I am sorry for trying to destroy your planet and steal your solar system, thank you for not killing me.

EVERYONE (Cheers)

THE END!

Riley Teramura
Age: 8
Campbell River





What's Cooking?

From Mollie Katzen's *Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up* here is a recipe for real macaroni and cheese. Comfort food children (and adults too) will love. Keep it healthy by using whole grain pasta.

Literacy Links:

- **On Top of Spaghetti** by Paul Brett Johnson
- **Basghetti Spaghetti** by Susanne Vettiger
- **Daddy Makes the Best Spaghetti** by Anna Grossnickle Hines
- **Noodle Man: The Pasta Superhero** by April Pulley Sayre

Pasta in its many forms` and endless recipes provides lots of material for conversations and discussions. And don` t forget to sing, On top of spaghetti, All covered with cheese.....

Not-from-a-Box Macaroni and Cheese

Makes 4-6 servings

What you need:

2 cups	Uncooked macaroni	500 ml	2 tsp.	Dry mustard	10 ml
2 Tbsp.	Butter	30 ml	1 cup	Grated sharp cheddar	250 ml
2 cups	Milk	500 ml	1/3 cup	Grated parmesan cheese	80 ml
2 Tbsp.	Unbleached white or whole wheat flour	30 ml		Extra cheddar for the top	

How to:

1. Cook macaroni. Drain and set aside.
2. Preheat oven to 350 F (105 C). Rub a little soft butter onto insides of baking dish.
3. Heat the milk until very warm but not boiling. Set aside.
4. Combine flour and dry mustard. Melt butter in saucepan. Sprinkle in flour/mustard mixture. And whisk until there are no lumps. Whisk and cook for another 30 seconds.
5. Pour in warm milk slowly and continue to whisk. Turn heat to medium-low and continue to cook for about 3 minutes. Mixture will thicken.
6. Sprinkle in cheddar and parmesan cheese. Cook another minute.
7. In a large bowl combine pasta and sauce and stir slowly to combine. Using a spatula, put the mixture into the baking dish and spread evenly. Sprinkle with a little extra cheese.
8. Put in oven for 20 minutes. Eat!!

Reference:

Katzen, Mollie. (2009). *Not-from-a-Box Macaroni and Cheese*. Retrieved November 22, 2010, from http://www.molliekatzen.com/kids.php?recipe=mac_cheese



Winter Fun Pages

Snowflakes

One little snowflake with nothing to do.
Along came another and
Then there were two.

Two little snowflakes laughing with me.
Along came another, and
Then there were three.

Three little snowflakes looking for some more.
Along came another, and
Then there were four.

Four little snowflakes dancing a jive.
Along came another, and
Then there were five.

Five little snowflakes having so much fun.
Out came the sun, and
Then there were none!



Animals in Winter Song

Some animals in winter sleep, sleep, sleep.

Some animals in winter eat, eat, eat.

Some animals in winter
fly away...

What does this animal
do?

*Use winter animal puppets or
stuffedies and pull out a
different animal each time
you sing it!*



The perfect handmade gift for Christmas, Valentine's Day or any special occasion...

Box of Love

To make this gift you'll need: * Small plain boxes- Jewellery boxes work well.
*Glitter, sequins or any ornamentation. *Ribbon *Printed poem, on good cardstock paper if possible.

This is a very special gift
That you can never see.
The reason it's so special is,
It's just for you from me.

Whenever you are happy,
or even feeling blue.
You only have to hold
this gift and know
I think of you.

You never can unwrap it.
Please leave the ribbon tied.
Just hold the box close
To your heart,
It's filled with love inside.

Have your child decorate the box in any way she/he pleases. Add ribbon and the poem and their signature.



http://www.amazingmoms.com/htm/gifts_kids_make2-6.htm

Winter Health Advice from Dr. Oz

Every year I dread cold and flu season—not just because I hate feeling sick but because, like most of you, I'm already spread thin between work and family responsibilities; being stuck in bed for days just isn't an option. Luckily, over the years, I've picked up a few scientifically proven tricks that have helped me stay healthy when the mercury drops.

Have H2O in Flight

Canadian researchers have found that air passengers are over 100 times more likely to get a cold than those who travel by bus, train, or subway. My rule for holiday air travel: Hydrate. The plane's dry air can sap moisture from the lining of your nasal passages, creating tiny cracks that make you susceptible to infection. Water can help moisten those membranes.



Forget Echinacea

There's actually no conclusive research proving echinacea to be effective against the common cold. What do I take instead? Vitamin D. Studies have found that D can stimulate the production of a virus-killing protein, and taking D supplements (aim for 2,000 IU a day) can lead to fewer viral infections.

Brave the Cold

No matter how low the temperature, I take a brisk walk every day. Exercise boosts the circulation of immune cells throughout the body, and research shows that walking 30 to 45 minutes a day, five days a week in winter can cut your sick days in half.

Warm Up with Tea

New research from the University of Michigan supports the growing body of evidence that the antioxidant quercetin may protect against infection by preventing viruses from replicating. Black and green teas are packed with quercetin, so sip a hot cup once a day.



Avoid Antibiotics

These drugs are not only ineffective against the flu—which is caused by a virus, not by bacteria—but can lead to adverse effects like upset stomach, diarrhea, and even yeast infections. If you get the flu, ask your doctor for an antiviral drug such as Tamiflu. But act fast—studies have found that these drugs work best within 48 hours of the first symptoms.

Dodge Germs

Flu viruses can survive on surfaces for over two hours, but you can't wash your hands 24-7—so when is it most important to scrub up? Scientists from the University of Virginia recently pinpointed the areas of your home most likely to harbor germs: refrigerator handles, remote controls, and doorknobs.

Enjoy a Comfort Food

Chicken soup really can treat a cold. The hot vapor expands your airways, which helps to clear mucus from the nasal cavity. Plus, University of Nebraska researchers found that chicken soup has an anti-inflammatory effect that may soothe a sore throat.



<http://www.oprah.com/health/Dr-Oz-Winter-Health-Advice-to-Fight-Colds>



Take a pine cone and put it in some water then roll it in potting soil and sprinkle it with grass seed. Place in a sunny window and water regularly, and watch your pine cone turn into a mini Christmas tree!

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

The Gathering Place

300 Robron Road

More info: call Rhonda 250 286-9790



COURTENAY

Purple Dragon Drop-In

Welcome parents, care providers and children

Re-opening January 2011 (*call to confirm*)

Socialize, play, art activities
and group time

Tuesdays 9:30—11:15 am

CVDA 237 Third Street

More info: Call 250 338-4288 Local 236 or 250

PLAY

NANAIMO

Woodgrove Drop-In

Families, care providers and children

Join us for play and art activities

Tuesdays 9:30—10:30 am

Woodgrove Mall

Next to the Food Court!

More info: Call Shirley 250 756-2022

*** No Drop-In December 14, 21 or 28***



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

Qualicum Beach Elementary

More info: Call Sue 250 594-1109

Storybook Village

Street of Dreams Light Up!



Lorraine Seline and Liz Campbell from Building Learning Together.



Kassidy Gay making a Snowman.



Arrowsmith Child Care Association president Corinne Purchase.

What is Storybook Village?

Imagine this....an entire child-size village for kids to play in, with a post office, firehall, and six other 10' x10' buildings, connected by roadways with pedal cars, trikes and scooters, and including a fanciful garden for growing vegetables and flowers. This is Storybook Village, Building Learning Together's (BLT) newest project, which is located in the heart of Qualicum Beach, on the grounds of Qualicum Beach Elementary School.

Over 200 people, including Santa, enjoyed the Light Up event on November 21. Families came to stroll, ride, and drive pedal cars through the decorated village, stop for hot chocolate, make decorations, and sing carols. The unexpected snowfall added a special touch!

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.

From ECEBC and The Coalition of Child Care Advocates of BC—Moving to a System of Integrated Early Care and Learning in BC This project - one of our top priorities for 2010 - will examine the relationship between free, universal and publicly-funded full school-day kindergarten for 4 and 5 year olds and BC's existing child care services. More information is available at:

http://www.cccabc.bc.ca/cccabcdocs/integrated/files/emerging_plan_2010.pdf

Toddlers' Favorite Toy: The iPhone

NYTimes.com October 15, 2010

http://www.nytimes.com/2010/10/17/fashion/17TODDLERS.html?pagewanted=2&_r=2&src=tpw

Consumer Product Recalls—Children's Products

<http://cpsr-rspc.hc-sc.gc.ca/PR-RP/results-resultats-eng.jspsearchstring=&searchyear=2010&searchcategory=1&x=53&y=12>

Food Safety Courses

<http://www.health.gov.bc.ca/protect/food-safety-courses.html>

Emergency Management

<http://www.health.gov.bc.ca/emergency/>

52 Weeks to Being Emergency Prepared- week by week check list

<http://www.viha.ca/NR/rdonlyres/7CBC200F-1036-4C3B-AD88-BC43E2589297/0/52WeekstoEmergencyPreparedness.doc>

Winter Helmet Safety Facts- simple tips to make sure you have the right gear.

<http://www.helmetssavelives.org/HelmetSafety.html>

Insurance

A final reminder from our office to all care providers who may still want to apply to be on PacificCARE's registry for referrals and to those who are wanting access to insurance designed specifically for child care providers. Please visit our website for forms www.pacific-care.bc.ca or call our receptionist SHARI at 1-800-565-6510.



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...

At birth, a full-term baby's organs and brain structure are fully developed, but the brain's circuitry continues to develop long after birth. During the first few years of life, this development takes place at an incredible rate, with the brain tripling in size by the time a child reaches three.

Kolb, B. & Whishaw, I.Q. (2006) *Introduction to Brain and Behavior, 2nd Edition*. New York: Freeman-Worth.

Season's Greetings



The gift of love. The gift of peace. The gift of happiness. May all these be yours at Christmas. We look forward to working with you in 2011.

Dianne Magor, Executive Director
 Carmen Barclay, Coordinator of Programs & Services
 Margaret Sinclair, Administrative Officer
 Dean Mapstone, Finance Officer
 Shanda Harris, Administrative Assistant
 Bev Beadle, Administrative Assistant
 Danielle Boyd, Office
 Anita Hickey, Consultant
 Shirley Sudgen, Consultant
 Susan Oliver, Consultant
 Julie Rushton, Consultant
 Sandra Allen, Consultant
 Sue Warren, Consultant
 Rhonda Teramura, Consultant



Meet Pacific CARE's Newest Care Providers

Nanaimo/Ladysmith

LNR	Elisabeth Chartier
LNR	Amanda Bartlett
LNR	Robin Tobin
The Tot Spot	Melinda Spencer
Quinnie The Pooh	Quinn Morrison
Little Sunbeam's Daycare	Andrea Dyrda
Wiggles & Giggles Child Care Centre	Amanda Lynch
Apple Gables FCC	Margaret Fung
Buttons & Bows	Tracy Cramer

Oceanside

Little Fishies Family Day Care	Erin Sjogren
Children's Discovery Centre	Susanna Jaeckel
LNR	Ingrid Osadan

Courtenay/Comox

LNR	Lara Degroseillers
LNR	Dannielle Dawe

Campbell River

Sea Stars Child Care	Melanie James
Playful Penguin Care and Education	Megan Armstrong

Powell River

Lund Puddle Jumpers Preschool	Deborah Meier
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Port Alberni

Caterpillar Club Child Care	Janis Trainor
Little Creekers FCC	Kaely Brown

North Island

Stepping Stones Child Care Centre	Christina Cheetham
Bumblebees Clubhouse	Jessica Derksen



Statistics for July 1 to September 30, 2010

294	Parents received referrals to child care services
3	Workshops and courses provided
94	Providers and parents were provided resources
27	Providers and parents borrowed from the toy and equipment library
2285	Individuals receiving consultations
30	Support visits
787	Parents assisted with subsidy forms