

# The Link

Linking child care providers in the Sea to Sky Corridor

Winter 2016



## Play your way through the holiday season

Winter and Christmas provide so many opportunities to play. With holiday time providing a break from the everyday, there are opportunities to play with friends and family, play outdoors or inside. Play is so important because it's how children learn. We may wonder what a child is learning when she dumps a pot of glitter all over a pile of play dough. Truth is, she's learning many things, including cause and effect, what glitter looks like and how it acts as it is poured, problem-solving ("what do I do now that I've used all the glitter?"), how glitter sticks to play dough, how to share with her friends, and how play dough and glitter react when they get smooshed together. Children learn many things as they play – touching on all of the developmental domains – social, physical, intellectual, creative and emotional.

Play seemed like the perfect topic for this editorial when we came across an article entitled "Let the playing commence – A tribute to Bev Bos, who died last February after serving nearly 50 years as the director of Roseville Community Preschool in Roseville, California. She was also an international keynote speaker and presenter at thousands of conferences and workshops.

Some of her sayings mentioned in this article include: "Never do something for children they can do for themselves; Experience is not the best teacher – it is the only teacher; Children were not born wearing shoes; Children have to do and use too much of everything in order to figure out the world; Earliest isn't best. Fastest isn't best; and Sharing books with children is an invitation for conversation."

### Play is the work of childhood

These are all great pointers to keep in mind when we spend time with children – whether they are children we take care of, or our own children. Children live in the moment and have the gift of being able to explore their world with surprising intensity and interest. As adults we can too often forget that as we make our way through our own lives, complete with their joys and sorrows, freedoms and responsibilities.

As we head into this holiday season, we hope that you can take the time to revel in the fun of play, or to at least take some time to look at the world through the eyes of a child. As Jean Piaget, the Swiss psychologist known for his pioneering work in child development said, "Play is the work of childhood." We couldn't agree more.

Learn more

To read the full article, "Let the Playing Commence," visit [www.communityplaythings.com/resources/articles/2016/bev-bos-on-play](http://www.communityplaythings.com/resources/articles/2016/bev-bos-on-play).

### CCRR year in review

The CCRR program supports BC families and child care providers with free services. Funded by the Ministry of Children and Family Development, the program works to increase access for families to community services and government programs, and increase the quality of child care through training and resource support.

2015-2016 fiscal highlights:

- 25,335 child care subsidy assistance
- 69,400 child care referrals
- 949 training opportunities
- 18,494 training participants
- 20,339 resource library borrowers
- 2547 support visits to child care programs
- 55,604 community referrals

Piglet noticed that even though he had a Very Small Heart it could hold a rather large amount of Gratitude.

- A.A. Milne

### Website worth a visit

Ever feel challenged by a child's behaviour? If you do, you're not alone. Behaviour is one of the hottest topics in the early childhood field. And chances are that status won't change any time soon.

Encountering challenging behaviour is pretty much a given if you work in early childhood education. Whether it involves children who bite, run away, don't follow directions or throw tantrums, challenging behaviour is a common experience for many care providers and the children they look after.

A visit to [www.zerotothree.org](http://www.zerotothree.org) provides a wealth of information about the causes of biting and appropriate adult responses, plus articles about other types of challenging behaviours, including information about why children do what they do. Knowing the reasons behind challenging behaviour can be half the battle when working with a child who tests your limits.

This US-based website is easy to navigate and provides information about numerous topics that both care providers and parents will find helpful.

*The Link* is produced four times a year by the Child Care Resource and Referral program of Sea to Sky Community Services.

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# Shannon Kerr

Shannon Kerr is a Squamish-based RLNR.

Shannon Kerr runs a Registered License Not Required program four days a week at her home in Garibaldi Highlands. Monday to Thursday, she enjoys taking her crew to the various activities that Squamish has to offer. You will find them at the Child Care Provider Play Gym at Brennan Park, at Strong Start, and at the Thursday morning playgroup facilitated by the Child Care Resource and Referral program. They also enjoy plenty of outside time in her yard or at one of the many parks in Squamish.

Shannon has always liked working with children. She began this journey working seasonally as a horseback riding instructor, which led her to wanting to work with children on a regular basis. She began her career in Early Childhood Education in 2000 and has since worked in several programs in the community, including supported child care and infant development. She has operated an RLNR in the past, as well as a licensed family day care. Shannon says she is happy to be home again, where her youngest daughter is part of her program.

The children in Shannon's care enjoy playing in the

indoor tunnel, playing with the family dog, mastering new skills while they pile objects and work in the kitchen, and getting out to various programs and for walks in the woods.

Her advice to families new to child care is to relax and take a deep breath. Know that if your child is struggling with the initial transition, it will get better, and that the children's behaviour is different when their parents are there. Her advice to anyone thinking of starting a career as a child care provider is to go and spend some time in a daycare, shadow someone in the field, and make sure it suits you. Be sure of the age you want to work with. Shannon said that the toddler/preschool ages are what she enjoys the most.

The best part of her day is mid-morning, after the kids have had a snack and they are out on a field trip. The hardest part is late afternoon when everyone is getting tired. She recommends that if you run your own daycare, being prepared for your own children coming home after school, and being organized for your family's dinner time helps to make the day run more smoothly.

# Activities

With winter upon us, now is the time to explore all things cold, icy and snowy.

## Salt dough

You can use this dough to create take-home presents or to decorate your classroom.

1. Mix 4 cups flour with 1 cup salt. Stir in 1 1/2 cups cold water. If the dough doesn't come together, add a bit more water.
2. Store in a plastic bag in the fridge until ready to use.
3. Place a fist-sized piece of dough on a sheet of parchment paper and cover with a second sheet of parchment paper. Roll out with a rolling pin to 1/8 – 1/4 inch thick.
4. Use cookie cutters to cut out desired shapes. With cookie cutters still in place pull away the extra dough from around the shapes, leaving the shapes in place on the parchment paper.
5. Use the end of a drinking straw to poke a hole at the top of each ornament for hanging.
6. If you want to, you can decorate the ornaments with stamps and a stamp pad, poking a pattern of holes in the dough with the end of a straw, or poking glass beads into the dough.
7. Gently move the sheet of parchment paper with salt dough ornaments onto a cookie sheet and bake in a 275F oven for 2-3 hours or until the salt dough is hard, but not browned. Let cool.
8. (Optional) Add a coat of Mod Podge or some paint and glitter.
9. Add a ribbon through the hole and hang in the window or on the tree!

## No-cook playdough

If you want this to look and smell Christmassy and/ or wintry, try it with no colour added, or with a Christmas colour like red or green, and maybe some glitter and vanilla, nutmeg and cinnamon.

- 2 cups flour
- 1 cup salt
- 2 tablespoons cream of tartar
- 2 tablespoons oil
- Optional: food colouring, spices, vanilla or another flavouring used in baking, uncooked rice, pony beads, glitter
- 2 cups boiling water

Mix together the flour, salt and cream of tartar in a bowl. Make a well in the centre and add the oil and, if you want, one or more of the optional ingredients. Pour in the boiling water and mix. It will look like a goopy mess, but let it sit for a few minutes to firm up.

Take the dough out of the bowl and knead it to form a ball. Next, you can add some glitter and/ or uncooked rice or pony beads and knead to provide a sensory experience.



## Salt painting

This art activity is all about the process. It doesn't matter what the finished product looks like. The point here is for children to make these creations themselves and have a fun, creative, sensory and exploratory time while they're doing it. So whether the glue design is intricate or a big blob of glue put on the paper with fingers or popsicle sticks, or whether the artist chooses one colour, several or none, or chooses to skip the salt -- it doesn't matter.

You'll need:

Several small containers of water, with some food colouring added to each (muffin tins or baby food jars work well)  
eye droppers  
strong paper such as cardboard or paper plates  
salt  
white glue

**Step 1:** On your paper surface make a design with white glue. It can be as thick or thin as you want.

**Step 2:** Sprinkle salt all over your glue painting. Knock the excess salt back into a bowl so you can reuse it.

**Step 3:** Dip the droppers into liquid watercolors and make drops all over your salt painting. You can mix colors right on your painting. Watch as the colors travel and blend into each other to make a gorgeous painting.

## Bingo hiking

Create your own bingo cards before you head out to the park or the woods with the kids. Get them to draw pictures in each square of things you may find on your walk, such as a bird, a pine cone, an icicle, etc., adjusting the level of difficulty to the age of your child.

Alternatively, with the children, make a list of things you can look for, then take a photo of each as you find it. The photos could be printed and made into a poster for your program room.

## Have a picnic

Picnics don't have to be just for summertime. On a cold day, spread out a blanket indoors, gather the children and their teddy bears and have a picnic. Or bundle up and have a picnic outdoors.

## Ice exploration

Explore ice in the water table. Freeze ice in a variety of shapes and sizes of containers. Try muffin tins, cups, bowls, and plastic containers. You can vary the ice by adding food colouring to the water, or freezing small toys in the blocks of ice.

When frozen, run the outside of the container under warm water to loosen the ice cube, then put in the water table. Add containers of water, eye droppers, sponges and other tools.

Try taking the blocks of ice outside to create sculptures which will freeze together if the temperature is cold enough.



## Activities

# Rhymes and rhythms

### Snowman

I made a little snowman,  
I made him big and round.  
I made him from a snowball,  
I rolled upon the ground.  
He has two eyes, a nose, a mouth,  
A lovely scarf of red.  
He even has some buttons,  
And a hat upon his head.  
Melt, melt, melt, melt,  
Melt, melt, melt, melt.



### Snow, snow, fly away

Snow, snow, fly away.  
Over the hills and far away.

### Snowball

by Shel Silverstein

I made myself a snowball  
*(pretend to make a snowball)*  
As perfect as can be.  
I thought I'd keep it as a pet  
*(pretend to pet the snowball)*  
And let it sleep with me.  
*(put your hands together beside your head and lay your head down)*  
I made it some pajamas  
*(pat your body up and down to indicate pajamas)*  
And a pillow for its head.  
*(make same pillow motion as previously)*  
Then last night it ran away  
*(run fingers down your arm)*  
But first it wet the bed!  
*(put out hands palms up and move up and down in an "I don't know" gesture)*

### Five little snowmen

Five little snowmen happy and gay,  
*(hold up five fingers and move one for each snowman)*  
The first one said, "What a nice day!"  
The second one said, "We'll cry no tears."  
The third one said, "We'll stay for years."  
The fourth one said, "But what happens in May?"  
The fifth one said "Look, we're melting away!"

### Hey, my name is Joe!

*Here's a rhyme that's just for fun. To make it more seasonal, you could change "Joe" to "Frosty," or "Rudolph." Great for burning off energy too!*

Hey, my name is Joe!  
I have a wife, one kid, and I work in a button factory.  
One day, my boss said, "Are you busy?"  
I said, "No."  
"Then turn a button with your right hand."  
*(make a turning gesture with right hand)*

Hey, my name is Joe!  
I have a wife, two kids, and I work in a button factory.  
One day, my boss said, "Are you busy?"  
I said, "No."  
"Then turn a button with your left hand."  
*(make a turning gesture with left hand as you continue with the right hand)*



*(continue increasing number of children, adding right and left feet and head)*

Hey, my name is Joe!  
I have a wife, six kids and I work in a button factory.  
One day, my boss said, "Are you busy?"  
I said, "yes!"

## SEA TO SKY KIDS



EVENTS



DIRECTORY



NEWS

[www.seatoskykids.ca](http://www.seatoskykids.ca)

Visit us to discover all the children's activities, events, resources and services in the Corridor.

Brought to you by



## PCFI pro-d funding available

Professional development funding through Sea to Sky Putting Children First will continue until March 31, 2017 for those in the early childhood community, including Kindergarten and Grade One (0 – 6 years).

Applicants are also encouraged to look at additional funding sources, such as B.C. Jobs Grants and ECEBC professional development grants.

Individuals can apply for funding of 50 per cent of course training costs to a maximum of \$250 per course, or as an organization for 75 per cent of training/ workshop costs, to a maximum of \$550 per workshop.

For the individual grant stream you can apply if you are attending a course or studying outside of your organization or educational facility, applicant is currently employed or on the sub list of a licensed child care facility, in-home care for young children, or meets other criteria.

For the facility grant stream, you can apply if you are an organization or school and are hosting an educational event or workshop for educators, administrators and families at your school or in your program.

This funding is made possible through the coordination of the Sea to Sky Putting Children First Early Childhood Initiative. Grant funding is provided by: Success by 6 provincial programs, offered through the United Way of the Lower Mainland.

Putting Children First brings together representatives from various organizations, including community services, health, education and literacy to facilitate better coordination and collaboration in the group's work for children newborn to six and their families living in the Sea to Sky Corridor. The local planning team has been spearheaded by service providers, educators, parents, health providers and community members.

To find out more about funding and to request an application form, email [lisa.mcintosh@sscs.ca](mailto:lisa.mcintosh@sscs.ca) or [grace.chadsey@sscs.ca](mailto:grace.chadsey@sscs.ca).

## CAN visits Pemberton

Nearly 50 people attended the Canucks Autism Network workshop in Pemberton on November 19. The group included early childhood educators, ECE assistants, educational assistants, teachers, program coordinators and coaches, plus license-not-required and family child care providers.

Presenter Stephanie Jull, program director at the Canucks Autism Network covered a range of topics, including an overview of Autism Spectrum Disorder, what autism looks like in sport and recreation settings, a toolkit of strategies for supporting individuals with autism, plus videos and hands-on learning activities.

CAN is a non-profit organization founded in 2008 with a mission "to provide year round, innovative, high quality sports, recreational and social programs for individuals and families living with autism, and to build awareness and capacity through community networks across BC." During the four-hour presentation, Jull told the gathering that autism prevalence has risen from one in 166 in 2000 to one in 68 in 2010. According to a 2014 estimate from U.S. Centres for Disease Control, the prevalence was one in 68, and one in 42 boys.

She pointed out that autism is a spectrum "If you've met one kid with autism, you've met one kid with autism." Jull added that people who have autism encompass a huge range in language skills, attention span, interests, sensory sensitivities and more.

Jull's presentation included a list of common sense strategies, such as building a rapport with the child, making sure activities are fun, alternating "easy" and "hard" activities, using praise and learning to recognize a child's signs that he needs a break then offering one as needed. She also discussed using pictures, live modeling, video modeling and physical guidance when teaching a person with autism a new skill. Other strategies that were discussed included using countdown strips, token boards, timers and choices as motivational tools. Visual schedules, "wait" cards – where a child is given a card that says "wait" so she can clearly see what she needs to be doing, and social stories were also discussed.

Learn more: [www.canucksautism.ca](http://www.canucksautism.ca).

Happy Holidays from all of us at Child Care Resource and Referral.

As we head into 2017, we wish you and yours all the best for the holidays and the new year.

We have so much to look forward to in 2017: workshops, the annual early child development conference in Squamish, play groups, and opportunities to meet with care providers and families to provide assistance and information in navigating the world of child care.

See you next year!



## Upcoming Events

To register or enquire about Squamish events, email [lisa.mcintosh@sscs.ca](mailto:lisa.mcintosh@sscs.ca).

### First Aid, Squamish

Courses will take place in Squamish on January 7, February 5, March 4 and April 2.

### Beginner Sign Language with Pam Razzano

At the Squamish CCRR office. Tuesdays, 7-8pm, starting January 31 for four sessions. \$20

### Free Registered License Not Required (RLNR) info session in Squamish

Tuesday, January 24, 7-8 p.m. at the Child Care Resource and Referral portable.

### Potential ECEBC Ethics Course

January 28 and February 25- 9am-4pm each day. Participants must have their ECE certification or be a student in the ECE program. Cost is \$200.

### Play Learn Love ECD Conference

Save the date! This annual conference in Squamish is being planned for early spring. Stay tuned for details.



Every child deserves a champion – an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be.

– Rita Pierson