

The Link

Linking child care providers in the Sea to Sky Corridor

July 2016



Strategies to encourage speech and language

Grace Chadsey

Repetition and imitation are just some of a number of simple, early language strategies that anyone can employ to encourage children's speech and language development. Rosalie Dowse, a speech and language pathologist with Vancouver Coastal Health in Whistler, recently outlined a number of useful strategies:

Have conversations with children face-to-face, on his or her level. This allows her to see your mouth moving, which teaches her how to form words.

Follow your child's lead and comment on what he or she is looking at or is interested in by using simple short words and phrases; for example, "Dog. That's a dog. I see the dog too."

Imitate what your child says. This encourages correct pronunciation and also teaches him about communication.

Repeat. Children need to hear words many times before they will attempt to say them. They also love to hear the same stories and songs again and again. The rhythm and rhyme of songs and simple stories help children to acquire language.

Add a word. For example, if your child says "car," you could add to that by saying "go car." By imitating what your child has said, you acknowledge the idea and reinforce vocabulary. By adding a word, you show your child how to take communication to the next level.

Create opportunities to communicate by using "communication temptations." For example, put a desired snack item in a clear container that is hard to open. When your child points or brings it to you, instead of just opening it, make it an opportunity for her to tell you something. Say "open?" and wait. Repeat the word a few times and encourage your child to try it. Then open the container before your child gets frustrated. Setting up situations that require communication helps your child realize that communicating is worth the trouble and encourages attempts at speech.

Wait and increase expectations. For children who point and grunt, for example, up the ante. Hold back a bit so the child will try. "It's about holding back and waiting," says Dowse. "If a child can get by with pointing and grunting, that's what they will do."

Use routines to teach language. For example, every time you change a baby's diaper, you could say, "shoes off." Then one day, say "shoes...." and wait. "Always use those same words with those same actions," Dowse said.

Give choices. For example, when a child lifts up his arms, say "down or up," and wait, but not too long. If a child doesn't say the word, you can help by saying "up?" or "down?" The child will likely indicate what he wants, perhaps by laughing, smiling, squealing or even grunting.

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Caregiver Point of View

Q: What do you consider the most important policy at your centre?



"My guidance policy. My role is to be a guide, assisting and encouraging the children to problem solve and choose appropriate behaviours."
- Linda Walther (Super Spuds Family Child Care)



"The payment and refund policies. We need to be up front about refunds, payment due dates and penalties."
- Jolene Austin (Stepping Stones Family Childcare)



"The junk food policy. We're an aboriginal Head Start and one of our components is nutrition."- Jesokah Peart (N'quatqua Child and Family Development Centre)



Eva Campbell (RLNR): Eva's top policies are that drop-off and pick-up times are adhered to and that payments are received on time. Otherwise, the caregiver's personal life is impacted

[no photos]

"My wellness policy. It really needs to be respected because the children can be severely affected by it."
- Sarah Ruttan (Dandelions)

"The inclusion policy. All children, no matter what disability or ability they have, should be able to attend a quality childcare program and be with their peers."
- Alana Desorcy (N'quatqua Child and Family Development Centre)

Editorial

Summer brings safety to mind

Here at Child Care Resource and Referral, safety has been on our minds for a number of reasons:

- The "Loose parts" article in this newsletter started us thinking about safety because if the parts are too small, they could present a choking hazard for young children -- straightforward but always good to keep in mind.
- Word has it that over the past few months, a number of children from recently arrived refugee families have required hospital treatment for scalds. Crowded living conditions, cultural practices such as children serving hot drinks to adults, cooking or cooling hot soup on the floor, and boiling kettles within easy reach of toddlers may have contributed to these injuries. But no matter where you are from, burns are a hazard for children. More than 1,000 children are admitted to hospital each year with burns and scalds, and thousands more treated as outpatients.
- A change of seasons also brings about thoughts of children's safety. Slip, slap and slop on sunscreen, wear hats and drink lots of fluids to minimize the risks of sun and heat exposure. Avoiding being outside during the hottest part of the day also goes a long way towards keeping children safe.
- Being aware of allergies is another important aspect of summer safety. Some children require quick access to an EpiPen in the event of an insect sting, for example.
- The warm weather also means that there are plenty of opportunities for field trips. Being aware of water hazards, using t-shirts or vests to identify children when out and about, and having a cell phone, emergency cards and a first-aid kit on hand are all good common-sense practices.
- Two recent tragedies of young children falling out of windows highlight the need to keep windows and screens secured. The window safety article in this newsletter provides more details.

So wherever summer takes you, always keep safety first in mind. The children and families in your life are too important not to.

Warm weather window safety: a few tips

As the weather warms up, BC Emergency Health Services and BC Children's Hospital are reminding parents and caregivers of young children to make sure their window and balcony safety locks are in place. In 2013, B.C. Children's cared for 21 children who fell through windows or off balconies. Injuries most often include broken bones and facial and head trauma.

"With temperatures rising, we often see an increase in falls from windows, and young children are particularly vulnerable to these falls," said Dr. Ash Singhal, pediatric neurosurgeon and medical director at B.C. Children's Hospital Trauma Program. "Many of the injuries can be quite severe, including skull fractures and brain injuries and potentially cause long-term effects for the child."

While it may be tempting to leave a window open a crack to let in some fresh air during the warmer months, remember that young children are innately curious and are natural climbers and do not understand the risk of their actions. They can be strong enough to widen an unlocked window. Toddlers have a high centre of gravity, so even leaning on a screen can cause a fall, likely head first, which can lead to serious injuries.

Strategies

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Use sign language. All children can learn signs before they speak. Saying the word while making the sign will encourage speech and language development.

Dowse noted that "it's about input and laying the foundation for language learning. You can make the environment as language-rich as possible to encourage and facilitate those early first words and word combinations. Don't give up. Keep using these strategies. They are simple and effective."

She pointed out too that language "is about communication and engaging with someone" -- so even something like breastfeeding is a conversation, with mom and baby engaging in a lot of back-and-forth.

Anyone who has concerns about a child's speech,

Safety tips to prevent falls from windows

- Don't underestimate a child's mobility; children begin climbing before they can walk
- Move household items away from windows to discourage children from climbing to peer out.
- Be aware that window screens will not prevent children from falling through – they keep bugs out, not children in
- Install window guards on windows above the ground level. These act as a gate in front of the window. Or, fasten the windows, so that they cannot open more than 10 centimetres (four inches). Children can fit through spaces as small as 12 centimetres (five inches) wide. In either case, ensure there is a safe release option in case of a house fire
- Don't leave children unattended on balconies or decks. Move furniture or planters away from the edges as kids can climb up and over
- Talk to your children about the dangers of opening and playing near windows, particularly on upper floors of the home

language, voice or fluency can refer the child to VCH's speech and language services, with the parents' consent. These services are free of charge. Children entering kindergarten will be seen by a speech-language pathologist at their school. For more information about Vancouver Coastal Health speech and language services, visit www.vch.ca.

We want to hear from you!

Please take a few minutes to respond to our readers' survey. Your input will help us to create newsletters based on what you want.

www.surveymonkey.com/r/FLQR9SG

Activities

Triple Treat Hummus

These recipes, provided by Gerry Kasten, a nutritionist with Vancouver Coastal Health, make a fun, healthy, and lovely-to-look-at snack. Delicious served with crackers or raw veggies. Perfect for gangs of children or summer parties.

Beet Hummus

one 19 oz can chick peas, rinsed
2/3 cup cooked beets
one large clove garlic, chopped
3 tbsp olive oil
2 tbsp tahini
juice of one lemon
1/3 to 1/2 cup fresh dill
Sea salt and pepper to taste
1/4 to 1/3 cup water

Combine all ingredients except water in a food processor and blend until combined. Add water until desired consistency is reached. Allow to sit for several hours before serving to let flavours meld.

Pesto Hummus

one 19 oz can chick peas, rinsed
3/4 cup fresh basil leaves
one large clove garlic, chopped
3 tbsp olive oil
2 tbsp pumpkin seed butter
juice of 1 lemon
sea salt and pepper to taste
1/4 to 1/3 cup water

Combine all ingredients except water in a food processor and blend until combined. Add water until desired consistency is reached. Allow to sit for several hours before serving to let flavours meld.

Sweet Potato Hummus

1 3/4 lb sweet potatoes
one head of garlic, whole and unpeeled
two limes
2 tsp salt flakes
1/2 tsp smoked paprika
1 1/4 cups chickpeas
2 1/2 tsp ginger, finely grated
2 tbsp pomegranate seeds

Preheat the oven to 425°F. Prick the sweet potatoes, then place on a baking sheet and cook whole for about one hour, depending on size. Once the sweet potatoes are in the oven, cut the stalk end off the garlic, leaving the tips of the cloves exposed, and wrap loosely in aluminum foil, sealing the ends tightly to form a baggy parcel. Roast with the sweet potatoes for the hour.

Let the sweet potato and garlic cool. Peel the skin gently away from the sweet potatoes and scoop out the orange pulpy flesh, leaving behind any of the scorched bits. Put it all into a food processor and squeeze in the soft, caramelized garlic purée.

Add the finely grated zest from both limes, and the juice from one lime, the salt, smoked paprika, chickpeas, and finely grated ginger and process until smooth.

Check the seasoning as well as acidity – you may want more lime juice – and serve sprinkled with pomegranate seeds.



Exploring with loose parts

Grace Chadsey

Paint chips, pen caps, paper cut-outs, wood slices, pine cones, chestnuts and river rocks are just a few ideas for loose parts bins. An article in a recent issue of a Child Care Options newsletter outlined the program's new project to make some of these bins. Child Care Options is the Child Care Resource and Referral program of Options Community Services in Surrey, British Columbia.

These bins are also something that daycares can create on their own, encouraging children's imaginations with open-ended materials. Parts can be manipulated, combined, taken apart, stacked, sorted, piled, counted, painted, coloured and more.

Materials for these bins may be found, reused or recycled. They can be plastic, paper, wood, metal, or other natural or man-made materials.

Loose Parts, Inspiring Play in Young Children, by Lisa Daly, is a book that may inspire. And to find parts, Urban Source – a Vancouver store – is a great resource because they collect the loose parts for you. The library team from Child Care Options visited the store and discovered that Urban Source works with local companies to take overstocked materials or those earmarked for disposal and organize them into bulk style bins. You can buy single items or fill a bag for a set price.

A recent phone conversation with a staff member revealed that half the store is an "art buffet," with more than 100 different barrels of items. Customers can choose from three bag sizes to fill, ranging in price from \$7.45 to \$21.75. Store staffer Nicola said "you could fit an infant" into the large bag. She said the other half of the store is filled with art supplies and assorted items.

Urban Source is the brainchild of Vicki Gillis, who opened the store 23 years ago. Visit its website to find out more, <http://urbansource.bc.ca/>.

To find out more about loose parts, visit <http://littleworldsbigadventures.com/theory-of-loose-parts/> or <http://www.aneverydaystory.com/2013/03/05/the-theory-of-loose-parts/>.

Thanks to [Child Care Options](#) for inspiring this article.

Sing your way through summer

Keep your children and yourself entertained with these traditional songs and games.

You are my Sunshine

Chorus

You are my sunshine,
My only sunshine,
You make me happy,
When skies are gray.
You'll never know, dear,
How much I love you.
Please don't take my sunshine away.

The other night, dear,
As I lay sleeping,
I dreamt I held you in my arms.
But when I woke, dear,
I was mistaken,
And I hung my head and I cried.

Chorus

Ring Around the Rosie

Everyone holds hands to make a circle, then moves around in a circle as you sing the chorus.

Chorus

Ring around the rosie,
A pocketful of posies.
Husha, husha,
We all fall down.
(Everyone fall down)

Crouch and clap while singing or saying this verse.

Cows are in the meadow,
Eating buttercups.
Thunder, lightning,
We all jump up.

(Everyone jump up)

Chorus

Crouch and clap while singing or saying this verse:

Fishes in the ocean,
Fishes in the sea.
We all jump up on
One, two, three!

(Everyone jump up)

Support for Providers

Subsidy portal now fully functional

Online billing and direct deposit for child care subsidy is now available online through child care subsidy's service provider portal: <http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/service-provider-portal-child-care-providers>

Licensed child care providers can visit this website to sign up for online billing. This means no more claim forms. Providers can just sign in, enter billing information, and payments are made by direct deposit within five business days – as long as direct deposit has been set up. Claim forms are not being mailed out to licensed child care providers because this option is the preferred method and saves paper and time.

For care providers who would like to have their payments deposited directly to their bank account, visit this link to the direct deposit forms: <http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/child-care-subsidy>.

All child care providers can have their payments directly deposited, not just licensed child care providers.

Other features of the portal include 24/7 access and the ability to see approved benefit plans without having to call the Child Care Subsidy Service Centre or wait for the approved benefit plan in the mail.

Information about parenting children up to five years old – with topics such as pregnancy, being a new parent, breastfeeding, babies, toddlers and preschoolers – is now available on a new website created by Vancouver Coastal Health.

VCH introduces new website

With information about health and safety, community resources, common challenges, feeding, dental, child care, speech and language and more, the site should prove to be a valuable resource to families and child care providers alike.

For full details, visit parenting.vch.ca.

New online child care map

A new online map of British Columbia takes the guesswork out of searching for child care, states a recent press release by the Government of British Columbia. The new Child Care Map provides families quick, at-a-glance information about each facility in a parent's desired location, such as which programs are offered; if there are any available spaces; contact information; and hours of operation. This is one of only three child care maps in all of Canada that show which centres have vacancies.

"The Child Care Map was designed to reflect feedback that we heard from both parents and providers to help make finding child care easier," said Minister of Children and Family Development Stephanie Cadieux. "For the first time in BC, parents have access to all the information they need on one screen with the ability to print the profiles of facilities they want to check out in person."

A mobile-friendly version is expected later this year, so parents can search from anywhere on any device. Also on the way is a new feature that will allow parents to search for child care by vacancy.

There are nearly 4,000 licensed child-care facilities registered on the new map. These facilities receive operating funding and are required to provide data on a monthly basis. The new map streamlines the reporting requirements for these providers and allows each facility to update their information at any time.

The government's investment of \$150,000 for the new map is part of an ongoing commitment under the BC Early Years Strategy to help improve access and provide families with more choice in a range of high-quality child-care programs, according to the news release.

Learn more

Child Care Map:

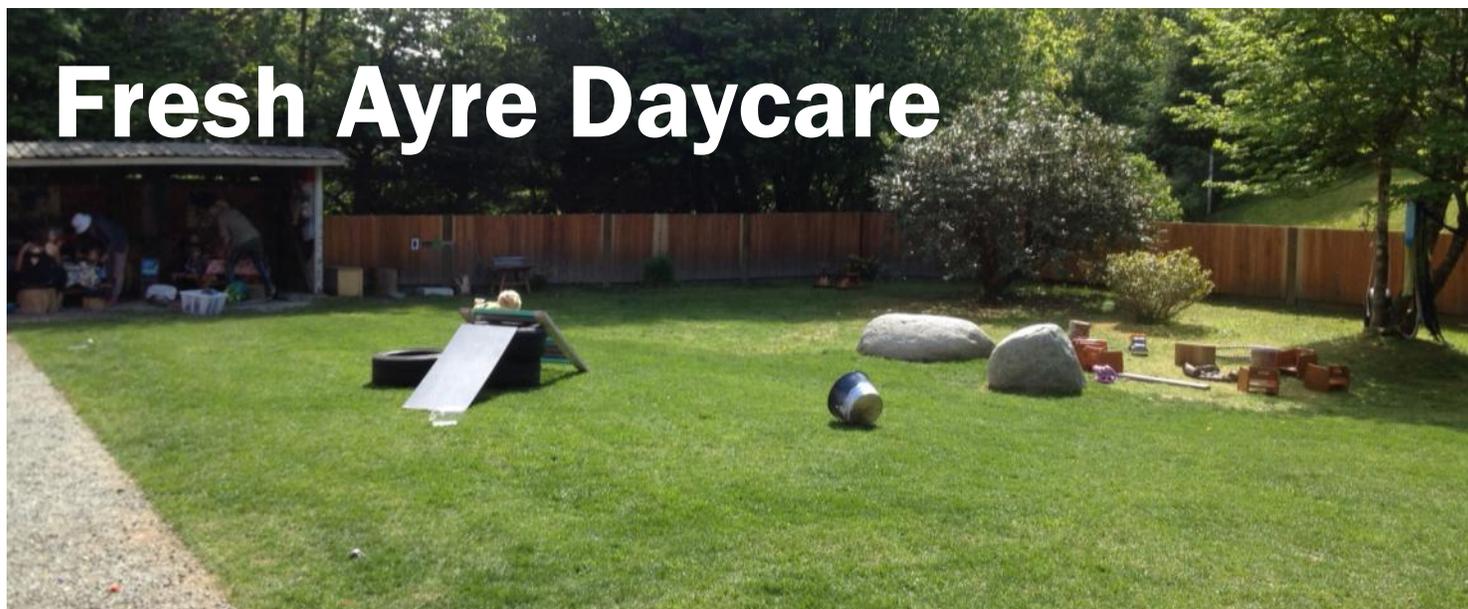
<http://maps.gov.bc.ca/ess/hm/ccf/>

Government funding information:

www.gov.bc.ca/childcareoperatingfunding

Share your ideas to help cut red tape:

<https://engage.gov.bc.ca/helpcutredtape/>



Fresh Ayre is a licensed group centre in Brackendale that offers infant/ toddler and 3 – 5 programs.

Nicole Harper

Emma Jayne (EJ) Bjormark opened Fresh Ayre Daycare in Brackendale this year. The licensed group centre offers infant/toddler and 3–5 programs. Both are based outdoors and inspired by many philosophies, including Reggio Emilia. The educators listen and learn alongside the children. They believe in starting with building strong connections which enables the children to model these values and learn how to be part of their community. The children spend their days exploring and using their imaginations in a positive, calm and happy environment.

EJ has been in the ECE field for 16 years. "I just get kids. I can relate, understand them. It's what makes my heart click; it's what comes natural to me."

When she was in elementary school EJ often spent her recess in the preschool where she became inspired by her cousin's teacher, Blaire Oliphant. EJ admired the way she respected and related to the children.

Some of the activities the children love at Fresh Ayre Daycare are using their imaginations, making mud pies, running, finding bugs, painting, cuddling and climbing trees. Every day, the children push the boundaries of their gross motor skills and their imaginations while challenging their language, math and science skills.

EJ's personal childcare philosophy is to slow down, listen

from the heart and understand that children many languages. She also believes you need to think outside the box, be understanding and take risks. Parents who are new to Fresh Ayre Daycare can expect to work with the educators, and know that their children will be having adventures in a classroom where the walls are trees and the roof is the sky.

Advice she would give to anyone considering becoming a childcare provider? It all starts from your heart; it has to be natural, and then you can dive into the theory. You have to be able to connect with all of the kids and be willing to commit your whole self. Child care is not a 9-5 job, but one that is integrated into all that you are.

EJ said the best part of her day is arriving in the morning and hearing the children and educators being busy. She says that she is mesmerized by the development and growth of the children and of watching her team of care providers evolve and grow stronger each day.

It's no wonder that the hardest part of her day is forcing herself onto the computer to wear her administrative hat.

EJ said she has several mentors in her life in addition to Blair Oliphant: Loris Malaguzzi, founder of Reggio Emilia, philosopher David Jardine, and her dad and mom. "Be true, be honest, be kind, work hard, have tonnes of fun and follow your heart...your happiness...go get it!"

Events



The recent conference in Squamish drew attendees from the whole Sea to Sky Corridor, who participated in a variety of workshops.

Upcoming Events

Outdoor Play Groups

Pemberton: Thursdays, June 30 through August 25, 9:30-11:30 am at Underhill Park. Playgroup will be cancelled if it rains. Email Grace Chadsey (grace.chadsey@sscs.ca) for more information.

Squamish: 9-11 am. Play group happens rain or shine. Location changes every week. See the website for more details: <http://www.sscs.ca/programs/child-care-resource-and-referral/summer-playgroup/>

Child Safe First Aid course

Saturday, Sept 10 in Squamish. Email Lisa McIntosh (lisa.mcintosh@sscs.ca) to register.

Nutrition workshop

Saturday, September 17, 10am-2:30pm in Squamish. Email Lisa McIntosh (lisa.mcintosh@sscs.ca) to register.

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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