

# The Link

Spring 2018

Child Care Resource and Referral



## Play, Learn, Love is back in April

We are super-excited to announce that our annual Early Child Development conference, Play, Learn, Love, is back this year after having to scale back this event last year. The conference takes place at the Sea to Sky Hotel in Squamish on Friday, April 13 and Saturday, April 14, 2018. We have lined up a dynamic and diverse list of speakers with exciting topics to share.

Our keynote presenters are Dr. Wendy Hall, presenting "Healthy sleep" on Friday, and on Saturday, we have Monique Gray-Smith, presenting "Self-determination -- who and how I think I can be in the world."

We also have nine other workshops per day to choose from, plus vendors for shopping. Vendors include doTERRA, Norwex, Deerly Crafts, Sea to Sky Training Services. This affordable and local conference is priced at \$100 per day or \$150 for both days. Certificates for professional development are included. Follow the link and register now.

<http://www.sscs.ca/ecd-conference-2018/>

"Children must be taught how to think, not what to think."

-Margaret Mead

## Long-time Squamish care provider off on an adventure

Tammy Van Hierden, a long-time child care provider, is closing her centre in Squamish to relocate to Courtenay B.C. on Vancouver Island. "We decided to go on an adventure and move to the island."

Tammy has worked in the child care field for 27 years, 21 of which has been as the owner/ operator of a licensed family child care program. She started off looking after children to make extra income when her own children were young. "I found I loved working with young children and decided to make it my career."

She said that every morning before she starts work, she reviews her mantra: "May the children be safe, have fun, and learn lots in my care today. May I be the best teacher I can be today!"

"I think the most important thing to keep in mind is the child. That's why I am a teacher."

She said her favourite aspect of child care is creating a community with the families in her care. "The children and parents build connections with me and each other, building a very nurturing learning environment."

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"We all deserve an opportunity to bloom and flower," is a favourite quote of Tammy's. She said it sums up the core of how she feels about child care. The environment she creates for children is influenced by the philosophies of Montessori, Waldorf, High Scope and Reggio.

Tammy recalled a story that has stayed with her: "One Saturday my doorbell rang. When I answered it, a teenager about 18 was there asking me if I remembered her. She was in my daycare from two to five years of age and then her family moved to Toronto. I loved that she remembered things about her experiences and wanted to come and visit with me while her family was visiting back in Squamish. Over the years, children have friended me on Facebook when they get to that age and I really love the fact that I stay in their thoughts, as they do in mine."



**Tammy Van Hierden, who has owned and operated a licensed family daycare in Squamish for 21 years, is relocating to Courtenay, B.C. in search of a new adventure.**

**Caregiver point of view: What are some of the successful strategies you use when working with challenging behaviours?**

"To avoid tantrums at transition times, I use a two-minute warning and a 10-second countdown. To help with cleanup, I use a song and a couple of large photos of the cleaned up areas on the wall. I try to give choices as much as possible."

**Marilou Carswell, Registered, License Not Required, Pemberton. Completed Good Beginnings course**

"The best success I have had is to firstly bond with the child, find some common attribute or anecdote to create a relationship with them and from there anything is possible!

Children sense when you are genuinely invested in them, they need to feel that you are their number one fan. Every child needs that."

**Kirsi Pereda, Early Childhood Educator, Assistant Director, Whistler Children's Centre**

"Circle of Security in the class room. It is not really a one-time tool but a shift from reactive to empathetic and being with -- how you perceive behaviors will change with how you interpret what's going on and the role you play in attaching with the child."

**Carmen Hartle, Aboriginal Supported Child Development Consultant, Squamish, and Squamish ECD conference presenter**

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"Getting down to their level when speaking; making eye contact; using a gentle voice with lots of facial expression of how the behaviour makes you feel; talk about their feelings: 'I see you look frustrated, angry;' ask the child, 'How are we going to solve this problem, how can I help you?;' sometimes sleep or hunger are a factor(setting up the behaviour), there could also be another child involved; observing and documenting when and where the behaviour starts; talk to the other staff(off the floor) on ways to help the child and stop the challenging behaviours; finding a quiet activity for the child to work on(table top activity/books in quiet area); lots of positive words when the child isn't doing that behaviour; planning activities that the child has an interest in or have them help you with a task."

**Louisa Calamini, ECE at the Whistler Children's Centre**

"I have been thinking very hard about successful strategies I use when working with challenging behaviours. We have so many at our disposal. I think the first strategy I use is something I learned from Julia Black. I wait quietly for eight long seconds after giving a child a directive. I don't mean counting out loud in a threatening way. I just mean I take an eight-second rest while the child processes what I have said. I then gently and quietly remind them and support them in their new direction. This is successful, I would say, seven times out of 10. (If this doesn't work then I dig out a different strategy like offer choices, distract or do some problem-solving.) Most of the time all it takes to re-direct a child is eight seconds."

**Donna McLeod, ECE, StrongStart Facilitator, Pemberton**

**Spring has sprung  
Activities and rhymes to enjoy**

**Spring**

Out of cave! Out of hole!  
Bear, rabbit, little mole,  
Hatch from egg in nest in trees!  
The birds are back and so are bees.  
The flowers bloom. The leaves are green.  
How do they know when it's spring?

Build your web! The bugs are back!  
Little spider dressed in black.  
Bears, rabbits, birds and bees,  
Flowers, grass and trees.  
Just like me their face is warm,  
That's how they know spring has come.

**Spring is here**

Spring is here.  
Spring is here.  
Goodbye, snow.  
Flowers grow.

Birds and bees,  
Leaves on trees.  
Hello spring.  
Hello spring.



"Don't just teach your kids to read,  
teach them to question what they read.  
Teach them to question everything."  
*George Carlin*

### Spring song

*Tune: the farmer in the dell*  
 The sun is shining bright,  
 The sun is shining bright.  
 Oh how I love the warmth,  
 The sun is shining bright.

The rain is falling down,  
 The rain is falling down.  
 Oh how I love the sound,  
 The rain is falling down.

The flowers start to bloom,  
 The flowers start to bloom.  
 Oh how I love the sight,  
 The flowers start to bloom.



### Plants

*Tune: The farmer in the dell*  
 The farmer plants the seeds.  
 The farmer plants the seeds.  
 Hi, ho and cherry-o,  
 The farmer plants the seeds.

*Other variations:*

The rain begins to fall.  
 The sun begins to shine.  
 The plants begin to grow.  
 The buds all open up.  
 The flowers smile at me.

### No Bake Birds Nest Cookies (with Mini Eggs)

*These No Bake Birds Nest Cookies are perfect for Easter or Spring.*

#### Ingredients

- 1 ½ cups butterscotch chips
- 1 ½ cups chocolate chips
- ¾ cup smooth peanut butter (not natural)
- 2 cups rolled oats
- 2 ½ cups coarsely crushed corn flakes
- 72 mini eggs

#### Instructions

- In a large bowl, melt together butterscotch and chocolate chips and peanut butter.
- Stir in oats and corn flakes until combined.
- Drop by heaping tablespoons onto wax-paper-lined baking sheets (you'll need two) into 24 mounds. Immediately press three mini eggs into the center of each mound.
- Let cool completely before storing in the refrigerator for up to two weeks or the freezer for up to four months.

The Link is produced by the Child Care Resource and Referral Program of Sea to Sky Community Services.

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