

# The Link

Winter 2017



## Season's greetings from all of us

Thank you for your commitment and passion to the children and families you care for. Nicole, Grace and I feel honoured to represent you and your programs when assisting families in their search for childcare.

2017 was very busy with many professional development opportunities, network meetings, community events, and of course our weekly playgroups, where we get to interact with you and your amazing little people.

A big piece of 2017 was packing up our little old portable in Squamish and moving into the beautiful new Sea to Sky Community Services building with all the other programs that Sea to Sky has to offer.

We are now working in a larger team environment and the community is navigating our programs much easier. In Pemberton, CCRR services continue to be offered at Sea to Sky Community Services at our main Pemberton office on Aster Street.

We wish you and yours a safe and happy holiday season!

**Lisa, Nicole and Grace – your CCRR team**



## A snapshot of 2017: groups, activities and more...



## First RLNR opens in Pemberton

The very first Registered License Not Required child care provider in Pemberton recently met all of her qualifications to receive her RLNR certificate.

Marilou Carswell operates Le Petit Bonheur at her home in Pemberton. She provides activities, songs and games in French. The RLNR is open Monday through Thursday and offers a balance of indoor and outdoor activities. A park, complete with playground, is located right behind her house and is a popular spot for the children she cares for.

Marilou said "I found a love of caring for children when I became a mother. I realized I wanted to spend a lot of time with my baby and I love being with babies."

She said another motivation for offering daycare is that she wants to make sure her son speaks French.

In addition, "I want to provide an open environment that is flexible and non-judgemental because I really want children to feel like they can be who they are and express their feelings, and encourage French development, of course."

In giving advice to someone new to childcare, Marilou said "I would advise that they register (as an LNR). It forces you to think about things that you wouldn't think of on your own, especially the Good Beginnings course."

She said she would also recommend "not to take bookings without payment."

Organizations that Marilou has found helpful in her work include the Child Care Resource and Referral Program for the workshops and activity ideas, and the Fédération des parents francophones de Colombie-Britannique (FPFCB), the provincial organization that represents all parents whose children attend a francophone school or preschool. The organization loans out resources by mail for minimal cost (to learn more, visit <http://www.fpfcb.bc.ca/ressources/tire-lire>). [http://www.bcfcca.ca/.](http://www.bcfcca.ca/))

Marilou said she has also found youtube to be a great resource for activities. She also finds the B.C. Family Child Care Association to be a great resource for child care providers. (Visit

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

Congratulations Marilou!



**Marilou Carswell with her son, Felix, recently became a Registered, License Not Required child care provider in Pemberton.**

**"I really want children to feel like they can be who they are and express their feelings...."**

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

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## Caregiver point of view: What professional development opportunities do you want to see in the corridor?

"I really enjoy taking Professional Development courses in the Sea to Sky Corridor. A great way to refresh on subjects with other teachers; learning and sharing ideas. I would love to see workshops with math and science activities. Music and movement would be helpful for everyday in the classroom. Storytelling with children and nursery rhymes would be very interesting. A workshop on bringing culture into the classroom; in all areas of the room. A workshop on What To Find in the Art Area; what supplies to have on the shelf that allow the children to create and be creative. A workshop on sensory activities for children and ideas for play in the sand/water table. Here are a few ideas and hope they are helpful. It might be a good idea to have carpooling available for teachers to get around to workshops from Pemberton, Whistler and Squamish."

– **Louisa Calamini, ECE, Whistler Children's Centre**

"Behaviors, kids have stress too, mental health, literacy, cultural workshops." – **Jessica Frank, Manager, N'Quatqua Child and Family Development Centre**

"I would LOVE to see more that involve art. There's a really great book called "Drawing With Children" that I'd love to explore. I've got it out of the library right now. I'd love to get some pros in to teach us how to teach children to love and appreciate art. Also, how to draw etc.

I would also LOVE to see more workshops on challenging behaviour and ways to deal with it."

– **Sammy Losee, Responsible Adult and Teacher on Call, Pemberton Children's Centre**

"I would like to see ECE training in Pemberton or Whistler (I'm assuming it's available online from home, but I would prefer a classroom environment if I could). I am looking forward to attending my next workshop, learning about activities for 1-2 and 3 years old and positive discipline would be topics of interest for me."

– **Marilou Carswell, RLNR, Pemberton**

*"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**

## Pro-D funding available through Putting Children First for those working in early childhood community

Early Childhood Professional Development Funding is still available through the Sea to Sky Putting Children First Initiative (PCFI). Through to March 31, 2018, PCFI can fund professional development in the early childhood community, including for those working in Kindergarten and Grade One.

There are two ways to apply for this funding: as an individual, where 50 per cent of course training costs, up to a maximum of \$250 per course may be covered; or as an organization, where 75 per cent of training/ workshop costs, to a maximum of \$550 per workshop, may be covered.

To receive copies of the full PCFI funding criteria and funding application forms, contact the Child Care Resource and Referral Program by emailing [lisa.mcintosh@sscs.ca](mailto:lisa.mcintosh@sscs.ca); [nicole.harper@sscs.ca](mailto:nicole.harper@sscs.ca); or [grace.chadsey@sscs.ca](mailto:grace.chadsey@sscs.ca).

## Holidays across cultures

While many of us are thinking of Christmas and New Year's celebrations as Christmas approaches, there are many multinational festivals and holidays that take place this time of year. Here is a sampling:

**Pancha Ganapati, December 21 – 25** is a five-day festival held in honour of Lord Ganesha, Patron of Arts and Guardian of Culture. The festival was created in 1985 as a Hindu alternative to December holidays like Christmas.

**Christmas** is celebrated December 25. The name "Christmas" derives from the Old English saying Christ's Mass. It is a celebration marking the birth of Jesus Christ.

**Diwali** is a Hindu holiday that takes place from mid-October to mid-November. Known as the Festival of Lights, celebrating the victory of good over evil. This festival is marked by ceremonies, fireworks and sweets.

**Hanukkah** . The name is derived from the Hebrew word meaning "to dedicate." It usually falls anywhere between late November and early January. This eight-day holiday commemorates the re-dedication of the Holy Temple in Jerusalem. Each evening one light in the Menorah is lit and many families exchange small gifts as well.

**Lunar New Year**, celebrated by Chinese, Vietnamese, Korean, Mongolian, Tibetan and Japanese cultures, takes place anywhere from late January to mid-February. It is considered the end of winter in the lunar calendar.

**Kwanzaa** takes place from December 26 to January 1 and honours African heritage. The celebration culminates in a feast and gift-giving.

**Winter Solstice** is the solstice that takes place in winter in the northern hemisphere where it is the shortest day of the year. It takes place December 20, 21, 22 or 23.

**Bodhi Day** is the Buddhist holiday that commemorates the day that the historical Buddha, Siddhartha Gautama experienced enlightenment. It is celebrated on the eighth day of the twelfth lunar month.

Sources: Wikipedia; <https://windatmy-back.com/articles/ahydes-14/>; <https://www.timeanddate.com/calendar/december-solstice.html>; <http://aglobalworld.com/holidays-around-the-world/bodhi-day-buddhist/>; <http://www.ashtoncollege.ca/celebrate-december-holidays-canada/>

## **Play, Learn, Love ECD conference coming this April**

Save the date for the annual **Play, Learn, Love** Early Child Development conference in the Sea to Sky Corridor. This year the conference will be held on Friday, April 13 and Saturday, April 14 at the Sea to Sky Hotel in Squamish BC.

We will have a variety of topics and speakers to inspire your work with children from newborn to 6 years old.

We have confirmed Dr. Wendy Hall from the University of British Columbia, who will be addressing the importance of sleep for children and adults, and Monique Gray-Smith, whose keynote address is titled "Self Determination: Who and How I think I can be in your world." Watch your inboxes for registration information, coming in early 2018.

## **CCRR: supporting people throughout the corridor**

Providing referrals to families and community members, supporting licensed child care providers and helping License Not Required child care providers register with the Child Care Resource and Referral program are some of the many services provided by CCRR in the Sea to Sky Corridor. CCRR offices operate throughout British Columbia. In the corridor, it is a program offered through Sea to Sky Community Services Society.

For the fiscal year ending last March, CCRR provided 16 training opportunities for those working in the child care field and families. More than 400 attendees took part in workshops, courses and conferences.

CCRR staff attended and supported nearly 100 events, presentations and programs throughout the corridor

For child care referrals, 212 were provided to families, while 461 referrals for other community services were provided to families and others.

CCRR also provided nearly 40 support visits to licensed child care providers and to prospective or registered license-not-required providers.

## Check out these websites

### **Licensed providers can submit subsidy claims electronically**

Licensed child care providers can submit child care subsidy claims electronically. You can find help online with these two links....

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/service-provider-portal-child-care-providers>

[https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/icm\\_service\\_provider\\_portal\\_guide.pdf](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/icm_service_provider_portal_guide.pdf)

Here is the two-step process for getting set up:

Apply for a BCeID. The link is on the landing page under the first link above. Once a BCeID has been obtained, the licensed child care provider can fill out the PDF form (on the landing page under the first link above) called 'Apply for access'. Fill out the form online and submit to the email address at the bottom of the form: **Email Address:** [MCF.ServiceProviderPortal@gov.bc.ca](mailto:MCF.ServiceProviderPortal@gov.bc.ca). Once approved, the child care provider will receive an email confirmation with instructions for logging in and can then proceed to submit invoices (claims) electronically rather than faxing the monthly claim forms.

### **Get moving!**

This link will take you to an article about a report that sets exercise guidelines for young children, including tummy time for babies. This new report was developed by experts that include the Canadian Society of Exercise Physiology, obesity specialists at Ottawa's

Children's Hospital and ParticipAction. The "24-Hour Movement Guidelines for the Early Years" suggests that children from one to four years should get at least three hours of physical activity spread throughout the day, of which at least 60 minutes is energetic play.

<https://www.sudbury.com/local-news/report-sets-exercise-guidelines-for-young-kids-including-tummy-time-for-babies-770892>

For the guidelines themselves, visit: <http://csepguidelines.ca/>

For information about movement for all ages, visit: [www.participaction.com](http://www.participaction.com).

### **A new resource to help support a grieving child**

[Canadian Virtual Hospice](http://CanadianVirtualHospice.ca) and their pan-Canadian partners, launched [KidsGrief.ca](http://KidsGrief.ca) and [DeuilDesEnfants.ca](http://DeuilDesEnfants.ca) on November 21, the first National Bereavement Day in Canada.

[KidsGrief.ca](http://KidsGrief.ca) is a free, bilingual online resource for parents, guardians and caregivers who are supporting a grieving child.

Topics covered include: how children grieve; words, phrases and concepts to use and what to avoid; responding to difficult questions and concepts; preparing children for funerals, burials, and other ceremonies; "teachable moments" including pet death and talking about tragic world events; and how to support grieving children.

### **Learn about health**

Visit HealthLinkBC at <https://www.healthlinkbc.ca/> to learn about a variety of health topics and much more.

## Celebrate winter Songs, rhymes and activities make for some wintry fun Rhymes and songs

### **Snowball**

by Shel Silverstein

*(This is a repeat from our 2016 winter newsletter, but we couldn't resist!)*

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.**

And 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.**

### **Little Jack Horner**

**A classic nursery rhyme**

Little Jack Horner sat in a corner

Eating his Christmas pie.

He stuck in his thumb

And pulled out a plum

And said, "What a good boy am I!"

### **Here is the Chimney**

**A little Santa finger puppet makes a lovely surprise here**

Here is the chimney,

**Make fist enclosing thumb.**

Here is the top.

**Palm of other hand on top of fist.**

Open the lid,

**Remove top hand quickly.**

And out Santa will pop.

## **Let's Go Walking in the Snow**

*A fun rhyme for indoors or out*

Let's go walking in the snow,

**Walk.**

Walking, walking on tiptoe.

**Walk on tiptoe.**

Lift your one foot way up high,

**Hop on one foot.**

Then the other to keep it dry.

**Change feet.**

All around the yard we skip.

**Skip in circle.**

Watch your step or you might slip.

**All fall down.**

### **Alligator Pie**

By Dennis lee

*This is a really fun poem to clap in time to*

Alligator pie, alligator pie,

If I don't get some I think I'm gonna die.

Give away the green grass, give away the sky,

But don't give away my alligator pie.

Alligator stew, alligator stew,

If I don't get some I don't know what I'll do.

Give away my furry hat, give away my shoe,

But don't give away my alligator stew.

Alligator soup, alligator soup,

If I don't get some I think I'm gonna droop.

Give away my hockey stick, give away my hoop,

But don't give away my alligator soup.

## **Activities**

### **Christmas cards**

*Make Christmas cards to give or send to family and friends. You can let your imagination run wild, but here are a few ideas to get started.*

**Star cards**

Cut out star shapes and lay out on a table with glue, sequins, feathers, foam pieces, etc., so the children can decorate as they wish. When dry, glue to the front of a piece of construction paper folded in half to make the card. For the inside, ask the children what they want to say in the card and transcribe it for them. They could

also print their names in the card or colour with felts and markers.

**Potato print cards**

Cut potatoes in half cross-wise. On each half, carve out a Christmas shape such as a Christmas tree or star. Put trays of paint – green, red, gold and silver – onto the art table, along with 8 1.2 x 11 inch sheets of white paper. The children can decorate one side of the paper with stamping. When dry, fold the sheet in half into a card shape. The children can write in or decorate the inside of the card.

**Glitter cards**

Trace Christmas shapes onto paper for the children to cut out, or cut them out yourself. Provide glue and an assortment of glitter for the children to decorate them. When dry, glue to the front of a piece of construction paper folded in half. Decorate and/ or print on the inside of the card.

**Snow exploration**

Explore snow in the water table. Fill the water table with a mound of snow. Provide equipment for the children to explore such as measuring cups, spoons and shovels, cups, paint and paint brushes.

Pair up this activity with the Snowball poem above, reciting it while the children explore the snow, or later at circle time.

**Snow painting**

put out coloured markers and coffee filters on

the art table so the children can colour the filters. The more colour the better!

When it's time to go outside, take the filters outside and, using big paint brushes, lay the filters onto a flat surface and paint the filters with snow. The colours will run and you will have wonderful wintry works or art. Bring inside to dry.

**Ice sculptures**

From: <https://happyhooligans.ca/coloured-ice-sculptures/>

Gather up your ice cube trays and small containers. Fill with coloured water and freeze. For the coloured water, put a few drops into a jug of water so the colour isn't too dark. Once frozen, remove cubes and put into a container in the freezer. Repeat until you have lots of cubes. This process could take a couple of days, depending on how many children you are making cubes for. But lots are good!

Once you have enough ice, wait for a nice cold day – below zero Celsius.

Using a squirt bottle of water, dribble a bit of water over the cubes every time you add an ice cube to your structure, then count to ten with the children. The water freezes quite quickly once it contacts the ice and will form a "glue" to hold the cubes together. That's science!

*Season's Greetings*

