



# Kid Connection Newsletter



November 2015

The Child Development Centre (CDC) of Prince George and district ~ Developing potential, exploring possibilities!

## Raising a Healthy Child

With so much information being available to us today, it is often difficult to determine the good information from the bad. Here are a few ways that can help raise a healthy child.

Vaccines offer an important way to boost your child's immunities to preventing serious illnesses. Vaccinations have largely been responsible for the doubling of our life expectancies over the last 150 years. However there has recently been increasing resistance by some regarding childhood vaccinations. If you have questions regarding the benefits and any potential risks to your child, we encourage you to seek out credible, science-backed data to help guide to an informed decision.

Childhood obesity has increased a staggering 163% in over the last 45 years.<sup>1</sup> Over that same time there has been considerable, often conflicting dietary advice. If you are concerned about your child's health, we advise you to again do your research from credible sources to decide what makes sense for you and your family. Here are a couple of dietary areas you may wish to consider:

- Limit your child's consumption of **saturated fats** (fats that stay solid at room temperature).
- Limit your child's consumption of **simple carbohydrates**, such as non-whole grain flour and sugars.
- Ensure your child eats her/his veggies. Vegetables are a good source of complex carbohydrates; they digest slowly, making us feel less hungry, less often.

Very importantly, encourage your child to be active. While this is a good practice at all ages, it has added



importance within our preschool years. Our bodies and brains are biologically designed to develop many critical skills in our first few years of life. Your child's development of these skills depend on the developmental opportunities they are exposed to — generally through activities and play.

### NOTICE OF ANNUAL GENERAL MEETING OF MEMBERS

NOTICE IS HEREBY GIVEN that the Annual General Meeting (AGM) of the members of the Child Development Centre of Prince George and District Association will be held on **Thursday, December 3rd at 12:00 p.m.** (noon) at 1687 Strathcona Avenue, Prince George, BC. (Child Development Centre).

Food will be provided.

Member participation in the AGM provides a measure of community support that helps us with our provincial Gaming grant funding applications. If your child has received services from the CDC over the last year and your family doesn't include a recent or current CDC employee, then you have the option to become a member of our Association, and you can vote at our AGM.

<sup>i</sup> Child obesity at highest level in Canada and U.S. CBC. August 27, 2015. <http://www.cbc.ca/news/health/child-obesity-at-highest-level-in-canada-and-u-s-1.3203561>

## Canada's Physical Activity Guide for Children

The Canadian Society for Exercise Physiology (CSEP) is the principal body for physical activity, and health and fitness research in Canada. CSEP produces **Physical Activity Guidelines** for all ages, including infants and children.

Being active can help young kids maintain a healthy body weight, improve movement skills, develop self-confidence, improve learning and attitude and best of all...have fun and feel happy!!

### Infants (1 year and younger)

- Infants should be physically active several times a day, particularly through interactive floor based play. This could be through tummy time, reaching for toys, playing and rolling on the floor and crawling.



### Toddlers (1-2 years old) & Preschoolers (3-4 years old)

- Toddlers and preschoolers should accumulate 180 minutes of physical activity a day, at any intensity.
- Try any activity that gets kids **moving**, for example climbing stairs and moving around the house. You could play outside and explore the environment. Crawling, walking, running and dancing are also great ways to be active. Trying a variety of activities allows a child to develop different movement skills.
- As a child gets closer to turning 5 years old, try for 60 minutes a day of energetic play, such as hopping, jumping, skipping and bike riding.

For more information on the Physical Activity Guidelines, they can be access online for free at [www.csep.ca/guidelines](http://www.csep.ca/guidelines)

## Did you know.....

1. Three out of every 1000 babies are born with hearing loss.
2. In British Columbia, roughly 97% of babies have their hearing screened at birth. That is the highest percentage in Canada!
3. Infants with hearing loss who are identified and receiving intervention by the age of 6 months perform 20-40% better on school-related language measures than children whose hearing loss is identified later.
4. Every dollar spent on early intervention health and development save up to \$9 in future health, social, and justice services...an 800% return on investment.
5. A child's vocabulary upon entering school is a prime predictor of school success or failure.
6. The opportunity to communicate is a basic human right.

Read more about the **International Communication Project (ICP)** at [www.communication2014.com](http://www.communication2014.com)





## Welcome our Newest Therapy Staff....

Physiotherapist Sandy Van Kleeck grew up in Abbotsford and Vernon. She happily joined our team in April 2015. She did her undergraduate degree in Kinesiology and attended the University of Alberta for her Masters of Physiotherapy. She has enjoyed her summer exploring Prince George's great outdoors!



Born and raised in Norway, Physiotherapist Nina Young completed her physiotherapy degree in Manchester, UK where she graduated in 1999. Prince George has been her home since 2001. She has two sons who are 12 and 14. Before joining the wonderful team at the CDC, Nina worked at Physio North and at the University Hospital of Northern BC.



## Active Start

Active Start is a family-centered program targeting children with intellectual disabilities ranging in ages 2 to 6. Through the program, children will learn basic motor skills such as walking, running, jumping, and throwing in a fun and safe environment.

We have a group looking at running an Active Start Program in Prince George. If you would like more information, please contact Debbie, Therapy Receptionist at (250)563-7168 ext. 225.

## Prince George BC Choices for Down Syndrome

Are you the parent or guardian of a child with Down Syndrome, and on a continual hunt for local support groups? If you are, a Facebook group might be what you're looking for.

The Facebook group "Prince George BC Choices for Down Syndrome" was created to support people embracing life with Down Syndrome, along with their friends, family and co-workers.



## Supported Child Development Highlights

The SCD Department has provided service to 166 children in 26 child care programs from September 2014—August 2015. Annual surveys are sent out to both parents and programs, and the surveys returned for 2014/15 came back with mostly positive feedback, with 10 returned from programs and 12 from parents. Both programs and parents would like to have future training on Autism, FASD and ADHD.

The SCD Program co-hosted another successful *Every Child Belongs* Conference at CNC in March. There were approximately 175 participants with 9 sessions offered, including Understanding Challenging Behaviours, Motor Activities for Kindergarten Readiness, Bringing Hope to Small Minds, Helping Little Ones living with Complex Trauma, ABC's of Autism and Radiant Child Yoga.

The SCD Consultants have been training com-

munity partners in using the Ages & Stages Questionnaire (ASQ-3) and Ages & Stages Questionnaire-Social Emotional (ASQ-SE).

This past year, eight SCD Support staff members took the online course “Introduction to Autism: Free Online Series for Educators”, provided by the Geneva Centre for Autism (<http://elearning.autism.net>)

Julia, SCD Consultant, partnered with Speech Language Pathologist, Zoe Watt, to present Partnerships in Speech & Language in two sessions in the month of February.

SCD Consultant Christy partnered with Aboriginal Supported Child Development to provide the “Learning through Play” station at the Early Years Health Fair in June at Lheidli T’enneh Memorial Park. It was a cold, rainy day, but 70 brave families came out to attend.



## Thank You!

Thank you to all of the individuals and organizations that supported our services last year, including but not limited to the following:



McDonalds Prince George



TD Waterhouse



Art Knapp Prince George



The Best Place on Earth  
Community Gaming Grant



Pace Realty



Aberdeen Helicopters



The Jim Pattison  
Broadcast Group



PINE CENTRE MALL



Boston  
Pizza



UNBC Faculty  
Association



Gingerbread Toys



Blake  
Productions Ltd.



EoC  
ROYAL PURPLE



College Heights Secondary  
Management Class



Prince George Construction



wellpoint  
Health



Shaw  
Media



Global Roadway Maintenance



## Updates from the ECE Program

A new school year starts with lots of excitement in the air as new children come through our doors to meet their teachers and friends.

This year we have three multiage groups: Little Footprints, Northern Forest, and Stepping Stones. We have also started a new program, The Alphabet Club. This is a daycare with primarily 4 year olds, which focuses on kindergarten readiness skills!

The daycare fees for our programs will remain the same this school year. For children 3-5 years old it is \$35/day or \$695/month. For children **under**

3, the daily rate is \$49, and \$895 for the month.

Each classroom will be handing out monthly newsletters for parents to share information about upcoming events and activities. Future events include the Children's Christmas Party and the CDC's Annual Kris Kringle celebration.

As always, we encourage parents to make comments and suggestions regarding their children's educational experience at the Child Development Centre!



## McDonald's Lending Library

Did you know that the CDC has an amazing library of over 600 books and DVDs that are available for you to borrow? Resources range from child development, various diagnoses, behaviour management, sign language, sensory processing, and LOTS more!

## 30th Annual Kris Kringle Luncheon

Join the CDC on December 11th for the **30th Annual Kris Kringle Luncheon** at the Prince George Civic Centre! Kris Kringle has become one of Prince George's must-attend events as well as one of the CDC's main fundraisers, and is a great way to celebrate the upcoming holiday season. Come enjoy a great lunch, a fantastic silent auction and socializing while supporting the region's children.

Tickets are now on sale for \$38 each and can be purchased at the front office of the CDC, or over the phone by calling (250)563-7168 extension 0. More information is available on our website at [cdcpg.org/kriskringle.shtml](http://cdcpg.org/kriskringle.shtml).



## Teach Your Child Ball Skills!

Ball Skills help develop hand-eye coordination, body image (knowing where his/her body is), self-confidence and turn taking skills.

### General Principles:

- Bigger, softer balls are easier to start with
- Throwing the ball is easier than catching it
- It is easier to catch a rolled ball
- Overhand throwing tends to be easier to learn
- It is easier to learn how to aim with an underhand throw

### Rolling:

- Start with your child sitting on the floor
- Sit behind your child and use hand-over-and to show our child how to roll the ball
- Try rolling to someone, taking turns
- Try rolling the ball so that it knocks something over (aiming)
- Remind your child to watch the ball when he or she is catching it (may need hand-over-hand help)
- Start with a large ball then move to smaller ones as your child improves

### Throwing:

- Start with the child sitting and use a large ball
- Different types of throwing, from easiest to hardest
  - 2 handed overhand** (arms bent, palms facing in, ball at chest level, straightened arms)
  - 2 handed underhand** (arms bend, palms up,



ball at hip level, scoop motion with hands)

**2 handed bouncing** (arms bent, palms down, elbows bent, ball at chest level, straighten arms down toward the ground)

**1 handed underhand** (small ball, arm out straight by side, palms up, swing arm forward)

**1 handed bouncing** (small ball, arm bent, hand up by shoulder, palm down, push ball down toward ground)

- As your child's throwing improves, start encouraging throwing the ball to someone or to a target, for example, knocking down a tower.

## Check us out Online:

We have revamped our website. Check it out at <http://cdcp.org>



<https://www.facebook.com/cdcp>



<https://twitter.com/cdcp>



<https://www.youtube.com/user/cdcp/videos>



## 1 Minute tips for Tots

By: Dr. Patricia Longmuir,  
Children's Hospital of Eastern Ontario Research  
Institute

Use these 1 minute to tips give your infant/toddler/  
child a healthier lifestyle.

### For your infant/toddler:

- Place me in a different position everyday so I can practice new movements
- Fill my sippy cup with water instead of juice
- Turn the TV off and give me a toy to play with
- Help me to practice crawling or walking
- Double check that my play area has been baby-proofed
- Check that my car seat cannot move more than one inch
- Praise me for eating and trying new healthy foods
- Throw a soft ball for me to chase and throw back to you
- Close the stair gate
- Keep some toys in the car for me to play with during car rides
- Introduce a new fruit to me for my snack
- Hand me a toy so I have to stretch or move to reach it
- Put on mitts that fit so I can still play with my toys
- Serve me baby-sized food portions
- Put on some music and dance with me
- Put on my sunscreen
- Buy me yogurt and milk with the fat that I need to grow healthy (so I won't have your skim milk or low fat yogurt)
- Hold me on your knee so I can kick my legs
- Clear my high chair of toys so I won't get distracted while I eat
- Put up the sun shade on my pram or stroller
- Let me tell you when I am full and don't need to eat more right now
- Position the chest harness of my car seat level with my armpits
- Offer me food before drinks at mealtime
- Put on my life jacket when I'm near water or in the pool

## DIY Goldfish

Have fun in the kitchen with your children and save money at the same time, by creating these delicious, easy, homemade goldfish crackers.

### INGREDIENTS

- 8 oz sharp cheddar cheese
- 4 Tablespoons butter, cut into cubes
- 1 cup of flour
- 1/2 tsp. salt
- 2 Tablespoons cold water

### DIRECTIONS:

1. Pulse everything EXCEPT the water together in the food processor until the dough resembles coarse sand.
2. Pulse in water, 1 Tablespoon at a time.
3. Remove dough from the food processor, wrap



in plastic wrap and chill for 20 minutes.

4. Roll out the dough and cut into desired shapes. Use a toothpick to make the eyes and smile if you desire.
5. Place fish on a parchment lined cookie sheet.
6. Bake at 350 degrees for 15 minutes or until crispy.

Makes approximately 7 dozen crackers.



2015/16

Dates to Remember

- Dec 3** The CDC's Annual General Meeting
- Dec 11** Kris Kringle Luncheon\*
- Dec 18** Children's Christmas Party
- Dec 24 (from 1:00 p.m.) - Jan 1** Winter Break\*
- Jan 4** Planning Day—Daycares Closed
- Feb 8** BC Family Day\*
- March 25** Good Friday\*
- March 28** Easter Monday\*
- May 23** Victoria Day\*
- July 1** Canada Day\*

\* CDC closed

Contact Information:

To reach the CDC, phone (250)563-7168 and enter one of the following extensions:

Front office: ext 0

Finance/Volunteering: ext: 205

Therapy: ext 225

Supported Child Development Manager: ext 215

ECE Program Manager: ext 229

Northern Forest Daycare: ext 216

Little Footprints Daycare: ext 218

Alphabet Club Daycare: ext 230

Stepping Stones Daycare: ext 209



**The Child Development Centre  
of Prince George and District**

1687 Strathcona Avenue, Prince George, BC V2L 4E7  
Phone: (250) 563-7168 Toll Free: 1-888-563-7166  
Fax: (250) 563-8039  
E-mail: [enquiries@cdcpge.org](mailto:enquiries@cdcpge.org) Web: [www.cdcpge.org](http://www.cdcpge.org)