



CDC Kid Connection Newsletter

The Child Development Centre (CDC) of Prince George and District

Volume 4, Issue 3: April 2010

Hello Everyone,

Welcome to the latest Kid Connection Newsletter! It has been a busy year at the Centre. We provided services to over 1000 children last year, including a record number of referrals to our Therapy and Supported Child Development Programs. I have to thank all of our staff for the tremendous work that they continue to undertake on behalf of the Centre and the region's children.

CDC Events:

Although last December now seems so distant, I would like to thank everyone that came out to support the CDC at our Kris Kringle Luncheon and to our Gift Wrap Booth. Through public support and the hard work of our staff and volunteers, both events were a great success.

Funding:

Questions relating to future funding loomed large over many non-profits last year – and the CDC was not exempt. Thus far, we have not received notification of any funding reductions for this fiscal year (April 2010 - March 2011). I should note that our major contracts (Therapy and Supported Child Development) are not subject to reductions.

Our Web Site: www.cdcp.org:

If you haven't taken a look at our web site for a while, it has been substantially revamped over the last year. It is updated more frequently, and is now easier and faster to use.

Safety:

We place a high priority on maintaining the safety of our clients and staff. To help ensure a safe environment, we have undertaken a number of activities, such as our parking lot expansion (so clients/staff do not have to park on the street) and the addition of security cameras in the halls. We will be working on several additional safety related projects through the summer.

Continual Improvement:

To make the most of scarce resources, we are committed to continually improving the way we facilitate our services. Some of our plans for improvement are contained within our strategic plan and outcome measures documents. If you are interested, our strategic plan is available on our web site under Resources, Documents. When we update our outcome measures, it will be added to the site as well. If you have any suggestions for improvement, I would love to hear them. You can email them to me at darrellr@cdcp.org, or call me at (250)563-7168 ext 207.

Until next time, have a wonderful spring!

Darrell Roze, Executive Director



Thank you to Amanda and Vanessa!! These two young ladies completed practicum experiences with the CDC and then held a toy/book drive for us. They presented their donations to the Orchard Room and the Rainbow Room on Thursday, March 25, 2010.



Out of respect for individuals with peanut allergies, the CDC is a Peanut Free Zone!



Preschool Pre-Registration

The Child Development Centre is currently accepting pre-registration for September 2011. This \$20.00 non-refundable deposit guarantees your spot and is taken off your first month fees.

\$55.00 per month - 1 day per week
 \$110.00 per month - 2 days per week
 \$160.00 per month - 3 days per week

"Every Child Belongs"

Thank you to our generous Newsletter sponsor:



Program News:

Early Childhood Education & Supported Child Development

Sometimes one man's trash is another man's treasure

In 2009 we ran the first *Christmas Store* for the children in our daycare programs to shop for their families. Each child paid 25c and chose a gift from our display.

This was such a success, we would like to continue with it annually. If you have, or receive, any unwanted items this year, please keep our children in mind. Also, you may wish to donate if you find a “steal of a deal” while shopping. We appreciate any and all donations.

A **HUGE** thank you goes out to all of our generous past, present and future donors!

What Young Children Need

Children learn best by interacting with people they know – parents, teachers, friends and family – and exploring the world around them using all of their senses. They require hands-on problem solving activities to support cognitive development; they need to develop muscles to support their bodies and movement; they need interaction with other children and adults to build language and social skills; and they need play to develop imagination and creativity.

Did You Know?

- 74% of children under age two have watched television.
- 59% of children under age two watch television for an average of 2 hours per day.
- 30% of children aged zero to three years old have a television in their bedroom.
- 39% of children between the ages of 0 and 4 live in households where the television is always on or is on most of the time, even if no one is watching.
- 70% of American children under the age of four have used a computer.



Andrew & Talya enjoying a picnic in the sunshine.



Addressing Challenging Behaviour Course

The Child Development Centre has run the *Partnership in Addressing Challenging Behaviour* course to 6 groups of early childhood educators this year. One of the main premises of this 5 week course is that all behaviour has meaning; we encourage adults to ask “Why is the child behaving this way?” and “What is he/she trying to tell us?”

The CDC will be running this course again in the fall for early childhood educators and other developmental professionals. For more information, please contact Christy Kubert at (250) 563-7168 ext 215, or christyk@cdcp.org

Community Child Care Centre Support

Our Supported Child Development Program (SCDP) provides assistance to children requiring extra support in community child care centres in Prince George.

The program is currently supporting children in the following centres: Land of Laughter (Sites 1 and 2), Carney Hill Neighbourhood Centre, Highland Y After School Care, South Fort George, Exploration Place, Hart Highlands Childcare, Hartland Preschool, Montessori After School Care, Westwood After School Care, Kool Cats Kids, Edge-Meadows Preschool, Montessori Preschool, Les Coin de Petite Preschool, Wonder Land Family Daycare, Teddy Bear Preschool, St. Giles After School Care, Mamma Bear Family Daycare, Country Friends Daycare and some of the programs at the CDC.

For more information regarding the program, please call our centre or visit our web site at

www.cdcp.org/scdp.shtml

Therapy

For more information on our Therapy programs and services, please call our Therapy receptionist, Debbie at (250)563-7168 ext 225

Specialized Preschool/Therapy Groups

The CDC runs a number of specialized preschool therapy groups. These groups are jointly facilitated by a therapist, an early childhood educator, and often with the assistance of a therapy aide. Most groups are for children from ages 3-5 years old. We also offer a limited number of toddler groups for children 18 months to 3 years of age. We offer two types of groups: 1. fine and gross motor development and 2. speech/language development (in collaboration with the Health Unit's Speech and Language Clinic).

For additional information, please consult your child's therapist from either CDC or Health Unit's Speech and Language Clinic.

CDC KinderGym Gymnastics Class

The CDC and Prince George Gymnastics Club are pleased to once again be offering a special gymnastic class for clients of the CDC who would benefit from PT consultation to adapt activities as needed. The classes are held at the Gymnastic club on Fridays. For more information contact the gymnastic club at (250) 564-7353, or Jaclyn at CDC (250) 563 7168. ext 224

Outreach Services

In addition to offering Therapy services in Prince George, we offer outreach services in McBride, Valemount, and Mackenzie.

Seating and Mobility & Augmentative Communication Clinic and Vision Consultation

The CDC is happy to provide these service in collaboration with Sunny Hill Health Centre for Children. These are offered twice yearly, generally in May and November.

3 Year Old Screening Fairs

The CDC plans to participate in 3 year old fairs in Mackenzie, Valemount, McBride, and Tsay Key.

Farewell and Welcome

We were very sad to say farewell to Ka-Kei Yeung who has been a Physiotherapist at the CDC since Sept. 2006. She is currently travelling with her family.

We are also sad to say goodbye to Jeff Kwantes, an occupational therapist that was covering for a maternity leave at the Centre. Jeff will be staying in Prince George and may be back on occasion to assist our children.

We wish Ka-Kei and Jeff the very best in their future endeavours.



We are very happy to welcome Kirsten Tennant to our team. Kirsten grew up in BC, graduated from Dalhousie University, and has been with the Centre since August 2009.

Kirsten is a full time occupational therapist who is currently running a group for 3 year olds and will be taking on a pre-kindergarten group.

We are also happy to welcome back Jody Edamura from maternity leave.



Family Services

Introduction

My name is Tanya Bend and some of you may already know me as a teacher in the Young Explorers preschool class. As of December 2009, I took on a new role as the Child and Family Resource Worker here at the CDC. I look forward to continuing the fun and learning while conquering the challenges this new position will provide for me.

In this role, I support CDC children and families in many ways. This position provides the flexibility for me to fit wherever needed, providing support, access to resources and much more. Please feel free to pop in and say hi and/or ask me anything. If I don't have the information you are looking for, I will do my best to find someone that does.

Upcoming and Ongoing events

Mondays from 3:30-4:30

We are currently running a 13 week *Sunbeams Grief and Loss Group*. This is for children ages 3-5 years who have experienced grief and loss associated with separation, death, divorce, abandonment or neglect.

As interest grows, we are considering another *Sunbeams* group to begin sometime this spring. If this is something you think your child may benefit from, please feel free to add your name to the list of interested parties.

Please contact Tanya with your input on the following:
Parenting group - Which program would best fit your needs? What day and time would best fit your family?

Sibling group - For siblings of children with special needs.

Tanya can be reached at (250)563-7168 ext 210



We would like to recognize the Province of BC for their support of our programs through Gaming grants. These funds helped support our daycare, specialized preschool/therapy groups, seating and mobility clinics, and our parking lot expansion.



Resources you may not know about...

Child Development Centre lending libraries (Please call the CDC at 563-7168 ext 0 for more information):

Positioning and Mobility Equipment:

Includes items such as walkers, wheelchairs, feeding seats and other positioning devices for infants, children and youth.

Technical Aids: Includes items such as switch operated toys, toys that provide sensory input and communication devices.

Developmental Toys:

The Therapy Department has a variety of developmental toys that they could lend to children and families to encourage developmental play.

Orthotics:

The Physiotherapy Section is able to lend foot orthotics to children in need. The orthotics helps to support children's feet which, in turn leads to better stability for the children when learning to walk.

Resource Library:

The CDC has a resource library of books and other media resources on child development and intervention for children with special needs available to parents, guardians and the community at large for a 2 week loan period.

BC Children's Hospital Library:

The BC Children's Hospital has an extensive book and video collection with an online catalogue that is free to use for families, caregivers, community-service providers and other health-care professionals located in BC. A link is available on the CDC's web site at: www.cdcpg.org/links.shtml.

Parent Resource Registry:

Parents Support Services of BC produces a document called *The Village*. It is an extensive registry of programs, resources and services available in Prince George. It is updated monthly and is available online at:

www.parentsupportbc.ca/news.html#projects

Winter Clothes Drive

We would like to recognize and congratulate Jenny from Therapy for organizing a very successful winter clothing drive before Christmas.

We also send out a big thank you to the many families that donated clothes. We are looking forward to future drives.

Tips for parents of young children with challenging behaviour:

- Keep Your Expectation Realistic (know and understand your child's abilities and limitations)
- Plan Ahead (for what your child may do or need in various situations)
- Clearly State Your Expectations in Advance (remember that your child cannot read your mind; be sure to give one clear instruction so he knows what you want him to do)
- Offer Limited, Reasonable Choices (most children are not born with the built-in ability to make decisions and then accept the consequences)
- Use "When...Then" Statements (a simple instruction that tells your child what he or she must do in order to earn a desired consequence; what he/she wants to do)
- Catch Your Child Being Good (give specific, positive attention to the behaviour that you want to see)
- Stay Calm (when you remain calm your child learns appropriate ways to respond to difficult situations)

Upcoming Events:

Lecture by Dr. Temple Grandin – Insights on Autism

The Child Development Centre in partnership with Northern Health, School District #57 and AiMHi are proud to sponsor a FREE lecture by Dr. Temple Grandin. Dr. Grandin is the world's most well-known adult living with autism. She is an accomplished lecturer on the topic of living with autism and is also an internationally respected Professor of Animal Science.

Lecture Title: Insights on Autism

Date: June 21st, 2010

Time: Morning Session – 10:00 am to 12:00 pm
Evening Session – 7:00 pm to 8:30 pm

Location: Vanier Hall, Prince George

Audience: Open to all health professionals, service providers and parents

Cost: FREE

Registration: To register, please contact Sandi Wittmeier at Northern Health by telephone at (250)649-4834 or by e-mail at Sandi.Wittmeier@northernhealth.ca



**Child Development Centre
of Prince George & District**

1687 Strathcona Avenue, Prince George, BC V2L 4E7
Phone: (250) 563-7168 Fax: (250) 563-8039
E-mail: enquiries@cdcpg.org Web: www.cdcpg.org