



# CDC KID CONNECTION

Prince George Child Development Centre

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## WHAT'S HAPPENING?

## Inside This Issue...

### 2<sup>nd</sup> Annual Summer Boot Camp



We are holding our 2<sup>nd</sup> annual Summer Boot Camp for children at the CDC who are working on mobility and wheelchair skills in preparation for school re-entry. This is a unique opportunity for school aged children to receive a short burst of active therapy. This program is run by the physiotherapy and occupational therapy departments of the CDC.

We have 5 children registered for this exciting program and 7 siblings taking part in the concurrent sibling group, being run by Lynnelle Sutherland. We are looking forward to partnering with various community groups, running the camp at different venues around Prince George as well as at the CDC. PG Surg Med has kindly agreed to support the camp this year with equipment and funds towards camp t-shirts.

**Boot Camp will take place on Monday, Wednesday and Friday mornings from August 11-22, 2008 between 9:30 – 12:30.**

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The Child Development Centre needs your help!

**Car seats** are needed at the Child Development Centre!



If you have a new car seat or know of anyone who would donate a new car seat to our Centre be willing to



### Keeping Babies and Toddlers Out of Emergency:

#### Reducing the Risk of Childhood Injury

As older babies learn to crawl and walk they can put dangerous things in their mouths as they develop fine motor coordination.



Once your child can pull up to a standing position, the crib mattress should be moved to its lowest position.

Move furniture away from the window to prevent falls if your child climbs. Install window guards on windows above the first floor.

## MESSAGE FROM THE EXECUTIVE DIRECTOR: Darrell Roze

Good day everyone!

I have a couple of interesting upcoming events to update you on:

### The Lose the Training Wheels Bike Camp: August 5<sup>th</sup> – August 9<sup>th</sup>

The CDC and AiMHi are brining a new program to Prince George to teach children and youth/young adults of age 7 – 21 years old to ride a bike. Depending on demand, we may admit a limited number of participants beyond 21 years old. This is a wonderful program that boasts an amazing success rate. The vast majority of participants will learn to ride a bike in five, 1 ½ hour sessions. This is also an amazing event to volunteer for; providing as little as 1 ½ hours per day over a five day period, you can experience a life-changing event in the lives of the children and youth participants. I should note that this project is volunteer intensive.

If you would like to volunteer, or you or your child would like to learn how to ride a bike, please contact the Centre at (250) 563-7168 ext 0. Please note, we only have 25 spaces, so please enrol soon.

### Variety's Buddy Bear Presentations – August 16<sup>th</sup>

This was a wonderful event last year, providing lots of fun for the whole family. There will be lots of snacks this year, fun events – including playing in the CDC playground and face painting – and lots of buddy bears! If you have a child with special needs and you are interested in attending, please call the Centre at (250)563-7168 ext 0 to sign up.

### Therapy Services

Please see the front page for information on our 2<sup>nd</sup> Annual Boot Camp for school aged children. In addition, I am excited to announce an expansion of our specialized preschool/pre-kindergarten groups in September. These groups will provide services to up to 80 children per week in eight groups. Our initial plans are to concentrate on speech/language skills. However, we may open some sessions to other delays as well.

### Best of Prince George:

Beyond upcoming programs and events, I would like to thank all of the fine folks of Prince George that voted for the CDC in the Free Press' Best of Prince George. I understand our Centre was voted best daycare and second best playground. I would also like to thank our staff members that have volunteered their time to work on our playground and our Early Childhood Educators; this recognition is only possible through your dedication and hard work for the city's children – great job!

Have a excellent day, and I hope to see many of your at one of our upcoming events.

## **MEET JOEL EWERT: *In this section the CDC introduces you to some of the amazing children that have accessed our services.***

My name is Joel Ewert. I am a 33 weeker and my mom says I'm a keeper. I was born at PGRH in December 1999 weighing in at a whopping 4lb. 15oz., my brother Carl is a 32 weeker and weighed 4lb. 4 oz. I am 8 years old and will be in Grade 3 in September 2008 at St. Mary's Catholic School. Our extended family originally started growing when Judith from the Infant Development Program began coming to our house when my brother was born.

When I was about 7 months old they realized that I might need some help so she introduced us to Llaesa at the Child Development Centre and our family hasn't stopped growing. When I was 1 year old they discovered that I had Spastic Diplegia Cerebral Palsy affecting my tone and legs with overflow to my arms. I'm working with my fourth Physiotherapist (Llaesa, Andrea, Fabiola and now I'm working with Ka-Kei (my Personal Terrorist (just kidding)). Linda and Lynn have steered clear of me but help when necessary.

Joan helped me with my speech (Llaesa wished she wouldn't have done such a good job) and Les was my support on the "boys' team" and told me about [www.colourswheelchairs.com](http://www.colourswheelchairs.com) (check it out). They all know I love hockey and sports so they made it part of my therapy. Through the CDC I have taken soccer and swimming lessons. They say that we kids enjoy therapy as long as we don't realize it is work and I thought we just go to play games and have fun, I now realize it is work but we all make it fun. My brother and I both attended preschool for a couple of years at the CDC which was fun. My mom liked it because she would take me to my appointments while Carl was at preschool. When I went to preschool it was good for the Therapists because they could watch us interact with other kids (especially with speech).





I live with my mom, dad, older brother Carl and our two dogs (Bailey and Tika). My brother and I are great buddies. We love video games,

ministick hockey, bike riding and just hanging out together. Our family likes to spend time at the lake and I love going tubing. It is fun as long as I don't get dumped. This year I've gone out on my friends Jet Ski. We also go fishing in the mornings and I have caught my first fish—it tasted good. My therapists suggested I try horseback riding which I have been doing for 3 years through PG Therapeutic Riding. Sultan is the horse I usually ride and he is really big. At first I was afraid of him, but then I realized he is very gentle. I'm hoping to ride on my own soon.

I play Wheel Chair Basketball with the PG Titans. Avril Harris is our Basketball Coach which we play at Kinsmen Hall. I can now bounce the ball from my chair and am working on my shooting. They put in a lower mini-hoop for us younger players. Last November my brother and I attended a Basketball Tournament in Richmond which had teams from all over including Seattle and Vancouver Island. We played on a team with kids from Nanaimo and placed second. We had lots of fun and met many people. We also met Rick Hansen and had our picture taken with him, that was cool. It would be great if more of you kids came out to play so we could have a whole team from Prince George. Hopefully next year the weather will be better so more people can attend.

I started sit-skiing with the Caledonia Adaptive Snow Sports two winters ago. My Dad became an instructor and my brother had to take skiing lessons so he could ski with me. We ski at Hart Highlands Winter Club. Mike and the staff are just awesome with helping us (even my mom can ski on this hill). By restarting the adaptive skiing program here in Prince George has made it possible for our entire family to participate in a great winter sport. This spring we went on a "family" ski trip to Big White and I had the time of my life! They took me through TELUS Park (the snowboard park) over jumps and slalom course and down a black diamond run.

Challenger Baseball is a great spring sport and Lorrie and Jenny are super coaches. We start with indoor "spring training" and then we play at various ball parks in Prince George. My favourite color is green so I always like to play on the green team. I have progressed to batting without a "t". I sit on my walker seat, hit the pitched ball and then flip up the seat and run. I even stole a few bases this year. It is good therapy as I have to use both arms to play, but there are also "buddies", which my brother does, to help everyone so you too can bring a friend with you. There are kids of all ages and we've made good friends.

This year I became a pirate. Carl joined the Bel Canto Junior Choir and then I joined after Christmas. We both performed in the "Treasure Island" musical this spring. Jackie has a lot of patience but, it was worth it. I had so much fun learning songs and lines. I was a towns person (with speaking parts) and then a pirate. My brother was "Billy Bones" an old Pirate Captain and then a pirate. Everyone worked to help me participate just like everyone else. My teacher gave me a rolling desk chair and then we used an old wooden storage chest with wheels to move me around the stage. The costumes were cool. We also sang the national anthem at a Cougars game and sang Christmas Carols during intermission, I'm glad that I knew those songs before. Carl and I will join them again, we like music.

We are a hockey family and ever since I was little I've wanted to play, especially goalie. I know I can't play hockey like Carl but we play lots of mini-sticks in the basement. My mom did some searching on the Internet. I saw pictures of Sledge hockey which is cool. Sledge Hockey is hockey for persons that cannot skate on regular skates. I had a picture of the Canadian Olympic team goalie on my fridge for years. Last year during the RBC Cup I had my dream come true, I met my hockey hero, Paul Rosen. Not only did I meet him, but we have become good friends. My goal is to learn how to play and play for Canada on the National Sledge Hockey Team. I remember when I was little Llaesa my Physiotherapist would put splints on my legs to help me stand so I would play goalie and she would take shots on me. Oh, we also sang the National Anthem before the session. I think I am very lucky as not many kids get to meet their sports hero and not only did I meet mine, but I met the whole team and they are great people. They came to Prince George to play the USA team and hopefully they will come again to play against other teams. They like to play in different towns so they can share their sport with others. My mom says I can play hooky if we can get tickets to go watch them during the Olympics in Vancouver.

We are lucky here in Prince George to have the Child Development Centre and the great staff which make it up. They are a wealth of knowledge and very willing to share it with us. The various departments communicate which also helps them. They are part of our family and include the entire family in my growth. Our parents work so hard for us and it makes it so much easier on families like mine to be able to go to one place to seek help. It is time consuming to get us packed up to go to an appointment, so we can't imagine going to several different places.

Thank you.



## Booster seat laws have changed in B.C. as of July 1, 2008



As of July 1, 2008, new regulations now require that child passengers are properly secured in a child seat that is appropriate for their age and size. Your kids will need "a boost" when you give them a lift, right up until they're four foot nine inches tall or nine years old. It not only reduces the risk of serious injury or death by nearly 60 per cent, but now, it's the law.

### Booster seats are for children:

- Over 18 kg (40 lb.).
- Until they are 9 years old unless they have reached the height of 145 cm (4'9") tall.

**Children may remain in a forward-facing car seat with harness if allowed by manufacturer's weight limit.**

### Key points:

- Children who have outgrown their forward-facing child seat **must use a booster seat until they are 9 years old** unless they have reached the height of 145 cm (4'9") tall.
- **All drivers** must ensure **all children** in their vehicle who are over 18 kg (40 lb.) use a booster seat until they reach the age/weight specified above.
- Look for a label that says the booster seat complies with Canadian Motor Vehicle Safety Standards (CMVSS).
- Seat belts are designed to fit adults.
- Without a booster seat, the incorrect positioning of the lap belt can cause spinal and/or internal injuries in a crash.
- If your child is over 18 kg (40 lb.), a booster seat will correctly position the vehicle seat belt over the child's shoulder, across the chest and hips, significantly reducing the risk of injury and/or death.
- **You must keep your child in a booster seat until their 9th birthday unless they have reached the height of 145 cm (4'9") tall.**

**\*\*Always follow the manufacturer's instructions and read your vehicle owner's manual.**

## Child Care & Language Development

*"Language is the Door to Living and Learning"...*

From laughter and smiles to hand gestures and ear-splitting screams, babies find some pretty effective ways to communicate with those around them. For humans, nothing quite beats language for effective, precise communication. Those initial words are crucial first steps to ongoing psychosocial development and learning.

Speech therapy can greatly help children who, for unknown reasons are having more trouble than expected pronouncing words and being understood. These children are said to have speech sound disorder, or SSD. The key to helping these children is identifying the problem and targeting speech therapy to their specific speech related difficulties.

**\*\*Identifying & Evaluating SSD:** When a child is believed to have SSD he or she must see a Speech Language Pathologist, who can conduct a complete evaluation to see if there is indeed a problem (given the child's age and living environment), and, if so, how severe it is. The speech expert will also determine what the cause or causes of the problem might be and develop a plan for therapy.



## Learn How to ride a Bike! *"Lose the Training Wheels"* Bike Camp August 5th - 9th, 2008.

Children with special needs learn how to ride a two wheeler bike Program applications can be picked up at the Child Development Centre and AIMHI Visit: [www.losethetrainingwheels.org](http://www.losethetrainingwheels.org) / For information call the CDC: 250-563-7168 or AIMHI at 250-564-6408.

**Volunteer Opportunity:** Volunteers needed to work with children with special needs learning to ride a bike, training provided, choose the session that suits your schedule. Applications can be picked up at the Child Development Centre or AIMHI. Thank you.

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