



CDC KID CONNECTION

Prince George Child Development Centre

Volume 1, Issue 2

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WHAT'S HAPPENING?

Inside This Issue...

CDC Gymnastics Class at the Prince George Gymnastics Club



This 'Kindernastics' class is for children aged 3-5 years.

Instruction is provided by ECE-trained teachers and

Physiotherapy consultation is available for this program to help adapt activities to suit each individual child.

The goal of this program is to build a child's strength, flexibility, balance, body awareness and basic gymnastics skills through trust, play, songs, games and stations. Children from the CDC of all physical abilities are welcome.

Next Session:

January 29, 2008 - June 17, 2008

When:

Tuesdays, 11:00am - 12:00pm

Registration begins January 2008

1) Register online www.pggymnastics.ca or

2) Onsite at 4199-18th Avenue

For more info:

Ka-Kei Yeung - Physiotherapist at the PG CDC
563-7168 / ext 250

Susan at PG Gymnastics- 564-7353

Cost: \$144.90 + \$36.00 annual

membership fee. **\$100.00 Kidsport subsidy application forms available at the CDC or City Hall.

Natural Remedy for Head Lice

Prepare the following mixture and gather the tools you will need: A fine toothed lice and nit comb, shower cap or plastic cling wrap, old towels and a hair dryer.

- 2/3 cup (160ml) olive oil or coconut oil
- 1/3 cup (80ml) apple cider vinegar
- 20 -30 drops of tea tree or neem oil
- 10 drops each of rosemary, lavender and lemon essential oils.

Combine oil and vinegar; then add tea tree oil and essential oils. Pour over hair and scalp. Cover head with shower cap or plastic wrap. Leave on at least two hours- a study by the Harvard School of Public Health showed that lice covered in oil for only one hour survived, while those treated for two hours did not.

Comb out hair and use lice comb to carefully go through hair strands from scalp to ends. You could do this in the shower and rinse the comb in hot water after each comb through.

Shampoo until hair is clean and then blow dry with air that is as hot as tolerable. Comb through again with nit comb.

Keeping Babies and Toddlers Out of Emergency

Reducing the Risk of Childhood Injury

By Carol Beringer, Injury Prevention & Control Services, Calgary Health Services.

Parents play a key role in keeping their children safe and can take a number of steps to reduce the risk of injury.



Preventing Falls:

- Before your child is old enough to be able to climb over the crib rails, move him to a toddler bed and keep the bed away from any windows.
- Always use the safety straps in a stroller, highchair, swing or shopping carts.

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|---|---|
| CDC Gymnastics Class | 1 |
| Head Lice Info | 1 |
| Reducing the Risk of Childhood Injury | 1 |
| Message from the Executive Director | 2 |
| Happy Holidays from the ECE and SCDP staff! | 2 |
| The Karate Career of Jacob Potvin....so far! | 3 |
| Child Care & Language Development | 4 |
| Food For Thought | 4 |
| Building Literacy into Your Child's Day! | 4 |
| Financial and Future Planning for School Age Children with Disabilities | 4 |

MESSAGE FROM THE EXECUTIVE DIRECTOR; *Darrell Roze*

Happy Holidays Everyone,

This year marks the Child Development Centre's 40th anniversary. We have come far during this time, providing services to several children in our initial year, to approximately 300 children twenty years ago, to over 750 children per year today. Although we pride ourselves on providing high level services, we are working to further enhance our services in a number of areas, including the following:

Individual service plans: We are working to expand the use of individual service plans for children that access our therapy services. This expansion will see greater participation of parents/caregivers in the formal goal setting of their children.

External Communications: We are increasing the information we post to our web site (www.cdcp.org). This includes items such as our Annual General Meeting minutes, our outcome measures (operational program goals), and our newsletters. Please note, we are implementing changes to improve our web site – it is currently quite slow.

A couple of other items of interest...

If you would like to find out what support services are available to parents and children in Prince George, the Parent Support Services of BC publishes a monthly directory called The Village. It is available online at www.parentsupportbc.ca/news.html.

The last federal budget included an interesting addition: Registered Disabilities Savings Plans (RDSP) and Canada Disability Savings Grants. The Savings Plans will allow individuals that are eligible for Disability Tax Credits, or their parent or legal representative, to contribute toward a Plan and receive a tax credit (funds are taxable when withdrawn). The Canada Disability Savings Grants will match these contributions by 100 to 300%, depending on contribution size and family income. In addition, for adults with disabilities or families with incomes of \$20,833 or less, Disability Savings Bonds will provide \$1,000 per year to Savings Plans for up to 20 years. There is limited information on these plans currently available, but they are slated to become available in 2008.

I wish you all the best for the holiday season,




Happy Holidays and all the best to you in the New Year

From the Early Childhood Education Department: Billie, Candis, Colleen, Donna, Iris, Judy, Lynda, Marylynn, Maureen, Samantha, Sherry, Susannah, Patty, Tanya and Terri.

The Supported Child Development Department: Blanche, Christy, Coralie, Heather, Julia, Karen, Kim, Kylee, Misty, Nickie, Renae, Tammi, Terry, Sonya, Susan and Wendy.

In the New Year, the hot lunch program, which is served to the day care children, will continue to the end of June. Children and staff have enjoyed the nutritional lunches. Weekly recipes have been sent home. **Thanks to the Royal Bank and Dash B.C.** for funding this valuable program. We are always looking for parent volunteers on the Monday mornings to help prepare and serve the lunch to the children. Come and be apart of our Lunch Program .

Winter time holds many adventures for the children. Weather permitting, the children go outside for some playtime each day, so please be sure that your children have warm mittens, hats, snow pants and coats. Donations of such items are greatly appreciated as it is helpful to have spare sets in case the weather is wet or if another family needs the extra help.

The Preschool progress reports should be finished soon and will be sent out to parents by the end of January. Feel free to talk to your Preschool teacher if you have any questions.

“Every Child Belongs”

Cheers from Sharon Beetlestone



The Karate Career of Jacob Potvin...so far...

Jacob is a 12 year old boy who lives in Mackenzie. He has Spastic Quadriplegic Cerebral Palsy as well as Epilepsy. Mackenzie has no special clubs or sports for children of any type of special need. Jacob's mom, Karen had wanted to find him a team to boost his self confidence and provide him with a more fun approach to therapy than she could give him at home by herself. Jacob showed an interest in Karate, so his mom approached the Sensei (instructor), explained Jacob's issues and they agreed to take him into their club and work with him. Little did Sensei Riley know what a difference he was going to make in Jacob's life.

In September 2005 Jacob started his training. He trained 4 days a week for an hour each time. He could not move like the others and it was hard for him to balance and stay in one place, but he kept at it. Karate provided Jacob with new ways of stretching and strengthening of his muscles. His Sensei treated him like everyone else and that made him happy. His Karate Club accepted him and everyone gave him their respect and encouragement. Karate clubs from Fort St John, Prince George and Fraser Lake all got to know Jacob through different training and all offered him the same respect and encouragement. Jacob trains hard and puts forth 100% effort each time.



In November 2005 Jacob competed in his first Karate tournament in Mackenzie. When it was his turn to compete the gym erupted with cheering and encouraging shouts from his teammates. Jacob received his first medals ever, 2 medals for special achievement for trying so hard. The Karate fever hit and he wanted to train 5 days per week.

In December 2005 Jacob earned his first belt in Karate. It was his yellow belt and he wore it with pride.

In March 2006 Jacob attended a special training in Prince George. This training was being instructed by a 10X National Karate Champion, named Gary Sabean. It was two days of intense cardio training and fighting techniques. On the first day there were black belts that gave up training due to exhaustion, but Jacob kept on going. He earned a lot of respect that day. He was not as fast as everyone else, but he did everything and lasted the whole day. A week later there was another special training in Mackenzie with the Head Sensei of the club, Sensei Reza. He comes up once a year from Dubai, Saudi Arabia to train the club. He lives in Dubai because he is the personal trainer and bodyguard for the Prince of Dubai. Sensei Reza has traveled all over the world, coached National teams and is a 7th Degree Black Belt. Jacob trained very hard for two days with Sensei Reza and learned a lot from him.

In May 2006 Jacob started the month off by attending a tournament in Kelowna. He put in a wonderful effort and had a fantastic time. His teammates felt that he should have received a medal and one of them gave him theirs. The middle of the month he was off to a tournament in Fraser Lake. He received 2 medals, one for Kata (forms) and one for Kumite (fighting). As well he received the 2006 Northern Zone Achievement Award, a trophy. This award was voted on by 10 different Sensei's throughout the North. They were all so impressed by how much he had improved in the last little while, even the Black Belt's were making comments on his improvement.

June of 2006 Jacob achieved his second Karate belt, his orange belt. Throughout the summer the club closed, but Jacob managed to con a black belt into training with him once a week.

In October 2006 Jacob competed at a tournament in Prince George. This time Jacob received a bronze in Kata and GOLD in Kumite and a spot on the team for the 2007 BC Northern Winter Games.

February 2007 Jacob traveled to Fort St John for the BC Northern Winter Games. What a fantastic time he had. Jacob received a bronze in Kumite and silver in Kata. The weekend after the games Sensei Reza was back up for another training. This time it was three days of intense training, but so worth it.

In May 2007 Jacob went back to the Fraser Lake tournament. He tried it very best, but no medals this time. Something special did happen to him though. A head official from Karate BC was there to help out and watch. Her name is Norma Foster and she has been all over the world training and promoting Karate, she has even trained with Sensei Reza and is a 7th degree Black belt as well. Norma was impressed and inspired by seeing Jacob and hearing all about him from everyone else. She has asked Jacob to be her special guest at the 2008 World Wado International tournament in Vancouver. There will be competitors from over 32 countries there competing during this 3 day tournament. His whole club is so proud of him.

In June 2007 Jacob achieved his next belt which is his green belt. There are 3 more to go for his brown belt.

Jacob continues to train hard and is very excited for next year. Jacob is also a golfer, swimmer, cross country skier, volleyball player, and loves to ride his bike. He has faced many challenges, but never gives up and always puts in 100%. He is my hero.

Shared by Jacob's Mom, Karen.



Food For Thought; by Marylynn Brown

My classroom is across the hall from the kitchen where every Monday morning there is a bee hive of activity and the most delicious aroma's occur. Thank you to Irena, Ruth, Billie, Bobbi and all of the other very competent helpers who are "cooking up a storm" to prepare nourishing meals for the Hot Lunch Program. It appears to be a big success from the comments I have heard.

For those of you who would like to test your culinary skills by creating these recipes at home, don't be alarmed if some of the ingredients seem foreign. Many items are available in the Health Food section at Save-On Foods or at Ave Maria across from OK Tire on 20th. The friendly workers at Ave Maria are more than willing to help you out and will answer any questions you may have. Once again, thanks and congrats to all our hard working cooks.

Child Care & Language Development

Children receiving low quality child care services lag in language development compared with children in high-quality care regardless of family environment, according to a study in the March issue of *Journal Of Applied Developmental Psychology*.

Data on class size, teachers' education levels and staff ratio were collected from 3 childcare sites. In every measurement, children in higher-quality care significantly outperformed those in the lowest quality care. The gap increased with time, especially in vocabulary; children in higher quality care used twice as many words by age 3 as those in lower-quality care.



Financial and Future Planning for School Age Children with Disabilities

The Child Development Centre has a FREE Resource Kit available to parents. This resource kit includes information on wills, personal future plans for people with disabilities and a family resource list. This kit was made possible through **PLAN** (Planned Lifetime Advocacy Network). If you are interested in a free resource kit please speak with your therapist at the CDC.



"An important component of teaching children to pronounce a sound correctly is ensuring they can hear it correctly in the first place."



Building Literacy into Your Child's Day!

A POEM TO ALL PARENTS;

All of you are parents but you are also teachers and if you want to help your child I'll tell you what to do...

Whenever you're in the kitchen let your child be your helping hands and show them all the labels and let them read the brands.

Say beginning and ending sounds and find some things that rhyme and they will quickly learn to read in a short amount of time.

Let your child help you measure the butter, eggs and flour and let them help you set the timer for thirty minutes or an hour.

Read all the street signs that you pass and the house numbers on the door and all the license plates on cars and there is so much more.

Then when at last you do return and you sit down together, please take this opportunity to read a book, about whatever...

Being a parent is very special but as a teacher you are special too. Just take the time to make learning fun and your child will love what you do.

- Mary Beth Stanley, BC Family Hearing Resource Centre.

