



CDC KID CONNECTIONS

FALL 2005

COMING TO YOU FOUR TIMES A YEAR



ATTENTION FAMILIES

Daycare & Preschool Fees have increased to help meet the rising cost of operation. Effective July 1, 2005

3-5 yr old Daycare

\$500 /month or \$25 / day

Toddler Daycare

\$600/month or \$30/day

Preschool

2 session / week \$85.00

3 session / week \$120.00

1 session / week \$45.00

3-5 yr old Daycare has spaces available.

Call 563-7168

for further information!

CHILD DEVELOPMENT CENTRE 17TH ANNUAL DUTCH AUCTION

October 2, 2005

Watch for more information in
the P.G. Free Press

Auction Items
Needed

Your support of an Item, Gift Certificate or Cash Donation to the CDC's 17th Annual Dutch Auction is greatly appreciated. Every item helps us to reach our goal of \$35,000!

Food for Thought
by Marylynn Brown

Back to school and everyone's in a rush in the morning. It's often difficult to find something quick and easy yet nutritious and appealing to preschoolers.

Breakfast Burritos

- 4 whole wheat or corn tortillas
- 1/4 cup smooth or crunchy sugarless peanut butter
- 1/4 cup fruit sweetened jam
- 2 medium bananas cut in half lengthwise

Warm tortillas in dry skillet over medium heat for approximately 1 minute. Spread one side of tortilla with peanut butter; jam on top, then banana slice. Roll tortilla around banana. Enjoy!! (317 calories)

Fruit Sweetened Jam

Simmer 5 dried chopped pineapple rings in 1/3 cup water until soft.
Blend 2 cups strawberries or your favourite fruit with soft pineapple.
Voila! Instant fruit spread

Prince George CDC Playground Landscaping Project

The Prince George CDC is in the process of applying for grants to allow us to convert the gravel area of the playground into a park-like setting beginning in April/May 2006. **This landscaping project is being done to provide the children and families who attend the CDC a green space in which they can play, rest, relax and learn.** We hope that this project can be a joint effort between the staff and families of the CDC, as well as the community at large. Anyone who has an interest in helping with this project is asked to contact either Sharon Beetlestone in the ECE Department or Les Smith in the Therapy Department at the CDC. 563-7168

The Elevator is ready to go!!!

Please take the following precautions when using the elevator:

- Children **must** be accompanied by an adult.
- Electronic eye-sensors are at knee level on the side of the door. Use your hand, knee, or leg to stop the door from closing by activating the electronic eye-sensors.
- Please use caution when entering or exiting the elevator with children and children with wheelchairs.

Thank-you.

The Good Food Box

Is a monthly buying program open to anyone interested in good nutrition and saving money. No membership is required.

More information call
564-3859

Who's Who at the CDC

My name is Terri and I have worked at the Child Development Centre for nine years. I began as a sub and am now a full-time early childhood teacher in the Young Explorers Preschool room. I have my certificates in Early Childhood, Special Needs and Infant / Toddler Education. I also have my diploma in Early Childhood Education. I have an "almost 17" year old daughter who I even like.



Enjoy the simple pleasures of Fall.

Making piles of leaves and letting your child throw them into the air. The smiles and sounds of laughter are well worth the little extra work to rake them up again. Having them participate in the raking can be fun too.

Collect different nature items (leaves, twigs, grasses, etc.) and use them as paintbrushes. See what different and interesting works of art your child can create.

Mearl, parent of 3 yr. old

Take a Coffee Break

Parents please help yourself to a well deserved coffee from our small coffee area downstairs. The coffee and supplies are generously supplied by staff, parents and McDonalds.

Enjoy!

CHILD DEVELOPMENT CENTRE FAMILY SERVICES DEPARTMENT

The CDC's Family Services Worker is available three days a week to assist children and families in a variety of ways.

Some of the areas in which she can help are:

- • Individual programs for parents or children
- • Assistance with finding appropriate resources (such as transportation)
- • Coordinating services with other agencies
- Can liaison with Social Workers from the Ministry of Children and Family

Development (MCFD)

If you have any other needs that do not relate to this list, please ask.

This office has also established a "food hamper" to assist those in need. Items included in the food hamper are canned goods, cereals, soup, noodles and household supplies. If you wish to contribute to the food hamper or are in need of some of the items please feel free to drop by the office (located to the left of the front entrance) or call 563-7168 local 212.

Sincerely,
Lynnelle Sutherland