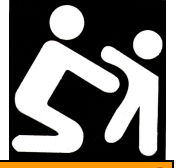




CDC KID CONNECTION



Fall 2006

Coming to you four times a year!

Greetings from CDC's New Executive Director - Darrell Roze

Hello everyone,

I have recently come to the Child Development Centre as its new Executive Director. In the short time I have been here, I have been very impressed by the tremendous care and commitment the Centre's staff has demonstrated toward the area's children.

The work the CDC's employees undertake is so important. The Centre's philosophy includes the belief that the area's children should be afforded all necessary services to allow them to achieve their full potential. There is also ample empirical evidence that early intervention is a key contributor to the long-term health and wellbeing of children with special needs. I feel tremendously fortunate to have been given the opportunity to collectively work toward the CDC's goals with the Centre's employees and the community at large.



The CDC achieved a number of milestones over the previous year and a half, including the completion of clinic's expansion and recent three-year CARF accreditation (Commission on Accreditation of Rehabilitation Facilities). The much-needed expansion has increased our service delivery capacity, allowing increased levels of therapeutic work, while allowing us to increase the number of available spaces in our daycare. CARF accreditation provides an extra degree of confidence to potential funding agencies that we are effective and accountable in our service provision. I congratulate all that were involved in the successful completion of these two huge undertakings.

Although the Child Development Centre has accomplished much, we continue to face substantial challenges. The needs of the area's children are outpacing our resources. One of my focuses will be trying to address this disparity. We will also be looking to expand our services to others. As a person of First Nations descent, I understand the substantial needs and challenges that face many infants in the Aboriginal community. It is my hope that we can start bridging the gaps, and introduce new services in a collaborative effort to provide all children with the services that they need.

I look forward to working with all of you.

Darrell Roze

Mr. Roze comes to the Child Development Centre with broad experience that includes work for the federal government, First Nations governments and organizations, the University of British Columbia, and work in the healthcare sector. He was most recently employed as the Chief Administrative Officer with the Nisga'a Valley Health Authority.

Highlights for the Fall from the Preschool and Daycare Department

- Some staff will be participating in training, Unraveling the Mystery of Sensory Processing Difficulties, Saturday October 28. "What does it mean for my child with Autism Spectrum Disorder?" is the focus of the training.
- Most of the preschool, daycare and Supported Child Development staff are participating in Sign Language training with Susan Warner for approximately 10 weeks, this started October 4th.
- All daycare and preschool programs will be closed on Nov 10th for professional development for the staff.
- Preschool will be closed Nov 22 and 23 for parent/teacher meetings and report writing.
- Children's Christmas party will be December 22nd at the Legion, more information to follow closer to the date.
- Remember to send warm outdoor clothing for your children. Part of the programming is outdoor play in our wonderful children's playground.
- Donations of outdoor clothing will be accepted for the daycare programs. Extra's allow all children to participate in the outside play.
- All programs will be closed December 25th through to January 2nd for the Christmas break. Programming will resume January 2nd.

Parents can contact me by phone 563-7168 or send an e-mail to ece@cdcp.org with any question or comments. My door is always open for parents!

Sharon Beetlestone
Director of ECE/SCDP

Notice of Daycare Fee Increases

The following increases are necessary to meet the financial obligations to operate the daycare programs:

Effective October 1, 2006

Day rates for 3-5 yr old's Daycare, will increase to \$30.00/day.

Day rates for under 3 yr old's Daycare will increase to \$35.00 per day.

Effective January 1, 2007

Monthly fees for 3-5 yr old's Daycare will increase to \$550.00/month

Fees for under 3 yr old's Daycare will increase to \$650.00/month

Festive Events

Friendship Tea

Thursday October 19 @ 10:00-12:00 CDC will be holding their friendship tea. This event is open to those with children three years of age or younger. This is a casual get-together to form new friendships within a supportive environment

21st Annual Kris Kringle:

December 1, 2006 at the Inn of the North.

Enjoy a wonderful lunch during the festive season.

Win beautiful door prizes and participate in our Balloon Raffle for a chance to win a Gold Ring.

Tickets are available at the CDC 563-7168

Gift Wrap:

Have your gifts wrapped for you! The CDC Annual Gift Wrap Booth is the Pine Centre Mall; it runs from November 27 until December 24th. If you are interested in being a volunteer gift wrapper please contact Mary at the CDC 563-7168

18th Annual Dutch Auction:

Thanks to all those who donated, volunteered their time, and participated in making the Dutch Auction a success.

Food for Thought -

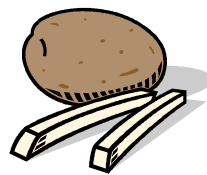
Marylynn Brown

"French fries are not a vegetable!" -Dr. Jay Gordon, pediatrician

The news media is full of warnings regarding the epidemic of "adult" diseases that are now becoming prevalent in children, eg., obesity, cancer, diabetes, and heart disease. What's a parent to do? We all know we should probably eat healthier but how do we go about doing it? And will our children cooperate with the change? One of the best books I've come across recently is Dr Joel Fuhrman's "Disease - Proof Your Child - Feeding Kids Right" Not only does Dr. Fuhrman provide evidence from scientific literature as well as his own medical practice regarding the benefits of healthy eating, he includes meal plans and recipes to help the reader get started.

One of the children's favourite food items is French fries. This month I'm including a recipe for home made fries that are, for the most part, healthier than the average fast food fries. Include your child in the food preparation and he/she may be more inclined to try them. Be patient — it takes 8 to 15 times for children to accept a new food as familiar.

Low Fat Fries



Wash and cut 6 medium potatoes into French fries and put into bowl.

Add 1 tsp. olive oil and mix.

Add $\frac{3}{4}$ tsp. salt, 1 tsp. pepper,

1 tsp. garlic powder, 1 tsp. tumeric

1 tbsp. paprika and mix.

Bake on baking sheet for 30 mins. At 450.

Workshop

1,2,3,4,Parents – Parent Group

When: 9:30-11:00 am Wednesdays
November 8th, 15th, 22nd 2006

Where: CDC Board Room

Who: Parents of 1-4 year olds,

Lynnelle (Family Services) will be the facilitator.

Sign up soon as space is limited.

Call Lynnelle at 563-7168 (local 212) leave a message or leave your name with a classroom teacher.



Did You Know?

- Auditory Processing is the ability to understand what is being said.
- Auditory sequencing is the ability to remember a series of words, sounds, or numbers in the same order that they were spoken.
- Auditory memory is the ability to remember what was said. Auditory discrimination is the ability to hear subtle differences in similar sounds. (Ex: Hearing the difference between the words bit and bat.)
- A child with a central auditory processing disorder may have difficulty distinguishing speech from background noise, such as a noisy classroom.

Often children with auditory processing problems can remember general information, but have trouble recalling details.



FUN ZONE

Songs to Sing

Falling, Falling

(sung to: Twinkle, Twinkle, Little Star)

Falling, falling, falling leaves,
Mother Nature, did you sneeze?
Red ones, yellow ones, orange and brown,
Big ones, little ones on the ground.
Falling, falling, falling leaves,
Mother Nature, did you sneeze?

Pat Cook

I Am an Apple

(Sung to: "The Farmer in the Dell")

I am an apple,
Growing on a tree,
If you want some applesauce,
Just cook me.

Polly Reedy

The Roly-Poly Pumpkin

(sung to: "The Eensy Weensy Spider")

Oh, the roly-poly pumpkin
Went rolling down the hill.
Once it started rolling
It couldn't keep still.
It rolled and rolled and rolled
Until it bumped into a rock.
Then the roly-poly pumpkin
Rolled to a stop!

Diane Thom

Learning Games - The Five Senses

Hearing

Find the Timer – Let your children try to find a hidden kitchen timer by listening for its ticking.

Patterns – Ask your children to listen with their eyes closed while you clap in a pattern (one slow-two fast, one slow-two fast, etc.). Then have them echo your claps.

Touch

Touch Table – Set up a Touch Table, Put out a variety of objects that are interesting to touch such as a smooth rock, a rough shell, a soft feather, and a prickly pine cone.

Fingerpainting – Let your children fingerpaint using liquid starch or shaving cream. Add corn-meal to change the texture of the fingerpaint.

Sight

Memory Game - Show your children three or four common objects as you count, "One, two, three." Cover the objects and ask the children, "What did you see?"

Sight Walk – Go on a Sight Walk with your children. Take along binoculars and magnifying glasses.

Smell

Spicy Scents – Have your children smell spices and extracts from the kitchen. Which ones do they like the best?

Smelling Trips – Take your children on field trips to places that have distinctive smells such as a bakery, a florist shop, a farm, or a zoo.

Taste

Taste Test – Ask your children to close their eyes while they try to identify familiar foods by taste only.

Comparing Tastes – Let your children compare the taste of different varieties of the same foods such as red and green seedless grapes, Golden Delicious and Granny Smith apples, and Cheddar and mozzarella cheeses.