



# CDC Kid Connection Newsletter

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

Volume 5, Issue 4: September 2010

Dear Friends and Families of the CDC,

I hope you have had an excellent summer. As the season winds down, we have started to ramp things up for a busy fall season. I have a few items of interest to update you on.

### Specialized Therapy Preschool Groups

I am very happy to announce that we will be providing our specialized preschool/therapy groups at no cost this year (as least until the end of December). These groups provide additional support for children that face delays in their fine motor/hand-eye coordination, or speech/language development. The groups have proven tremendously effective. Program referrals are through the child's occupational therapist or speech language pathologist (at the CDC or the Health Unit's Speech & Language Clinic).

### Parent Liaison Committee:

Are you interested in providing input into our operations? If so, consider participating in our Parent Liaison Committee. The Committee offers an important way for parents to provide input into our operations - helping us improve our services. We expect the Committee to meet 2-3 times per year for about 1 hour per session. If you are interested in participating, or if you would like some additional information, please email me at [darrellr@cdcp.org](mailto:darrellr@cdcp.org), or call me at 563-7168 ext 207.

You may have noted some recent improvements to the front of our Centre. Thank you to all of the individuals and businesses that helped us with this project!

Darrell Roze, Executive Director



Would you prefer to receive our Newsletter electronically?

Contact Laurie: 250-563-7168 ext 203 or [lauriep@cdcp.org](mailto:lauriep@cdcp.org).

### Front Landscaping Project



In July, the CDC took on a project to improve the landscaping at the front of the building in order to make it more welcoming. This included laying new sod, expanding our garden area in the front, and adding a new garden along the parking lot side of the building and planting it with raspberry, blueberry, currant and cranberry plants.

Support for this project came from McDonald's restaurants of Prince George (our major donor), a Prince George Communities in Bloom Community Enhancement Grant, Jay Lazzarin (Landscape Architect), Canfor, K.C. Carmichael Trucking, Art Knapp's Plantland, other community donations, and the volunteers that came out to help us on planting day.

Many thanks are extended to all of our donors and especially to all of the volunteers who helped make this project happen. The building looks wonderful!



\*\*\*Do you have a Green Thumb?\*\*\*

We are in desperate need of someone to maintain our wonderful new gardens. If you are willing to donate a couple of hours per week please call Laurie at (250)563-7168 ext 203.

### Preschool Class Openings

For September 2010, available for 3-5 Year Olds

**MORNING CLASSES:**  
Mon/Wed 9:00-11:30am  
Tues/Thurs 9:00-11:30am  
Friday 9:00-11:30am

**AFTERNOON CLASSES:**  
Mon/Wed 1:00-3:30pm  
Tues/Thurs 1:00-3:30pm

**Full-Time Daycare Spaces Available for 3-5 Year Olds**



The Child Development Centre of Prince George and District  
250-563-7168  
1687 Strathcona Avenue



Please join us!

**43rd Annual General Meeting** of the Child Development Centre of Prince George and District Association

Where: Child Development Centre, 1687 Strathcona Ave.

When: September 21, 2010

5:00 – Meet and Greet (food and beverages available)

5:30 – Meeting starts

6:30 – Expected conclusion of meeting, start of information session for Registered Disability Savings Plans.

Thank you to our generous Newsletter sponsor:



## Early Childhood Education & Supported Child Development

### Why Screen Time Matters

BABIES need an environment that is responsive. They need to emotionally bond with caregivers who smile, talk, sing and engage actively with them. They need to be talked to, played with, and responded to.



- TV does not respond to a baby's needs, providing little or no language development.
- Background TV interrupts play, distracts adults, and may reduce the quality of the interaction between parent and infant.

Infants are not developmentally ready to benefit from even the best of TV/Video. Most content is nearly meaningless for babies under a year, and shows for children under 2 years old have yet to demonstrate any educational or developmental benefit.

## Family Services

The **yellow** door at the top of the stairs...Drop in anytime!  
Tanya @ 250-563-7168 ext 210

Families Services ran the following programs last year: three 13 week *Sunbeams Grief and Loss* programs, three parenting classes (free childminding provided by Logan Flavel-Keim) co-facilitated by Jessie Sprague from the Infant Development Program and a 9 session series of the sexual abuse prevention program for children ages 3-5 called "*Lets Talk About Touching*".

If you would like your child to participate in any of the above programs or you see a need that is not being met, please contact me.



## Therapy

### Speech Language Pathology



The development of speech and language skills is strongly linked to thinking ability, social relationships, reading and writing, and school success.

Speech involves the use of specific sounds to create words. Language is the way we combine sounds, words, and sentences to communicate with and understand others.

Each child is different and will develop speech and language skills at a different pace. It's important to note that bilingual children develop language skills just as other children do. Keep in mind that activities should be tailored to the needs, interests, language and cultural background, and age of each child.

**Source:** "*Talking on the Go*" - *American Speech-Language-Hearing Association*

### Occupational Therapy



Our occupational therapy staff provides services to children from birth to age 19. For Early Intervention Therapy (newborn to school entry) we provide full therapy services of treatment and consultation. For School Aged Therapy (school entry to age 19) we provide service in the form of equipment provision and seating for home and community access.

**Groups:** We will once again be running a group for 4 year old children and one for 3 year old children in conjunction with Physical Therapy and Early Childhood Education (ECE) to work on gross motor, fine motor, and pre-school skills.

**Our Registered Occupational Therapists:** Les Smith, Pat Hamilton, Jody Edamura, Sherry Mitchell and Kirsten Tennant. We also utilize Colinda Harraway, the shared therapy assistant



## Physiotherapy

### Outdoor Activities for Fall



**Jump in Puddles** - Allow the children to get a little wet with their gumboots and proper dress. Jump over, in and around a variety of puddles outside. This is a great way to challenge their jumping abilities. If the children cannot jump yet, help them by holding both hands or assisting with one hand.

**Variation: Jump in Leaves**



### Activities for Inside



**Line Walk:** Place a line of masking tape on your floor. Have your child walk on the line. Try it backwards, hopping, sideways, forward, baby steps, big steps, or try it your own way!



**New Programs:** A "Drop in Gym" for school age clients 3 times per week; call Fabiola for details (250-563-7168 ext 222).



**Toy loan library!!**...ask your PT about toys available that would help with your child's gross motor development.



**WELCOME**

**Staff Changes/Returns:** We are thrilled to welcome Kornelia Matysiak for a 6 month 1/2 time PT position starting Sept 13<sup>th</sup> 2010. Cleo is returning from her Mat Leave in Nov 2010...we will be fully staffed for the first time since Nov 2009!

# Did you know?...

## Backpacks: Would you ask your child to walk to school carrying a box of rocks, a bowling ball or a bag of sand on his or her back?

Unfortunately, that is how heavy student backpacks are getting. A number of problems can occur if backpacks fit improperly, are too heavy, or are worn incorrectly.



Safely select and use a backpack:

### Common Mistakes:

- Purchasing a backpack that is too large for the child
- Overloading the backpack
- Improperly loading the pack
- Not wearing the pack correctly

### Things to watch for:

- Complaints of aching in the shoulders, neck, and back
- Red marks and creases on the shoulders
- Complaints of tingling or numbness in the arms or hands
- Hunched-over posture with the head down or jutting forward; leaning over to one side
- Awkward walking, tripping or stumbling, difficulties going up stairs or small inclines
- Difficulties with balance when walking or riding a bicycle
- Signs of "hard work" or exertion ... heavy breathing, noticeable flushing of the face, slowing down, complaints of tiredness or feeling weak

### Proper Fit

- The backpack should fit comfortably between the top edge of the shoulders down to the lower part of the back. A good way to locate where the bottom of the backpack should sit is to find the top of the hipbone and then follow this line around to the backbone. The backpack should sit along this area, not at the top of the back or lower on the buttocks.
- The shoulder straps should be well padded and shaped so that they are wider over the shoulder and narrower as they pass under the arms.
- A wide hip belt will help distribute the packing weight better than a narrow one. A hip belt also keeps the weight closer to the body and helps to steady the load.
- For students carrying a lot of textbooks, binders, or a laptop, look for backpacks that have a foam-padded panel that goes

along the centre of the pack. This will prevent sharp edges and corners from digging into the child's back. If the load is consistently expected to be greater than 3.5-4.5 kg (8-10 lbs.), consider purchasing a backpack that has a basic internal aluminum frame.

- For children who are younger (between the ages of three and 11 years of age) or who are smaller, child-sized versions of backpacks will give a better, more comfortable fit.

### Other things to consider:

- reflective material on the backpack and the straps is an important safety feature.
- A strong top loop or handle allows for carrying by hand, and makes it easy for a child to hang the pack on a coat hook or in a locker. This handle also helps the wearer to safely take the pack on and off.
- A large u-shaped or panel opening allows a student to easily and securely load the backpack. Top loading backpacks may be more difficult to load with large items, and the items may shift inside more than with the panel-type backpacks.
- To ensure the best fit, have the child try the backpack on fully loaded. Fill the backpack with a weight that is equivalent to the books, materials, and equipment that would normally be carried, and then check fit and comfort.

### Suggestions for proper use:

- Do not over pack! The weight of the pack should not exceed 10 to 15% of the child's body weight. The 10% ratio is a guideline for elementary school children, and the 15% range can be used with junior and senior high school students. For example, a 27 kg (60 lb.) grade one student should carry no more than 2.5 kg (6 lbs.); a 55 kg (120 lb.) high school student should carry no more than 8kg (18 lbs.).
- Place heavier items on top and along the back of the pack. This puts the greatest amount of weight higher up on the back and closer to the body.
- Use your larger leg muscles when picking up your backpack to prevent back strain. If the pack is too heavy, consider using one on wheels.
- Use both straps. Wearing a backpack over one shoulder can cause back problems and muscle strain.
- Fasten the hip belt. Adjust the straps and buckles so the weight is evenly distributed between the shoulders and hips.

## Bloggng for the Health of It—Julie MacMillan - CDC Parent

It's hard to believe that my one year old son has been coming to the CDC for 10 months. During our last appointment with Lynn Bergmann (PT), I mentioned that I have been blogging about our journey since 34 weeks gestation when I found out that my son's intestines and stomach had crept up through his diaphragm, pushing his heart over to the right side.

I started blogging because I felt I was repeating myself endlessly to concerned family & friends; this was draining me when I should have been feeling overly supported. So, the blog was born and it was the best thing I ever did. Then, when people called we built upon what I had written.

I lived the whole experience as an open book and it proved beneficial; my blog turned out to be my therapy session...all my readers were like therapists who couldn't talk back!

I've been told I write very honestly, and that people have laughed out loud and shed some tears over some of the writings. I was asked if I would share my blog with the families at the CDC, so if you are interested



check out my blog at <http://abmacmillan.blogspot.com/>. I recommend you start with the very first blog in April 2009 to get a feel of where we've come from and all the uncertainties we faced.

Its been quite the journey but I have a beautiful little boy that keeps smiling back at me. Enjoy.



Enter at the CDC to win a complete Rod & Reel Package from the Northern Fishing Counter!!



**Draw Date:** October 4, 2010

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

One entry per person please

Thank you to our generous Newsletter sponsor:



## Dates to Remember:



### Preschool

September 7-10, 2010 - Preschool Open House  
September 13, 2010 - Classes start  
M-W, T/Th, F - 9:00am - 11:30am, 1:00pm - 3:30pm  
(no Friday afternoon classes)

### McGhee House

Note: Therapists refer/recommend children for these groups  
September 21, 23 & 24th, 2010  
Speech/Language Groups T/Th/F 9:00am - 10:30am  
October 18 - November 24, 2010  
Fine/Gross Motor Group for 3/4 year olds  
M/W 9:00am - 10:30am

### AGM

Date: Tuesday, September 21st, 2010.  
Time: 5:00 Meet and Greet  
5:30 - 6:30 pm Meeting Start  
6:30pm - 7:30pm Registered Disability Savings  
Plan Info Session

Location: CDC Gym

Who should attend: Anyone who is interested

### Daycare

Registration is ongoing. Call 250-563-7168 for  
information.

### Family Thanksgiving Luncheon



October 8, 2010 - 12:00pm -pm 1:00 - See your  
provider for details.

October 22, 2010 - CDC Closed for Staff Pro-D day

### Seating & Mobility Clinic

Date: November 1-4, 2010  
Time: 8:00am - 5:00pm  
Location: CDC  
Contact: OT Department

### "Kris Kringle" Luncheon

Buffet, silent auction

Date: December 3, 2010  
Time: 11:00 Doors Open  
11:45 Activities Commence  
12:00 Lunch Begins  
Location: Prince George Civic Centre  
Ticket Price: \$38



### Swimming

Who Should Attend: School aged children  
Date: Tuesday's October 2010 - June, 2011  
Time: 9:00am - 11:00am  
Location: Aquatic Centre  
Contact: Fabiola @ 250-563-7168 ext 222

### Peer Support Group

Who Should Attend: Children ages 7-10 with various physical  
challenges  
Goal: Develop self confidence/awareness of special abilities  
Date/Time: TBA  
Contact: Tanya @ 250-563-7168 ext 210



**Special thanks:** This summer we were very fortunate to receive a donation from *Integrus Credit Union* for a small Tiger Cub power wheelchair that we will be using for several children with limited mobility over the next year. This chair is very small and can be used as a training chair for 18 month to 3 year old children prior to them receiving their own chair. This will help many of our children experience independent movement who otherwise would not have the chance.



If you are a parent of a child with special needs, there are a number of grants that you may be eligible for to assist you and your child. One example is the *Children & Youth with Special Needs Fund* from the *Vancouver Foundation*. The fund offers one-time capital grants to eligible families.



#### **For additional information:**

[www.givinginaction.ca/download/CYSN-FAQs-0607.pdf](http://www.givinginaction.ca/download/CYSN-FAQs-0607.pdf)

### *In Recognition*

A plaque was received from the *UBC Faculty of Medicine* in recognition of the CDC being a clinical faculty member, as well as to acknowledge our teaching.



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

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