



CDC KID CONNECTION



Spring 2006

Coming to you four times a year!!!

WHAT'S HAPPENING

CDC Update

This past year has seen many changes at the Child Development Centre; including the near completion of Phase 3 of our Building Expansion! The new wing on the lower level is the home of the Preschool, Daycare, Toddler and Supported Child Development Programs. This addition adds many hours of sunshine and warmth for the children and families at the CDC and easy access to the playground. The expansion included adding three new therapy rooms; a group therapeutic room, and overall, a fresh new look to the Therapy Wing on the main floor.

Special Thank you to parents; children and staff for their patience during this phase of the renovation, we look forward to the next projects as we continue to grow and improve our facility. *Mary Jarbek & Carl Evans*

CDC Landscaping - Phase III Playground *Want some fresh air?*

We are working on landscaping the grounds outside the new classrooms. Included will be a therapeutic garden, a theatre seating area & plants and trees for shelter. **Anyone wanting to volunteer their time or contribute to this project can contact Les or Mary at the CDC. 563-7168**

Early Registration for September 2006

- ✓ Starting *April 3, 2006* the CDC preschool registrations will be accepted at the front desk.
- ✓ Complete a pre-registration form and pay a \$20.00 registration fee to ensure your child's space for the new school year.
- ✓ Spaces will be filled on a first come, first serve basis.
- ✓ Fees are due at the beginning of each month and a one month notice is required to withdraw from the program.

All funding needs to be in place before starting Preschool or Day Care

Preschool Fee's are : \$85.00 per month for two sessions per week
\$45.00 per month for specialized groups
\$130.00 per month for three sessions per week

Snack is provided in all preschool classes!
Call Sharon at 563-7168 with any questions.

Adaptive Aquatics

Swimming Lessons for Individuals with Mobility-Impairments

In January the Child Development Centre in conjunction with the City of Prince George started a **SWIM LESSON PROGRAM** for school-aged children who have physical limitations. The program has been a great success with its five participants. Each class provides specific instruction by a certified Red Cross instructor with the assistance of one of our physiotherapists. The overall goal of this program is to assist in the transition towards the Red Cross Swim Kids programs in addition to providing the skills required for life long leisure and fitness activity. For more information contact: **Angela or Les 250-567-7168 (CDC)**

Wheel Chair Basketball Mondays

When? Mondays 5:30-7:00 **Where?** Kinsman Place
Contact Nancy Ham's 250-967-4665

Ready for Kindergarten?

Help ease the transition to kindergarten by enrolling your child in the **KINDERGARTEN READINESS SUMMER PROGRAM** offered by the Child Development Centre. Thanks to funding help from the Royal Bank of Canada to help meet program costs it is being offered to parents for only a nominal charge. This program is for **ALL CHILDREN**. Activities will be offered for them to become familiar with skills they'll need when they go to kindergarten...paying attention, listening, classroom routines, social interaction, general knowledge concepts, fine motor skills, gross motor skills, speech and language. Activities include cutting, tracing, mazes, art, story time, music sand & water play, gym & outdoor time plus much more.

We want to make learning fun!!!

For more information on the **Kindergarten Readiness Summer Program**

Call the CDC at 563-7168.

Enroll your child for one or more sessions.

9am-12noon Monday - Friday

July 10-21

July 24-Aug 4

Aug 8-Aug 18

\$50.00 per week less than \$5.00 per hour ... best value in town!!!

Fun Zone

by

Candice

GOOP/ Silly Putty

Need:

1 cup of liquid starch 1 cup of Elmer's glue a few drops of food coloring

Mix together until it forms a ball. If it is sticky add a few drops of liquid starch. It will first become very stringy until you have mixed it well

BIRD FEEDER

Need:

heavy cardboard string asst. birdseed scissors peanut butter pencils hole punch
Make templates of a variety of birds. Children choose one template to trace around onto cardboard.
Cut out the shape and punch a single hole at the top, then peanut butter all over the shape.
Sprinkle birdseed over the bird shape, attach string and hang outside on a tree branch for birds to visit.

SMELLY PLAYDOUGH

Need:

2 1/2 c. flour 1 c. salt 1 T. cream of tartar 3 T cooking oil 2 c. boiling water 2 packages unsweetened Kool Aid
Mix dry ingredients. Add oil and water. Stir quickly, mixing well. When cool, mix with your hands. Store in an airtight container.

CORN SYRUP FINGER PAINT

Need:

Corn Syrup
Food Coloring

Mix corn syrup and a couple drops of food coloring into a container and mix well. Do this with as many colors as you need to finger paint a picture. Let the child paint and then let dry flat for a couple of days until no longer sticky. This makes a very shiny picture when done!

Making Your Home a Place For Readers

Several tips to help parents of young children promote literacy at home.

Choose a quiet time for reading to your child, as in before a nap, bedtime, or after dinner.

- ✚ Choose a special place for family reading, like a comfortable chair or pillows piled on the floor.
- ✚ Let your child select the book for you to read aloud.
- ✚ Hold the book so that she or he can see the pictures. If possible, also let her or him turn the pages.
- ✚ Take time to look at and talk about the pictures. **Don't** just read the story: talk about it. Let your child point out letters, shapes, colors, and animals.
- ✚ Understand that reading begins at home. Children read their environments, so make your home a print rich environment.
- ✚ Read! Don't expect reading to be important to your children if they see that it's not important to you.
- ✚ Invite your child to read to you. If he or she is a pre reader, he'll often interpret his own story using illustrations and his imagination.
- ✚ Make lists, lots of them. Make them for grocery shopping, books to buy and things to take on trips.

Read aloud to your child every day.

*adapted from **My First Week of School** by Derrick Gantt.

Food for Thought

by Marylynn Brown

Powerhouse Smoothie

Children are often picky eaters. This "meal in a glass" provides much of the days nutrient intake, especially Omega 3 fatty acids which are crucial to healthy brain development. And it's delicious!

Recipe

- 1 cup Calcium fortified orange juice
- 1 cup Fortified nondairy milk
- 11/2 Frozen Bananas, peeled and frozen
- 1 cup Frozen Strawberries, blueberries, and raspberries, or mango pieces
- 1-2 tablespoons ground flaxseeds or 1-2 teaspoons flaxseed oil
- 1/4 -1/2 avocado, peeled (optional)
- 1-2 tablespoons seeds or nut butter, such as sesame tahini, pumpkin seed butter, sunflower seed butter, or cashew or almond butter (optional)

Combine the juice, nondairy milk, banana, berries, flaxseeds, optional avocado and optional seed or nut butter in a blender. Process until very smooth and creamy with no lumps.

Variations: Be creative in your additions. People have even found this smoothie to be a good way to get a little cooked carrot into children who are picky eaters!

For Chocolate Powerhouse Smoothie, replace the orange juice with fortified chocolate or carob nondairy milk.

Make this a project you and your child can do together. Cooking can be a fun activity and a great opportunity for learning!

How Well Do You Know Your Child?

Child & Family Canada Resource Sheet #7

- ❖ What is your child's biggest fear?
- ❖ Proudest Accomplishment?
- ❖ Favourite possession?
- ❖ The answers may surprise you.

No matter how much time we spend with our children, there are always important or illuminating things we don't know about them. To find out how well you know your child, answer the following 30 questions. (More than one child? Jot down the answers on separate pieces of paper.) Then schedule a time to sit down with your youngster to see how well you did. Not only will this quiz give you an opportunity to grade yourself, but it can help you to learn more about your family.

1. Who is your child's best friend?
2. What colour would your child like his/her room to be?
3. Who is your child's hero?
4. What embarrasses your child most?
5. What is your child's biggest fear?
6. What makes your child really angry?
7. What are your child's favourite and least favourite subjects in school?
8. In gym, would your child rather play basketball, do exercises or run relays?
9. What is your child's nickname in school?
10. What is your child's favourite music?
11. What is your child's biggest complaint about the family?
12. If you could buy your child anything in the world, what would be his/her first choice?
13. What is your child's favourite television show?
14. What accomplishment is your child proudest of?
15. What was the biggest disappointment in your child's life in the past year?
16. What is your child's favourite sport?
17. What non-school book has your child most enjoyed recently?
18. Which of these chores is disliked most: drying dishes, cleaning his/her room or taking out the garbage?
19. Does your child feel too small or too big for his/her age?
20. What would your child like to be as a grown-up?
21. What gift from you has been cherished most?
22. Does your child prefer to do homework after school, after supper, or in the morning before school?
23. Who is your child's favourite teacher?
24. What person outside the family has most influenced your child's life?
25. What is your child's favourite family occasion?
26. Does your child feel liked by the children at school?
27. Would your child's first choice for a vacation be a camping trip, a visit to a big city or a boat trip?
28. What food does your child like and dislike most?
29. Which would your child prefer as a pet: a cat, a dog, a bird or a fish?
30. What is your child's most prized possession?

Scoring

- 30 - 35 You listen well to your youngster. Keep up the good work.
- 24 - 14 Although you know quite a bit about your child, perhaps you need to fine-tune your listening.
- Below 14 You need to improve communication. Start talking more. Listen more.