CHILD DEVELOPMENT CENTRE

of Prince George and District

1687 Strathcona Avenue, Prince George, BC V2L 4E7

Ph: (250) 563-7168
Fx: (250) 563-8039

Email: enquiries@cdcpg.org
Website: www.cdcpg.org

Dear Parent or Guardian

Your child has been referred to Physiotherapy (PT) at the CDC. Your child's referral will be prioritized based on their age and reason for referral.

You may find the following information helpful If your child is:

An infant:

- tummy-time-tools-english.pdf
- TummyTimeBrochure_English_LEGAL_2024.pdf

Ages 0-3 years old:

- Developmental Milestones for All Ages | Milestone Tracking
- PlayBrochure_English_LEGAL_FOR-PRINT_2024.pdf

or was referred for:

Baby flat head (Plagiocephaly):

- Positional Plagiocephaly (Flattened Head) | HealthLink BC
- Plagiocephaly-guide-for-parents.pdf

Torticollis (Wryneck):

- Congenital Torticollis | HealthLink BC

Toe Walking:

- Foot and ankle: Idiopathic toe walking

"intoeing" :

- https://cdcpg.org/wp-content/uploads/2023/10/Intoeing-Pathways-Handout.pdf
- Intoeing - OrthoInfo - American Academy of Orthopaedic Surgeons

"In the vast majority of children younger than 8 years old, intoeing will correct itself without the use of casts, braces, surgery, or any special treatment.

Intoeing by itself does not cause pain, nor does it lead to arthritis. A child whose intoeing is associated with pain, swelling, or a limp should be evaluated by an orthopaedic surgeon."

Prince George Community Resources

Infant Development Program
https://aimhi.ca/how-we-help/family-support-services/
Serves children birth to three years old. An IDP consultant supports families and their children during in-home or community visits.

Aboriginal Infant and Family Development Program
http://www.pgnfc.com/programs_services.html
Programs and support offered both individually or in groups, in families' homes and/or at the Native Friendship Center. For both indigenous and non-indigenous families.

Audiology
If you have any concerns about your child's hearing, if they have fewer words than other children their age or if their speech is difficult to understand you can ask a doctor for a referral to Audiology to have your child's hearing checked.

Childcare Resource and Referral
The Childcare Resource and Referral is a helpful resource for finding daycare and preschools in Prince George. They also offer drop-in groups. Their website is: https://nbc.ymca.ca/child-care-resource-referral/
Their phone number is: (250) 563-2483

Speech-Language Pathology/Occupational Therapy/Supported Child Development/Family Services
To find out more about other therapies and programs offered at the CDC please visit our website
https://cdcpg.org/services/

Mental Health and Behavioural support
Intersect Youth and Family Services offers both group and one-on-one mental health/behavioural supports for children and families in Prince George. They run a free monthly workshop on Parenting Through Big Emotions. https://www.intersect.bc.ca/

Prince George Community Drop-in Programs- to encourage social skills and development
South Fort George Family Resource Center- drop in Power Play program (free)
https://www.sfgfrc.com/

Strong Start- drop in play based early learning group (free)
https://www.facebook.com/PGStrongStart/ , website:
https://www.sd57.bc.ca/apps/pages/index.jsp?uREC_ID=1144477&type=d&pREC_ID=1386438
14 schools in School district#57 have programs.

Prince George Public Library drop in story time (free)
https://www.pgpl.ca/events/storytime

Native Friendship Center AIFDP (free)
Email aifdpadmin@pgnfc.com for a calendar of drop-in groups and workshops. Transportation and childcare provided.

Drop-in gymnastics for adaptive needs. There is a cost per class.
https://www.pggymnastics.ca/

Active Star - Engage Sport North. (free) Drop-in program to promote physical literacy through play.
https://engagesportnorth.com/blog/active-star/