

CDC PULSE



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VOLUME 1, ISSUE 1

FEBRUARY, 2006

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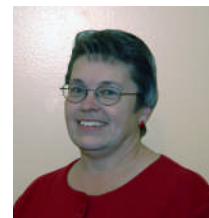
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EMPLOYEE HIGHLIGHTS— DIANNE AMBOE

Dianne Amboe was born in Sask. And moved to BC at a young age. She spent most of her teen-age years in Ft. Nelson. She met the man of her dreams and they were married in 1968. In 1980 her husband was transferred to Ft. St. John for Transport Canada at the airport. They have 2 children and 3 grandchildren. Dianne never intended making a career out of working, but just wanted to help out with the finances at home. She started at the CDC as the Secretary/Bookkeeper in 1984 and has been here ever since. **WOW!** Dianne has seen the Centre grow and grow and grow! Dianne says that the staff at the CDC are her "work family." "They're a wonderful bunch, very caring and supportive of one another as well as the clients and families the centre serves". "It continues to be a privilege to work here."



The Child Development Centre is Proud to Announce That CARF (Commission on Accreditation of Rehabilitation Facilities) Has Accredited The Following Programs: Physiotherapy, Occupational Therapy, Infant Development, Special Services, Speech-Language Pathology, Preschool, and Family Services. What Does It Mean To Be Accredited? It means that our facility has passed an in-depth review of our services. A qualified endorsement that our facility conforms to nationally and internationally recognized service standards and is focused on delivering the most favorable results for you and your child.

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THE MONTH OF FEBRUARY 2006 HAS BEEN PROCLAIMED BY THE MAYOR AS
"CDC MONTH" IN THE CITY OF FORT ST. JOHN

The 32nd Annual CDC Talent Show Friday, March 3, 2006 @ 6:00pm until finished

The talent show will be held at the North Peace Cultural Centre.

The CDC Talent Show committee members are well on their way to providing an awesome night of talent, fun, and entertainment too. **Volunteers are still needed for many different areas to make this event a night to remember.**

Please join us and share in the fun as we raise money and awareness for the Child Development Centre. Our goal this year is \$75,000. Your pledges and donations from this year's talent show will be used for the expansion of programs on **Infant/Toddler Daycare**. The growth and expansion to the Child Development Centre is very important for our community and your dedication and support every year is very important as we cannot do it without you.

The CDC thanks each and everyone of you in advance for your continued support. We have made great headway, but there is a long way to go. The children in our community depend on people like you.

For more information, please contact Crystal @ 787-0732 or the CDC @ 785-3200.

COME OUT AND SUPPORT THE CDC AND MAKE OUR STARS SHINE!

INFANT DEVELOPMENT PROGRAM

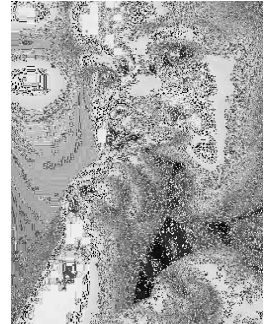
The Infant Development Program has been going through a transition since October, 2005. At long last we are settled and ready to get down to business. We would like to thank all of the families who have been so patient through this process.

Deanne Kosick came on board in November to cover Rachel's maternity leave and Cathy Douglas has taken over for Barb.

Through interactions with families, we have found that there is a need for a playgroup as well as a parent group. Both are in the planning stages and will be up and running in February '06. The parent group has stemmed from parents expressing a need to connect with other adults who have had similar experiences.

The first meeting will be informal as a way to get to know each other, then together we can make plans for future groups. Parent groups will be once per month in the evening and there will be playgroups through the week and one on a Saturday afternoon.

When we finalize our plans, we will provide specific dates and times. If anyone has feedback or is interested in participating, please contact Deanne or Cathy at 785-3200.



PRESCHOOL



FEBRUARY

Our **theme** for the month of **February** is **Community Helpers and Valentine's Day**.

- Our Concepts are **"BIG"** and **little**.
- Book of the Month is **"What's My Job?"**
- **"Hat Week"** will be Feb. 20-24th. Everyone is invited to wear their hat to school on these days.

MARCH

Our **March** theme will be **Animals (farm, jungle, etc.)**

- Our Concepts will be **LOUD** and **soft**.
- Book of the Month is:
- **"Giraffes Can't Dance"**

Staff will be planning to have a visitor in Preschool and fieldtrips. More information to follow as these are arranged.

VALENTINE'S DAY



If your child(ren) chooses to participate in the Valentine's exchange:

- * Please refer to the sign posted on the preschool windows for the number of Valentines that your child will need for his/her class.
- * When addressing the cards only sign your child's name **"From _____"**.

This way your child can give his or her Own Valentines out.



The CDC has been awarded a contract to provide **Supported Child Development** to the community. This means that the Centre will provide support to families, daycares, and preschools for children **"who require additional support services to successfully participate in a child care setting because of a physical, intellectual, emotional, communicative, and/or behavioral special needs."** The programs is for birth to 19, however, at this time the contract is funded for birth-6 and 6-12 years of age. The centre is now in the process of recruiting staff.

Preschool currently has **Tammy McAleney** subbing while we recruit for the Special Needs Educator.

DATES TO REMEMBER

- Spring Break—preschool closed March 13-17 (reopens on March 20th)
- Good Friday—April 14th—Centre closed
- Easter Monday—April 17th—Centre closed



REMINDER

Please dress your child for the appropriate weather.

Ski pants, toque, mitts, and footwear. We will go outside to play with temps down to -20C (as long as there is no wind chill)



Keys to Kindergarten Success



Things Parents Should Know

SKILL DEVELOPMENT:

Every parent wants their child to have as much success in school as possible. Parents should be aware of the skills their preschool child needs to have to find school successful. Preschool children aged 4-5 years need to be skilled in a variety of areas such as Language, Motor Skills, Thinking, Attending, and Socializing. Keys to Kindergarten Success in these skill areas are listed below:

Language:

- Talks well and uses long sentences; makes up stories!
- Pronounces words well!
- Uses LOTS and LOTS of words!

- Makes up rhyming pairs (“Yummy in my Tummy”)
- Easily learns and says memorized sequences such as **COUNTING**, the **ALPHABET** and **DAYS OF THE WEEK!**
- Follows directions and routines easily!

Motor Skills:

- Is coordinated (catches a ball, runs, jumps, climbs with ease)
- Can maintain his or her balance easily (e.g. hops on one foot)
- Can manipulate small objects
- Is able to perform self-help skills easily (e.g. tie shoes, button shirts)
- Enjoys drawing, tracing, coloring, pretending to write

Thinking:



- Remembers routines and everyday procedures well.
- Understands cause and effect
- Understands basic concepts such as size, shape, and color

Attending:

- Can attend to a task for an appropriate amount of time
- Thinks things through before acting (not impulsive)
- Changes activities easily
- Able to move on to new ideas



Socializing-Getting Along with Others:

- Interacts, plays with others
- Stable mood (isn't prone to sudden and extreme mood changes)
- Can play with others without becoming frustrated
- Easy to manage; few temper tantrums

SUGGESTIONS:

- Talk to your child about his or her world (size, shape, color, and category of things).
- Allow your child time to play with toys that depict everyday life activities!
- Read, read, read to your child!
- Make up stories with your child while playing.
- Talk about letters and where you see them in the community (e.g. on the “stop” sign), and the sounds letters make (e.g. “P” says “puh”)!
- Sing rhyming songs; play rhyming games; make up silly rhyming songs!
- Let your child explore different writing tools (e.g. pens, markers, scissors, paper)
- Show your child you enjoy reading and writing activities
- Encourage self-help skills (setting the table, typing, buttoning).

HOW TO GET HELP?

If you recognize that your 4-year-old child is struggling with the keys to success:

- Talk to your local Speech-Language Pathologist
- Enroll your child in preschool

Contact the Childcare Resource and Referral centre at (250) 785-5701 to find a preschool that suits your needs.

If you recognize that your 5-year-old kindergarten child is struggling with the keys to success:

- Talk to your child’s kindergarten teacher.

The earlier a child receives assistance the better chance of succeeding at school and in life. Early intervention can increase a child’s self-esteem!

RESOURCES:

Local:

- | | |
|--------------------------------------|---|
| • Local Public Library | Family Early Literacy Programs |
| • Parent-Child Mother Goose Programs | Childcare Resources and Referral Centre |
| • Learning Difficulties Centre of BC | School District |
| • Health Unit | Child Development Centre |

Internet Resources:

<http://www.kidsource.com/kidsource/pages/preschoolers.disabilities.html>

<http://www.coping.org/links/2parinfo.htm>

<http://www.nichcy.org/pubs/factshe/fs7txt.htm>

SPECIAL SERVICES DEPARTMENT

WHAT IS SPECIAL SERVICES?

Special Services is the department that coordinates the Respite Care and Skills Enhancement programs. The Respite Care program offers a break from the demands of caring for a child/youth with special needs. The Skills Enhancement program offers referred children/youth the opportunity to practice those skills that are necessary for daily living.

If you have any questions or would like more information, please do not hesitate to call Christina at the CDC @ 785-3200.

SPECIAL SERVICES STAFF

Supervisor:

Crystal Kalas (on maternity leave)

Christina Souter (term)

Respite/Skills Workers:

Julia Jaycox

Cynthia Lanovaz

Rose Leering

Tasha Lusk

Raedon Morash



ARE YOU LOOKING FOR ACTIVITIES THAT YOU CAN INVOLVE YOUR SPECIAL NEEDS CHILD?

The Special Olympics holds bowling, swimming, ride for the disabled and skating once per week and any child with special needs may attend. The registration fee is \$20.00 and your child can attend these events all year long. For more information and a schedule you can contact the following people:

George & Judy Barber @ 789-3332 or Laurie Middleton @ 785-2268



PHYSIOTHERAPY

TUMMY TIME

What is Tummy Time?

- Laying your baby on their stomach when the baby is awake.

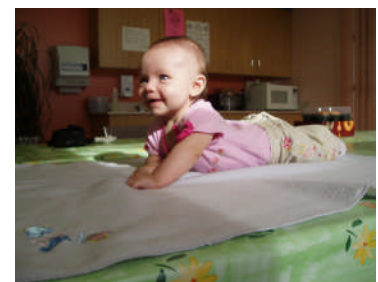
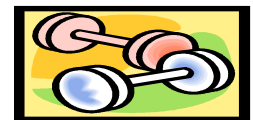
Why does my baby need tummy time?

- It helps your baby from getting a flat area on the back of the baby's head (usually caused because the baby spends all of his/her sleeping time on his/her back). It also helps to make the muscles in your baby's neck, chest and arms stronger. It helps your baby to roll and crawl, as well as it gives your baby a new look at the world.

What Can I Do If My Baby Does Not Like Being on His/Her Tummy?

- Be patient. Make this time as much fun as you can. Keep trying. It will get easier and your baby will enjoy longer periods at a time. Put a rolled up towel under your baby's chest.

REMEMBER: Your baby should sleep on his/her back



FAMILY SERVICES



Terry is in the Family Services office and is here to provide information, support, and to coordinate services for families.

Information that you may find helpful:

It's TAX Time

Save On Long Distance Phone Charges By Using "Enquiry BC"

When calling any BC Government office (hospital or other provincial care facility, Ministry offices) just dial **1-800-663-7867**. An operator will answer. Simply state the phone number you want and the town you're calling from. The call will be placed (you can talk as long as you like, as often as you like) for no charge at

Does your Child (or You) Qualify for the Federal Disability Tax Credit?

The Disability Tax Credit provides financial tax assistance for individuals or parents of a child with a severe & prolonged mental or physical impairment. If qualified, the credit reduces tax payable (if no tax is payable, you may transfer the credit to your spouse or supporting person). The form to apply (**T2201**) is available from Canada Customs & Revenue Agency, your accountant, or Terry at the Centre.

DO YOU NEED SOMEONE TO TALK TO ABOUT PARENTING ISSUES?

Being a parent can be one of the most wonderful experiences in your life. It can also be one of the most challenging. Everyday there are so many issues, so many worries, and so many questions.

That's why Parent Help Line was created.

The Parent Help Line Dial Toll Free 1-888-603-9100

Or go online(www.parentsinfo.sympatico.ca) is a national, bilingual telephone & internet service that provides parents a place to turn to for any parenting concerns 24 hours a day. Anonymously.



JUST A REMINDER....
Please don't bring your child if he/she is not feeling well.
We often have children attending who can get sick very easily as they have fragile little immune systems.

TO ALL PARENTS OF CHILDREN ON PROVINCIAL AT HOME BENEFIT PROGRAM

REMEMBER: that ALL receipts for expenses (travel kilometers, cabfare, accommodation, prescriptions, and equipment) MUST be received at the Benefit Office by the end of April (at the latest!!) to QUALIFY for reimbursement. See Terry if you need forms.

Terry has loads of other information available:

- ⇒ Activities for kids and families in Fort St. John (Library Story Hour, Literacy Society's CHOOSE Success Pre-School/Study Program).
- ⇒ Special activities for special needs kids and their families (Ride for the Disabled, Special Olympics and Handi-Dart, etc.)
- ⇒ How to "**connect**" with other parents of kids with special needs
- ⇒ Information on various diagnoses
- ⇒ Medical travel funding available and accommodation options

****TERRY IS NOW AVAILABLE THURSDAYS EVENINGS TO 9:00PM FOR YOUR CONVENIENCE****



CDC MISSION STATEMENT

"TO DEVELOP, COORDINATE AND PROVIDE QUALITY PROGRAMS AND SERVICES FOR INDIVIDUALS AND FAMILIES, IN PARTNERSHIP WITH THE COMMUNITIES WE SERVE.."

OCCUPATIONAL THERAPY

Hello, My name is Ami-Jo Dunn and I am the Occupational Therapist (OT) at the CDC. I recently moved back to Fort St. John to join the CDC team and I could not be happier to be here! As the OT, I work with families with infants and/or preschool aged kids who have difficulty participating in their daily occupations. For infants and children, these occupations primarily consist of playing, self-care (i.e. dressing and feeding) and learning to be independent and preparing for school.

This winter season, the CDC is working with local schools on the **READY-SET-LEARN** program. This program promotes school readiness skills in children who are 3 and 4 years old. Here are some OT Tips on how to get preschoolers' arms and hands ready for printing.

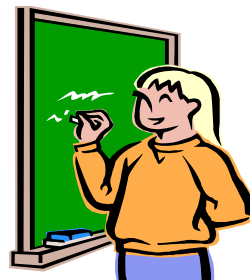
The "Value of Vertical"

Encourage your preschooler to play and draw on a vertical surface. For example:

- ◆ Color, paint or do sticker activities at an easel (or tape large piece of paper on the wall if you do not have an easel)
- ◆ Lying on their tummy while playing cars or lego
- ◆ Finger scribble & paint on the bathtub wall using bath foam or shaving cream
- ◆ Draw and scribble on chalkboards (portions of walls or the back of a door can be turned into a chalkboard with "chalkboard paint" found at local paint supply stores).

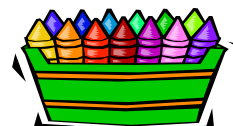


Playing on a vertical surface helps children build strength in the shoulders and arms. Strength in these areas is needed to steady the hand. Also, when children are at the easel, they typically hold their wrist in a natural, neutral position which is the desired wrist position for printing. This allows them to develop the small muscles of the hand that are eventually needed to support a mature pencil grasp.



Little Crayons

One of the best writing tools for preschoolers is the crayon. They create a natural resistance and build strength in the hand. **Little Pieces** of crayons (i.e. about 1 inch long) are perfect for little hands because they require children to use the fingertips correctly (only their thumb, index and middle finger are on the crayon). This prepares the hand for using a good pencil grip.



Hand Play activities that help develop strength and coordination in hands.....

- Beading, lacing cards, hand and finger puppets, spinning tops

Collaborative Teamwork Best Meets The Individual's and Family's Needs.

The team shall consist of the individual, the family and those professionals who can best meet the identified needs.

This requires complete and unbiased information provided in a supportive manner, in order to make informed decisions.

All Individuals Are Entitled To Equal Rights and To Be Treated With Dignity And Respect.

Services should compliment the existing individuals' resources, honoring each individual's racial, cultural, socio-economic, and personal uniqueness.

RECIPE FOR PLAYDOUGH

1 CUP SALT
 2 CUPS FLOUR
 2 TSP. CREAM OF TARTAR
 2 CUPS WATER
 2 TBSP. OIL
 ADD FOOD COLORING TO WATER AND OIL
 COOK TOGETHER UNTIL STIFF
 STORE IN AN AIRTIGHT PLASTIC CONTAINER
 MAKES ABOUT 3 CUPS OF PLAYDOUGH



GREAT TO USE WITH COOKIE CUTTERS, GARLIC PRESS, ETC.

REMEMBER:

Most services at the CDC are free of charge.
 Respite, Preschool, and K.A.M.P. charge a fee.
 CDC staff can loan toys, videos, and books

Parents of children attending the Centre are encouraged to Participate in the Parents' Advisory Committee

**THE CHILD DEVELOPMENT CENTRE**

A lot of effort from the staff, volunteers, families and community keeps the Child Development Centre running smoothly. Each is an important part of the team that helps the children with special needs achieve all that they can. Two Boards are responsible for overseeing the programs and managing the facility. The staff, parents, and volunteers work together to provide services.

THE CDC FOUNDATION BOARD

The Foundation Board Mission is to ensure that current and future generations of children with special needs and their families will have continued access to appropriate services and facilities.

THE CDC SOCIETY

The Society is dedicated to providing quality services to children with special needs and their families.

THE CDC PARENTS' ADVISORY COMMITTEE

Parents that have children accessing the services of the CDC are part of the Parents' Advisory. The PAC has three different purposes:

- Give input into the programs of the CDC
- Organize children's events
- Participate in fundraising efforts

**SPAGHETTI DINNER FUNDRAISER PUT ON BY THE FINANCIAL INSTITUTIONS**

Saturday, February 25, 2006 will be the Spaghetti dinner coordinated by the Financial Institutions in Fort St. John. This event will be a fundraiser to help us reach our goal of \$75,000..

It will take place at the Legion and will be from 4:00pm to 9:00pm. There will be Kid's Activities, dinner, and a family dance to follow.

TICKETS WILL BE ON SALE SOON. PLEASE WATCH FOR ADDITIONAL INFORMATION



CHILD DEVELOPMENT CENTRE SOCIETY OF FORT ST. JOHN
& DISTRICT QUARTERLY NEWSLET

FORT ST JOHN CDC FOUNDATION
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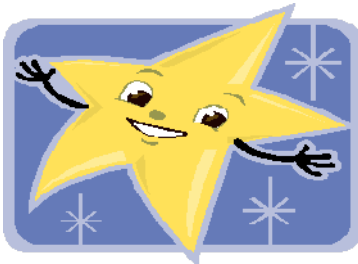
Members

Connie Surerus

Julie Ziebart

Jennifer Snider

Jennifer Szoo



Don't forget about the CDC Talent Show 2006 "A Night of Stars".

Friday, March 3, 2006 from 6pm until finished at the North Peace Cultural Centre.

Volunteers are still needed!



Donations are tax deductible

The CDC accepts Interac, Visa, and MasterCard.

DON'T FORGET.....We have CDC LOGO Merchandise available to purchase. T-shirts, vests, caps, mugs, toques, and scarves. Check them out the next time you drop in.



Children Learn What They Live

If a child lives with criticism, He learns to condemn.

If a child lives with hostility, She learns to fight.

If a child lives with ridicule, He learns to be shy.

If a child lives with shame, She learns to feel guilty.



If a child lives with tolerance, He learns to be patient.

If a child lives with encouragement, She learns confidence.

If a child lives with praise, He learns to appreciate.

If a child lives with fairness, She learns justice.

If a child lives with security, He learns to have faith.

If a child lives with approval, She learns to like herself.

If a child lives with honesty, He learns truth.

If children live with acceptance and friendship, They will find love in the world.

*** If, as a parent, you have a concern about your child's development, please contact us immediately! ***

