

# Sunshine Coast Child Care and Community Connections



Lauri Paul enjoys our 'Wet-felt a Playscape' workshop.

## Summer 2017 Newsletter

### CONTENTS:

New to the Library	2
Article: Press Pause and Play	3
Outreach, Job Postings	4
Article: Allowing Space for Children's Emotional Expression	5-6
A Warm Welcome, ECEBC Bursary, Loose Parts	7
Borax-free Slime Recipe	8
Current Events	9
Upcoming Workshops and Training	10
Summer Activities for Children	11-12
Exploring Children's Sleep Workshop	13

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[www.coastccrr.ca/contact--hours](http://www.coastccrr.ca/contact--hours)



Facebook page

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Greetings!

May was child care month and we were delighted to honour child care providers with dinner prepared by the CCRR chefs and Sarah Joseph's presentation "Giving Care, Taking Care." With the ongoing shortage of child care here on the coast, child care providers are working harder than ever to meet the needs of our growing community. It was a privilege for us to offer a little care to them for a change.

With the anticipated change in the provincial government, it is important that we continue to advocate for a sustainable child care system and hold our leadership accountable to the child care promises made during the campaign.

Thank-you to everyone who completed our annual members' survey. Winners of the draw will be announced soon. Your input is valuable to our program and will be of enormous help to us as we make plans for the coming year.

Planning is underway for "Exploration and Discovery" scheduled this year for Saturday, October 21<sup>st</sup> at Chatelech Secondary. The deadline to submit a workshop proposal is Friday, June 16<sup>th</sup>. If you are interested in offering a workshop please contact us for more information.

There is lots happening on the coast this summer. On June 16<sup>th</sup>, Welcoming Communities is hosting a multicultural festival at Seaside Centre. On Saturday, July 8<sup>th</sup>, Community Services is holding a family picnic at Mission Point Park in Davis Bay. All are invited.

There are two upcoming workshops: A workshop for parents "Exploring Children's Sleep Challenges and Solutions" June 19<sup>th</sup> and a needle felting workshop for Early Childhood professionals on September 20<sup>th</sup>. Please see inside the newsletter for details on all upcoming events.

We hope you all have a safe and happy summer with lots of time for relaxing at the beach!

*Catherine, Tracy & Katie*

## New to the Lending Library



Wooden Shoe  
with Laces for  
Tying



Toy Ferry with  
Two Cars



Wooden  
Baby and  
Toddler Toys



Spinning  
Gears  
Activity Box

# Press Pause and Play

## by Tamara Strijack

Summer is here!

Summer means trees to climb, beaches to explore, music to dance to...

Summer means some space from school and work, and space from the have to's in our life.



We all need space – children and adults alike. Space to breathe. Space to express what is in us. Space to explore who we are and the world around us. Space to connect with those we love. We need space that is free of pressures, repercussions, and agendas. We need space to play. For many of us, summer is the time we intentionally try and make this kind of space for play in our lives. Yet, more and more, play is becoming endangered in our society.

Now we have many things that look like play. We are pretty good at entertaining ourselves. We have apps, we have YouTube, we have Instagram, we have movies at our fingertips, we have social media, we have video games ... but are any of these things really play? These activities provide us with instant access to fun things and to helpful information. There is a lot coming in from the outside. But is there any room for things to come out from the inside? Do these activities make space for exploring or for expressing one's own ideas, thoughts and opinions? Do the devices that bring us instant answers and quick fixes leave space for the type of play that is expressive or exploratory?

In many ways, true play has been pushed out by work, by outcomes, by expectations and agendas. In fact, play is often seen as frivolous, and therefore time for play has been ousted by more 'important' things that 'should' be done. The reality is that there is less and less space left for play in our lives and in our children's lives. This is becoming a real dilemma because it turns out that play is actually a necessary ingredient for development. It is through play that our ability to learn, to solve problems, to interact, and to express emotion, first takes place. Play is what actually equips us for the world of work, for school and for social interactions. And yet, we have a hard time sometimes even finding time for this on our vacations, let alone in our regular lives.



This image came into my inbox as I was working on the course "Preserving Play in a Digital World," and it struck me as being so ironic. Here is this family on a beautiful beach, much like the beaches we have around us here on Vancouver Island, with surfboards in tow, ready to play. And yet, "Apps and games for the long weekend"?! Do we really need to be distracted from nature or from time with family? Is it not already challenging enough to make time to be together? Do we need to escape even the beauty around us? And are we in such a place as a culture that we need to be filled constantly with stimulation from the outside? For me, this would be the kind of adventure where I would want to leave the cell phone and the computer at home. I might even leave the GPS. I would want to find my own way, have my own adventure. Nothing else to distract or pull away from time with those I love. Call me crazy. This would be a time to press pause and play.

I wonder as we move into summer here on the West Coast, where we have such a great playground in the natural world, what it would look like to intentionally make room and space for play. I believe it really does take intentionality to press pause on all the ways we have of entertaining ourselves, on 'connecting' through social media, on the temptation of the internet and the video games which are so readily available.

I know I will be trying hard this summer (and it won't always be easy) to make room and space in our lives for the kind of play that my children truly need. I encourage you to find a way to press pause and play – whatever that looks like in your life. Once you get the rhythm of it, hopefully you can continue pressing pause beyond the summer months and into the day to day ...

Neufeld Institute June 2016—Reprinted with permission.

Link to article: <http://neufeldinstitute.org/press-pause-and-play/>

## Outreach and Support

Katie has been busy with outreach and support. Here are some photos and examples of activities from visits. If you would like to arrange a visit to your program please contact Katie at [kborowski@sccss.ca](mailto:kborowski@sccss.ca).



Storytime at Circle of Love Family Child Care



Exploring fizzy chalk at Gibsons Strong Start



Painting at Halfmoon Bay Child Care



Planting grass to watch it grow

## NOW HIRING Child Care Job Postings

- Gibsons Area Community Schools is looking for the right person to assist with our after school programs **Gibsons Elementary Kidz Club and Langdale Elementary, The Zone**. We are currently taking applications for a regular part time employee. This is a minimum 12 hour per week position. Must have documented 20 hours of child development and experience working with children. Emergency Childcare First Aid is an asset, but will be provided to the right candidate. You must be willing to undergo and successfully complete a criminal records check prior to starting. Resumes can be dropped off at Gibsons Area Community School Office, Room 217, located at Gibsons Elementary School or emailed to [gibsonscomschool.sue@gmail.com](mailto:gibsonscomschool.sue@gmail.com)
- **Huckleberry Childcare** is looking for a **Senior Early Childhood Educator** to be the manager of our Group Care licensed program for 3-5 year olds, beginning July 2017. Part-time position, approx. 30-35 hours/week M-Th; competitive wages. ECE certificate, criminal record check, vaccination records and references required. Previous experience in a senior or managerial position within a childcare setting is an asset, but not required as training will be provided for the proper candidate. Creative, gentle, playful and outdoorsy individuals with experience in early years education and who are keen to work within a supportive team setting in a non-profit centre should reply to [huckleberrycoast@gmail.com](mailto:huckleberrycoast@gmail.com).
- At **Little Scholars Child Care Centre** in Sechelt, we have an **Early Childhood Educator** position available. \*If you are interested in a rewarding career working with 3-5 year old inquisitive, creative, energetic children give us a call 604 885-0687 or email. This job requires an ECE certificate or License to Practice.



## Allowing Space for Children's Emotional Expression

### A Review of "Rest Play Grow" by Deborah MacNamara

Written by April Martin-Ko,  
BC Council for Families

"Rest Play Grow: Making Sense of Pre-schoolers" by Deborah MacNamara is a great book for professionals who work with young children, parent educators and parents who want to dig into their role.

The framework for the book is based on Gordon Neufeld's Relational Developmental Approach; developmental theory, neuroscience and its connection and importance to attachment parenting, as a key approach to help children thrive.

Many of the concepts in "Rest Play Grow" may not be new to professionals working in the Early Childhood field or those who work with parents with young children; however, the way MacNamara presents these concepts reminds us how we work, interact and parent children under the age of six can help or hinder their growth (and the amount of growing and learning they are going through at this stage is astounding!).

"Kids aren't entirely like us. Their brains aren't fully developed. They're not entirely self-aware," she told the National Post. "While they often show a strong desire to be good, well-behaved human beings, they're impulsive: they have yet to develop the self-control to govern either their emotions or their actions."

The chapters on "How Children Attach to Caregivers," "Hungry for Connection: Why Relationships Matter" and "Feelings and Hurts: Keeping Children's Hearts Soft", I found very simple, yet incredibly insightful. As adults, we often think that we are the ones with all the knowledge, and are responsible to direct and continually guide children's learning or behaviour. MacNamara reminds us as professionals, teachers and parents we need to really listen and pay attention to children's signals; how are they seeking to attach? And then we need to be their safe haven during the confusing, volatile emotions and behaviours of this stage.

"Emotional Expression provides the raw material upon which a parent can teach the language of the heart," said MacNamara. "When young children have feeling names for their emotions, their words open the door to greater vulnerability, awareness and insight."

Moreover, when we stop or thwart the emotional expression of a child we are not allowing for the growth of healthy emotional balance or regulation. Some professionals and parents can be quick to dismiss children's emotions, as they seem illogical or messy. MacNamara cautions that when a child must suppress their emotional expression, it affects their emotional health and maturity.

"The cost is to the relationship they form to their emotions and how they evolve as emotional beings. Unwelcome emotions are pushed into the darkness, outside the parameters of what is deemed acceptable, leaving the cookie-cutter outline of their heart," said MacNamara.

She also warns that if a child consistently is not able to express emotions in a safe way or space, they will develop negative defense mechanisms that will cause them to shut down, and inhibit growth and development. Children becoming hardened in this way, have implications for the development of capacity of feelings for others, such as empathy, which in turn, will affect social relationships.

This means there are times where we need to let a child cry something out, yell or scream, perhaps in group situation, or a public place. It may not always be comfortable, but as adults we need to gather our strength and be the pillar. By providing a solid space for a child to express, allowing emotional releases, naming feelings or acknowledging what you see happening with behaviour (emotions being acted out) will provide movement of this energy and connections to be made in the brain.

*Continued on page 6*

This also relates to further implications in adulthood, and connects to the extensive work Brene Brown has done. The power of being able to be comfortable with vulnerability and emotional expression is a key component to being a resilient, successful and happier individual as an adult.

So, what can professionals do to help children move through their feelings, so they can in turn learn resilience and healthy emotional habits? MacNamara outlines three steps in this role in guiding or steering a child as emotional beings:

Teachers/Professionals/Parents are guides to facilitate emotional expression and assist a child in learning names for their feelings.

Adults are shields who preserve soft hearts and assist feelings becoming conscious.

We are tempering agents who decide how to restore balance and fluidity to a child's emotional system, helping them mix and reflect on their feelings.

#### ABOUT THE AUTHOR

April Martin-Ko has been working in the non-profit sector with diverse children, youth and families for over 20 years, and is the Provincial Coordinator for the Parent-Child Mother Goose Program®. She has a Bachelor of Education, with a focus on the early years and is passionate about storytelling. April believes cultivating imagination, sharing stories and spending time in nature helps families to thrive.

Reprinted with permission from BC Council for Families: <http://www.bccf.ca/bccf/blog/allowing-space-for-childrens-emotional-expression/>

Editor's Note: "Rest, Play, Grow" by Deborah MacNamara is available to borrow in the CCRR Lending Library



## Bellies and Babies Program

### Gibsons Summer Schedule

Gibsons and Area Community Centre

**Mondays:** July 10 – August 28<sup>th</sup> 11:00 am – 1:00 pm

**CLOSED: August 7, 14th**

### Sechelt Summer Schedule

Sunshine Coast Community Services – 5638 Inlet Avenue

**Tuesdays:** July 4 – August 29<sup>th</sup> 11:00 am – 1:00 pm

**CLOSED: August 8, 15th**

For more information, please call Shirley French, Program Coordinator 604-885-5881 ext. 227





## A Warm Welcome to the Coast's Newest Child Care Centre!

Natural Connections operates two programs on Trueman Road in Gibsons. For more information visit their website at <http://www.naturalconnectionschildcare.ca/>.

## ECEBC Bursary

ECEBC is pleased to announce that the ECE Student Bursary Program will run for the Summer 2017 semester (May to August 2017). Summer 2017 Bursary applications are now available.

- The Summer 2017 bursary application is available [here](#)
- Please note the application deadline for the Summer 2017 intake is **July 13, 2017 at 5:00pm**.
- Click [here](#) for ECEBC's student bursary policy

## New Resource: Loose Parts for Child Care

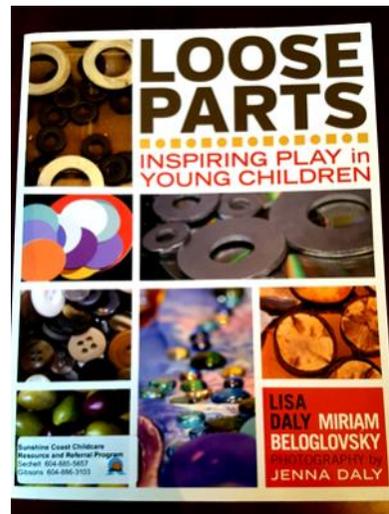
We have been busy at the CCRR collecting loose parts for a new outreach project. Our inventory includes beautiful wood framed plexiglass mirror boxes, ceramic tiles, beads, polished "beach" glass, wood rounds and other beautiful "junk".



Katie would be delighted to visit your child care centre and set up a loose parts invitation to play!

To arrange a visit, please call us at 604-885-5657 or email Katie at [kborowski@sccss.ca](mailto:kborowski@sccss.ca).

For a free downloadable guide to loose parts visit: <http://fairydustteaching.com/>



## Health Canada advises Canadians to avoid homemade craft and pesticide recipes using boric acid

Health Canada is advising Canadians to avoid using boric acid for arts and crafts projects, such as homemade slime, or modelling clay. Health Canada is also advising against making homemade pesticides with boric acid. Boric acid, sometimes also called boron or borax, is found in the environment and Canadians are exposed to it naturally through food (such as fruit and vegetables) and drinking water. Canadians can also be exposed to boric acid through a variety of commonly used products, such as pesticides, cleaning products, homemade arts and craft materials, cosmetics, swimming pool and spa chemicals, and drugs and natural health products.

For more information visit the Health Canada website: <http://www.hc-sc.gc.ca/index-eng.php>

## How To Make a Fibre Borax-Free Slime

### TASTE SAFE HOMEMADE SLIME RECIPE!

Even though this slime is safe and edible, we do not recommend it for snack time. This contains a high ratio of fiber powder to water, and is not meant to be consumed in quantity.

### SUPPLIES FOR MAKING THIS FIBER SLIME RECIPE

Water

Fiber Powder

Measuring Container {Microwave Safe}

Microwave

Spoon

Food Coloring {optional}

### DIRECTIONS

We recommend adult supervision and assistance as needed due to hot water and microwave use.

- Heat 2 cups of water in a microwave safe container.
- Carefully remove the container from the microwave. Add a minimum of 3 heaping scoops of fiber powder to the water and mix. Here's where you can experiment with the consistency of slime that you prefer. We made several batches of slime. The first batch we used 3 scoops. Then we made batches using 4,5, and 6 scoops of fiber powder. The trick with this fiber slime is that the consistency becomes more slime like over time. As the slime cools, it continues to congeal. Our largest amount of powder at 6 scoops made for a very rubbery and stiff slime. This is great for children who don't like too slimy a slime!
- Put the mixture back in the microwave for another minute.
- Carefully remove the container and mix. Just keep mixing. The slime will form quickly and depending on how much powder you added, it will have formed more or less already in the microwave during that final minute. We just kept on mixing!
- Spread on a plate to help the cooling process. It will continue to set as it cools.



Links to other websites that have Borax free Slime recipes <http://www.growingajeweledrose.com/search?q=borax+free+slime&x=0&y=0>; <http://littlebinsforlittlehands.com/>

## Current Events

### Wet-Felt a Playscape Workshop

1. Demonstration of a felted playscape with animals and other props.
2. Instructor Natalie showing us how it's done.
3. Responsible Adult student Serena working on her playscape.

### Caregivers Appreciation Evening

4. & 5. To celebrate May 18 as official Child Care Provider Appreciation Day, we hosted a nice evening that honoured and nurtured the hard-working Sunshine Coast child care providers.



## Congratulations to Andrea Wilson

who was recognized with a **Prime Minister's Award of Excellence in Early Childhood Education**. She received a certificate of recognition which carries a \$1000.00 cash prize. Andrea works at Halfmoon Bay Child Care Centre.



## Upcoming Workshops and Training Opportunities

### Save the Date! EXPLORATION and DISCOVERY 2017

The Sunshine Coast's own Child Care and Early Learning Conference - October 21, 2017, Chatelech Secondary, Sechelt  
Early bird registration for the Sunshine Coast's own Exploration and Discovery opens for local child care providers on August 2! The CCRR will send out all the conference information and workshop descriptions on this day. Register early to get the workshops you want. Regular registration starts on August 16.



### Needle Felting Workshop: "The Mitten" by Jan Brett

A Workshop for child care professionals

Date: Wednesday, September 20, 2017, 6:30 – 9:30 pm

Location: Sechelt CCRR, 5520 Trail Avenue

Suitable for: Child Care providers and other ECD professionals

Cost: \$35.00 (includes all materials)

Presenter: Natalie Grambow 2 hour Pro D certificates will be issued.

Join Natalie for another wonderful journey into the world of creating stories for young children using natural fibres and materials. In this workshop, participants will learn a simple way to felt by shaping natural fleece with a felting needle. Participants will leave the workshop with a few animals they will needle felt, to tell an adapted version of Jan Brett's "The Mitten" story.  
No previous experience required

For more information or to register, contact the CCRR at 604-885-5657 or [coastccrr@scss.ca](mailto:coastccrr@scss.ca)

## OFF-COAST PROFESSIONAL DEVELOPMENT

Save the Date! - **North Shore Early Childhood Conference: To Learn to Wonder**  
Saturday, September 30<sup>th</sup>, 2017

### Early Years Professional Development Portal

Anyone working with young children can now find, plan and schedule professional development in the early years sector. The Provincial Office of the Early Years has developed the EYPD web portal. You can search for training events, post your own event, sign on to the Science of Early Child Development and more. <https://earlyyearsbc.ca/>

### It Takes a Village: Coming together for children and families

BCACCS 2017 Annual Provincial Training Conference: Oct. 27-29, 2017

Location: Sheraton Hotel (7551 Westminster Highway), Richmond, BC

For more information contact: [reception@acc-society.bc.ca](mailto:reception@acc-society.bc.ca)

### Early Childhood Educators of British Columbia and Red River College have partnered to offer an online workshop

Analyzing and improving program spaces

Oct 12 to Nov 1, 2017—Online

For more information visit: [www.ecebc.ca](http://www.ecebc.ca)



## Great Video on the Benefits of Outdoor Play!

<https://outsideplay.ca/>

An online tool to help parents and caregivers gain the confidence to allow their kids to engage in more outdoor play.

## FAMILY FRIENDLY SUMMER ACTIVITES



### Stuff for Preschoolers

**Bellies and Babies** program continues through the summer, info: <http://sccss.ca/portfolio/bellies-and-babies/>

**Parent/Tot Drop In Program** at the Gibsons Community Centre – August 1<sup>st</sup> to September 1<sup>st</sup> 2017 - Tuesdays and Thursdays 9:30 – 11:30am.

**Summer Strong Start** -Different locations. Schedule at [http://www.sunshinecoastearlyyearscentre.ca/uploads/7/4/9/6/74962459/summer\\_strongstart\\_poster\\_2017.pdf](http://www.sunshinecoastearlyyearscentre.ca/uploads/7/4/9/6/74962459/summer_strongstart_poster_2017.pdf)

**Sechelt Public Library** Stories and songs for young children, plus summer reading clubs. Contact the Sechelt Library for more info 604-885-3260.

**Gibsons Public Library** Summer reading clubs. Contact the Gibsons Library for more info 604-886-2130.

**Stay and Play Drop-in Preschool Program** at Gibsons and Area Community Centre. <http://www.scrd.ca/Children>

**Gym Play & Pool Drop-in** at Pender Harbour Aquatic Centre. Call 604-885-6866.

### Activities and Camps!

**Tree House Summer Camp** [www.robertscreekchildcaresociety.com](http://www.robertscreekchildcaresociety.com)

**Rainforest Circus Camp** <http://deercrossingtheartfarm.org/>

**Sunshine Coast Regional District Activities and Camps** <http://www.scrd.ca/Children>

**Coastal Kids Summer Day Camp** (Gibsons and Sechelt locations) [www.coastalkidsdaycamp.com](http://www.coastalkidsdaycamp.com)

**Sunshine Coast Salmonid Enhancement Society – Summer Camp** <http://scsalmon.org/education/sunshine-coast-summer-camps>

**YMCA Camp Elphinstone** <https://gv.ymca.ca/Programs/Categories/Camps>

**SPCA Summer Camp** <http://www.sPCA.bc.ca/kids-teens/whats-happening/summer-camps/2017-summer-camps-sunshinecoast.html>

**The Iris Griffith Centre - The Lagoones Club** <http://www.lagoonsociety.com/our-programs/lagoones/>

**Sunshine Coast Botanical Gardens** <http://coastbotanicalgarden.org/>

**Pender Harbour Summer Day Camp** - Pender Harbour Community School 604-883-2826 for information and registration.

## SUMMER ACTIVITIES (Continued...)



### Parks and Beaches

#### Waterpark at Shirley Macey Park

<http://www.scrd.ca/files/File/Community/Parks/Maps%20Area%20F/ShirleyMacey.pdf>

**Sprockids Mountain Bike Park** <http://www.scrd.ca/Sprockids>

**Dougall Park** (tot playground, public washrooms) <http://www.gibsons.ca/parks-and-beaches>

**Armours Beach** (public washrooms, dock, roped off swimming area) <http://www.sunshinecoasteh.com/gibsonsbcparks/armours.htm>

**Davis Bay Beach** (sandy beach, public washrooms) <http://www.sunshinecoast.worldweb.com/DavisBay>

**Porpoise Bay Beach** (sandy beach, public washrooms) [http://www.sunshinecoasteh.com/secheltbc/parks/porpoise\\_bay.htm](http://www.sunshinecoasteh.com/secheltbc/parks/porpoise_bay.htm)

**Conner Park Halfmoon Bay** (grassy field, tot playground, public washrooms) <http://www.scrd.ca/Connor>

**Coopers Green Halfmoon Bay** (sandy beach, barbecue pits, volleyball, boat launch) <http://www.scrd.ca/Coopers-Green>

**Sargeant Bay Provincial Park** (picnic, washrooms, trails, wildlife viewing) [www.env.gov.bc.ca/bcparks/explore/parkpgs/sargeant/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/sargeant/)

**Katherine Lake Pender Harbour** (camping, picnic, sandy beach, playground) <http://www.scrd.ca/Katherine-Lake>

**Smuggler Cove Marine Park Halfmoon Bay** (hiking, wildlife, swimming, fishing, wilderness camping) <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/smuggler/>

### Events

**Multicultural Festival** Seaside Centre, Sechelt on June 16th, 4:00pm - 8:00 pm

**Canada Day Festivities in Gibsons** Sechelt, Pender Harbour and Powell River website: <http://www.sunshinecoastcanada.com/events/29-events/summer>

**Community Services Family Picnic** at Mission Point Park, Davis Bay on July 8th, 11am - 2:00pm

**Sandcastle Competition** Davis Bay, July 23rd

**Sea Cavalcade** July 29 – 30, 2017 <http://www.seacavalcade.ca/map.htm>

**Creek Daze at Roberts Creek** August 12th <http://www.gibsonsvisitorinfo.com/festivals-events-gibsons-bc/creek-daze/>

**LITTLE FOX RUN**  
*The 7th Annual Terry Fox Run for children ages 3-5*

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# Exploring Children's Sleep Challenges and Solutions

## Exploring Children's Sleep Challenges and Solutions

For parents of children ages 0 – 4

Monday, June 19, 2017, 10 am – 12pm

Community Services Society, 5638 Inlet Avenue, Sechelt

Cost: Free

A limited number of child minding spaces are available.

Presenter: Dr. Wendy Hall, Professor, UBC School of Nursing

Dr. Wendy Hall is head of UBC Nursing Faculty and a well-known researcher on the topic of Children's Sleep. She has assisted over 1,000 families in the lower mainland as a volunteer sleep consultant and travels the world presenting her research.



**To register: contact the Child Care Resource and Referral at 604-885-5657 or email [coastccrr@sccss.ca](mailto:coastccrr@sccss.ca)**



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**Presented by the Infant Development Program and the Child Care Resource and Referral Program in partnership**