

Sunshine Coast Child Care and Community Connections



Violet at Little Friends Family Child Care

Winter 2017/18

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CCRR Contact Info:

Sechelt Office: 604-885-5657

Gibsons Office: 604-886-3013

coastccrr@sccss.ca

Hours of Operation:

www.coastccrr.ca/contact--hours



Season's Greetings!

We look ahead to 2018 with optimism for child care as the Provincial government announced an investment of \$33, 000,000 for the creation of new spaces province-wide. Congratulations to Little Scholars Child Care in Sechelt who were awarded \$500,000 in Major Capital Funding to expand their program and add much needed infant toddler spaces. Please see inside the newsletter for details.

Thanks to our local partnerships, CCRR was able to offer several training opportunities over the past year and Exploration and Discovery conference was once again sold out. Thank-you to everyone who volunteered their valuable time to help us plan and deliver the conference. Beginning in January, we will be offering several professional development opportunities including a series of dinner-hour webinars, a Responsible Adult course, Motivational Interviewing, and the YMCA's Appetite to Play workshop.

Over the next few weeks, we will be sending out program update notices for our child care membership. If you have made any changes to your program over the last year, please let us know so that we are able to give accurate referrals to families seeking care. In addition, please let us know if your program has any spaces available.

Starting in January, we will be also recruiting for License-Not-Required (LNR) child care registration. If you are currently providing child care in your home or are interested in learning about the LNR registration process please contact the CCRR. There are several benefits to registration including referrals to families, support and consultation, access to CCRR resources, professional development opportunities, and higher rates of child care subsidy for families.

And finally, we would like to take this opportunity to thank-you for your ongoing support and participation in the CCRR and to wish you and yours the very best of the season.

Catherine, Tracy and Katie

Holiday Closure

Both CCRR offices will be closed from
December 23, 2017
to January 1, 2018

Our offices will re-open on Tuesday,
January 2, 2018, regular hours.

If you need assistance with child care subsidy, please visit our website at <http://coastccrr.ca/for-parents/child-care-subsidy/>

For all other enquiries, call Sunshine Coast Community Services Society at 604-885-5881.



Little Scholars Child Care in Sechelt has been successful in securing \$ 500,000 from the province to add 12 infant/toddler spaces and 60 preschool spaces to their existing facility.

This funding is part of the Child Care Major Capital Funding Program, as announced by the Province of BC (see page 7).

Sherri-Lynn Hamilton, Manager of the Little Scholars says the extra space is much needed.

[For the full story, here's the link to the Coast Reporter article.](#)

Exploration and Discovery 2017

Our conference this year was the largest it's ever been! Thanks to all who attended for bringing such great energy to this excellent annual event. Also thanks to the conference planning committee who made it all happen. See you next year.



Left: Dr. Cant's workshop

Right: Committee Member Dianne Lee and guest



Left: Dr. Cant's Pedagogy Workshop

Right: Committee member Paul Calder and Shishalh Nation drummer Andy Johnson



Left: Maggie Chow's Emergent Art workshop

Right: Good times in Dr. Cant's workshop

Early Childhood Care and Education Program at Capilano University

Capilano University is gathering information regarding the need for an Early Childhood Education Program at its Sechelt Campus. They would like to know how many students are currently enrolled in any ECE program, what courses they have taken, what courses are still outstanding and what their preferences are in terms of delivery: in person, on-line, or virtual classes.

If you are currently taking ECE classes or are interested in enrolling in an ECE program please contact the CCRR: 604-885-5657 or coastccrr@sccss.ca.



The Benefits of Downtime

By Tina Albrecht

Have you ever noticed that when you give yourself a break and do something mindless, such as going for a walk, that you are more productive, creative and better able to solve problems?

During these periods of rest and restore our brains enter default mode network, which gives our minds time to process and organize information. This is an integral part of learning for children.



A child's growing mind is always busy even if the child doesn't look like they are. A study completed in the mid 1990s by Marcus Raichle of Washington University in Saint Louis found that the human brain consistently uses 20 per cent of the energy that the body produces and when reading or solving complex math problems it requires an additional five to 10 per cent of energy. So if the brain isn't working to its maximum capacity, where is all that energy going?

What Raichle found was that different areas of the brain are active depending on the activity. While a participant of his study was lying inactive and their thoughts were allowed to wander, their brain quickly switched to default mode network (DMN). So, what is the DMN responsible for?

"Although it might seem counterintuitive, deliberate rest refreshes and restores, playing an important role in building the powers of attention," said Lea Walters in an article for The Atlantic.

Simply put, downtime allows the brain to refresh its ability to pay attention, stay motivated and be productive and creative. These mental rest periods allow the brain to make sense of what it has learned, store it into memory, apply it to other aspects of their lives and even to question what they are learning against what they know or believe. Downtime is imperative for children to perform at their highest level and to also form memories from their everyday life.

"These moments of introspection are also one way we form a sense of self, which is essentially a story we continually tell ourselves. When it has a moment to itself, the mind dips its quill into our memories, sensory experiences, disappointments and desires so that it may continue writing this ongoing first-person narrative of life," wrote Ferris Jabr in an article for Scientific American.

Research suggests that even highly effective people can only operate at their optimal level for one hour at a time and usually for a maximum of four hours a day. A child's mind can quickly switch over to DNM when they are doing any activity that doesn't require active focus. This could be something as simple as taking part in unstructured play, goofing around, biking, reading a book, kicking a soccer ball around the back yard or even making a snack. Making sure that children have frequent breaks from learning and that their free time isn't overscheduled with activities can help to provide children with the rest and restoration time that their busy minds need.

Sources

<http://journals.sagepub.com/doi/abs/10.1177/1745691612447308>

<https://www.scientificamerican.com/article/mental-downtime/>

<https://www.theatlantic.com/education/archive/2017/07/goofing-off-is-good/533427/?platform=hootsuite>

<http://journals.sagepub.com/doi/abs/10.1177/1745691612447308>



Tina Albrecht is a believer in diversity of the family. As the Director of Communications at the BC Council for Families Tina appreciates the opportunity to share the notion that family is who YOU love. Tina has a Bachelor of Communication Design and enjoys the opportunity she has to have a positive impact on families in BC.

BC Council for Families www.bccf.ca

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Upcoming Workshops and Training Opportunities

Responsible Adult in a Child Care Setting

Dates: Mondays, Tuesdays and Thursdays, January 15 – 30, 2018

Time: 9:30am – 12:00pm

Location: Open Door Group, 5648 Dolphin Street, Sechelt

Facilitator: Catherine Bunce, CCRR

Fee: \$100.00 (includes workbook)

This 20-hour course prepares participants for the following employment possibilities: School Age Group Child Care (licensed), Occasional Child Care (licensed), as a replacement or a substitute/casual on call for Early Childhood Education Assistants (licensed group child care centres or preschools). This course also meets the training requirements for non ECE Child-minders. Other employment possibilities may include casual family drop-in programs, family child care or other related positions. This is a non-credit course (cannot be applied towards the completion of a degree).

For more information or to register, contact the CCRR at 604-885-5657 or coastccrr@sccss.ca



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.



INSPIRATION
AT WORK



Sunshine Coast
Community Services
Caring since 1974

Motivational Interviewing: Compassionate & Collaborative Change Conversations

Date: Saturday, February 10, 2018, 9:00 am – 12:00

Location: CCRR Sechelt Office, 5520 Trail Avenue

Presenter: Cristine Urquhart, MSW, RSW

Suitable for: child care providers and other early childhood professionals

Fee: Free! 3 hour Pro D certificates will be issued.

The overall aim of this 1/2 day workshop is to introduce a Motivational Interviewing communication style to child care providers with the hopes of evoking a curiosity to learn more and begin to consider the opportunities for MI conversation in their contexts. Learners will:

- Define Motivational Interviewing
- Identify key components – MI spirit & Change Talk
- Experience a taste of MI

Motivational Interviewing combines relationship and technical skills and strategies to initiate and guide change conversations in an engaging and effective manner. Communication is purposeful and focused, as service providers draw out reasons to consider changing from the individual, versus telling them what they should do. MI is especially helpful when motivation is low; there are mixed feelings about changing; engagement is a challenge; and people are having difficulty in making positive changes.

Cristine Urquhart, MSW, RSW, co-founder of Change Talk Associates, has trained thousands of helping professionals across Canada in a Motivational Interviewing style of communication, and presented at numerous provincial, national and international conferences. Passionate about supporting helping professionals to collaboratively and compassionately guide change, Cristine translates research to practice, integrating motivational interviewing and trauma-informed approaches.

This workshop is being offered in partnership with the Sunshine Coast Early Years Centre.

For more information or to register, contact the CCRR at 604-885-5657 or coastccrr@sccss.ca



Upcoming Workshops and Training Opportunities

Continued from page 5

Appetite to Play

Date: Saturday, February 17th

Location: CCRR Sechelt Office, 5520 Trail Avenue, 9:00 am – 12:00

Presenter: Heidi Kux-Kardos

Suitable for child care providers and other early childhood professionals

3 hour pro-d certificates will be issued

Fee: Free!



The **Appetite to Play** interactive workshop for early childhood providers will enhance knowledge, skills and confidence in creating childcare settings that support healthy eating, physical activity, food and physical literacy to promote healthy child development. Early childhood (0-5) is a critical time for setting the stage for lifelong healthy behaviours. During this workshop planning tools, tips and ideas, recipes, games and activities will be shared and practiced. Participants will receive a booklet to help them get started and an overview of the Appetite to Play online resources. The workshop is three hours in length and will count towards professional development credits for early childhood educators. (See page 12 of this newsletter for more info.)

Heidi Kux-Kardos is the Success By Six Coordinator for the Sunshine Coast Early Years Council.

For more information or to register, contact the CCRR at 604-885-5657 or coastccrr@sccss.ca

Infant Mental Health Community Training Institute

A Series of Dine and Learn Webinars

A unique web-based lecture series with renowned world experts focusing on promoting early mental health and well-being during the first 1000 days of life.

Suitable for: child care providers and other early childhood professionals.

2 hour pro-d certificates will be issued.

Fee: Free! A light supper will be served.

Introduction to Infant Mental Health – Chaya Kulnarni

Date: Thursday, January 11, 6:00 – 8:00 pm

Location: CCRR Sechelt Office, 5520 Trail Avenue

Development of Regulation – Dr. Stuart Shanker

Date: Thursday, February 8th, 6:00 – 8:00 pm

Location: CCRR Sechelt Office, 5520 Trail Avenue

Temperament – Greg Lubimiv

Thursday, March 8th, 6:00 – 8:00 pm

CCRR Sechelt Office, 5520 Trail Avenue

Understanding Brain Development in the Early Years – Dr. Pat Levitt

Date: Thursday April 12th, 6:00 – 8:00pm

Location: Gibsons Early Years Centre, 783 School Road

This series is being offered in partnership with Sunshine Coast Community Services Society, School District #46, Vancouver Coastal Health and Sunshine Coast Early Years Centre.

For more information or to register, contact the CCRR at 604-885-5657 or coastccrr@sccss.ca



Child Care Administration Corner

Child Care Subsidy Service Providers Portal

Need help submitting child care subsidy on line?

Licensed Child Care Providers can find help online with these two links.

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/service-provider-portal-child-care-providers>

https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/icm_service_provider_portal_guide.pdf

The two step process for getting set up:

1. Apply for a BCeID the link is on the landing page under the first bullet above.
2. Once a BCeID has been obtained, the licensed child care provider can fill out the PDF form (on the landing page under bullet #1 above) called 'Apply for access'. Fill out the form online and submit to the email address at the bottom of the form:

Email Address: MCF.ServiceProviderPortal@gov.bc.ca.

Once approved the child care provider will receive an email confirmation with instructions for logging in and can then proceed to submit invoices (claims) electronically rather than faxing the monthly claim forms.

For information and further assistance contact your local CCRR.

NOW HIRING

Child Care Job Postings

Lead ECE Required in Lower Gibsons

Huckleberry Coast Childcare Society is looking for a lead ECE to work in partnership with our Manager. We invite qualified ECEs and Assistant ECEs (with an interest in furthering their education) to participate in our creative, outdoor and child-led programming by applying for a permanent 4 day/week position. Our group licensed centre for children 30 months - school age operates Monday to Thursday in Lower Gibsons and provides a walking pick-up from Jack & Jill Preschool. Competitive wage \$16-\$22, commensurate with experience; December start. Please submit a resume, letter of interest and scans of current certification, including First Aid. Email: office.huckleberrycoast@gmail.com or call 604-886-9730
www.huckleberrycoast.ca

In the News

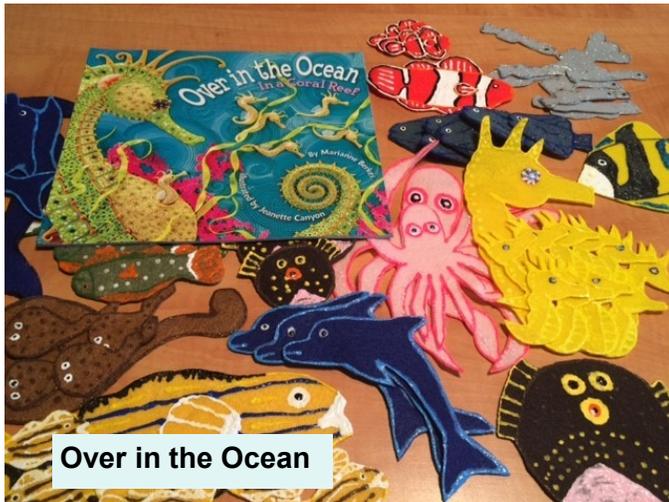
New child-care spaces will help families around B.C.

British Columbia families will benefit from thousands of new licensed child-care spaces throughout B.C., announced Minister of Children and Family Development Katrine Conroy and Minister of State for Child Care Katrina Chen.

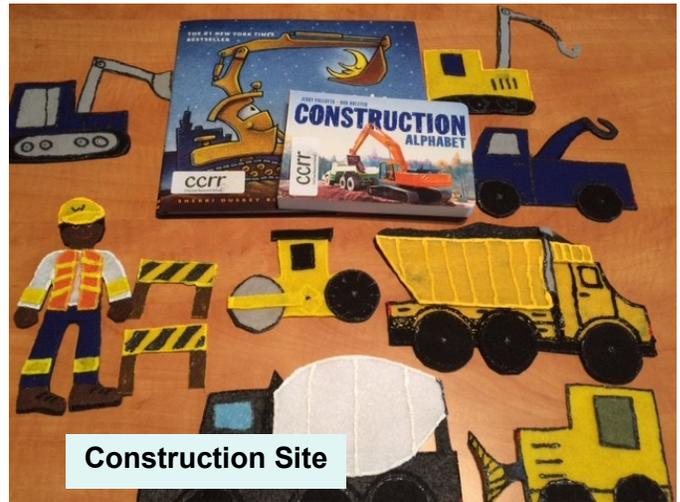
For more information visit: <https://news.gov.bc.ca/releases/2017CFD0023-002011>

New to the LENDING LIBRARY

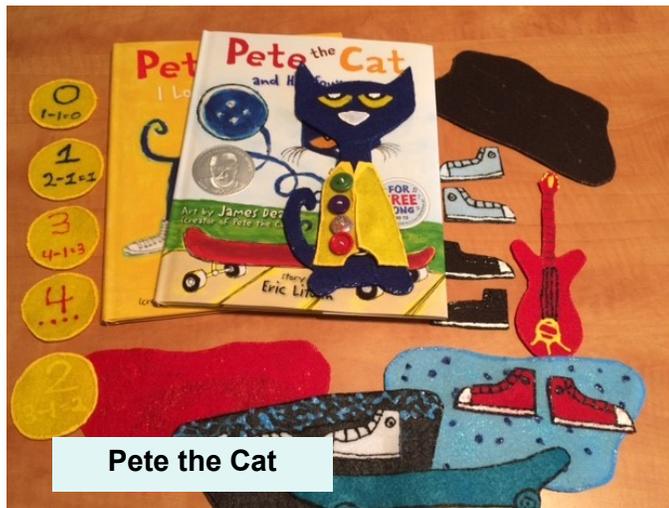
Felt Stories! We have lots of new ones!
Delight in the art of story telling with these wonderful new resources.



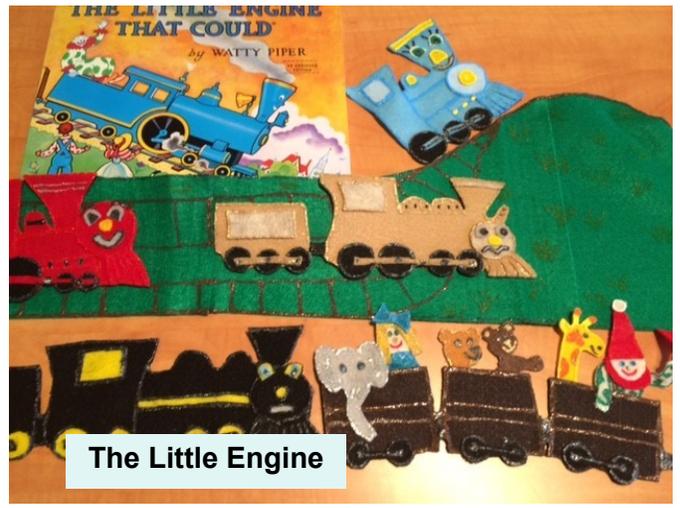
Over in the Ocean



Construction Site



Pete the Cat



The Little Engine

Off Coast and Online Training Opportunities

Early Years Conference

January 26 – 27, 2018
Hyatt Regency Vancouver, Vancouver, BC

Children the Heart of the Matter

February 23 & 24, 2018
The Bell Performing Arts Centre, Surrey, BC

Healthy Mothers and Healthy Babies

March 1 – 2, 2018
Sheraton Vancouver Airport Hotel, Richmond, BC



BC early years professionals are Lifelong Learners

Find learning opportunities posted by likeminded professionals at earlyyearsbc.ca



Early Years Professional Development



Provincial Office for the Early Years

Photo credit: "Workshop" by Heinrich-Börs-Gilman/available at <https://iStockphoto.com/905052/Heinrich-Börs-Gilman> licensed under CC 2.0

Sunshine Coast Children’s Charter

In 1989, the United Nations approved the Convention on the Rights of the Child. Canada played a major role in its development and since then the convention has been ratified by nearly every country in the world. Currently, communities around the country are working to facilitate local children’s charters, developed by children and reflecting a collection of their own voices, in their own words.

The Sunshine Coast Early Years Council is pleased to announce that preliminary work has begun on the creation of our own children’s charter. Over the coming months we will be contacting local schools, organizations, child care centres, governments and community groups with the goal of community-wide participation. Our goal is to engage children ages 0 – 12 in the creation of a document that can be used by different members, agencies and community bodies to guide them in their planning of goals, priorities and actions. To launch this project we will be offering a workshop in the spring with Equitas, Canada’s most recognized and active human rights education organization.

Please stay tuned for later details and upcoming announcements.

For more information on children’s charters here are some resources:

<https://www.youtube.com/watch?v=08ytcRebtI>

www.Childfriendlycommunities.ca

www.scyofbc.org/child-rights-information

www.richmondchildrenfirst.ca



Children’s Day Proclamation

Steve Oka, (right) Program Manager of Child Development and Youth Services, Sunshine Coast Community Services Society accepting the Universal Children’s Day Proclamation form Mayor Wayne Rowe in Gibsons.

This Proclamation was requested by the Sunshine Coast Early Years Council to advocate for the International Day of the Child which is celebrated around the world every November 20th and is endorsed by the United Nations

UBC's Human Early Learning Partnership—EDI Fact Sheet



HUMAN
EARLY LEARNING
PARTNERSHIP

The EDI is a questionnaire that is used province-wide. It was developed by researchers at the Offord Centre for Child Studies to measure patterns and trends in child development in populations of children. The questionnaire is completed by kindergarten teachers for children in their classes. They are filled out in February, after teachers have had the chance to get to know their students. This ensures that teachers are able to answer the questions for each student knowledgeably. The EDI includes 104 questions and measures five important areas of early child development. These areas are good predictors of adult health, education and social outcomes .

[CLICK HERE FOR THE EDI FACT SHEET](#)

Watercolour and Oil Pastel Resist Art for School Aged Children

Materials:

Materials:

Watercolour Paints

White Oil Pastel or white crayons

Plain white Paper

Water

Paint brushes

Using a white oil pastel, or crayon, draw a design onto a plain white piece of paper. Next, begin covering the design with watercolour paints. Once the brush is wet, add colour and apply. This method will create sharper colours and lines. For softer shades and to make the spread of the paints a little easier, dampen the paper with a sponge before applying the watercolours and then continue as before.



Toddler Sensory Table



Tongs and cotton balls make a great toddler activity

Fall Outreach



Kidz Club Cedar Grove October- Ghost Mud



Infant / Toddler Exploration Basket



Wooden catapults with Kidz Club Cedar Grove



Dancing Mothballs



Volcano pumpkin at Serendipity Child Care



Rainy Day art at Noah's Ark Family Care

Local Events During the Holiday Season



Winter Lights at the Botanical Garden

Dec. 3, 4, 5, 10, 11, 12, 17, 18, 19. Winter Lights at the Sunshine Coast Botanical Garden (Sundays, Mondays and Tuesdays in December before Christmas). A magical display of festive lights through the trees. All ages welcome!

Carol Sing-a-Long at St. Hilda's Church

Dec. 16. St. Hilda's Anglican Church Annual Carol Singalong, 2pm, by donation .

Photos with Santa

Dec. 2, 9, 16, 23. Photos with Santa, 10am to 2pm at Trail Bay Centre. Free with a donation to the Food Bank.

Winter Wonderland Skate

Dec 24, 2017 12:00pm - 4:00pm. Don't miss this popular drop-in skate with Santa! Arena is decorated with festive lights and decorations. Regular admission fee.

Gibsons & Area Community Centre. Sunday December 24, 12:00 to 4:00 pm

Breakfast with Santa at Halfmoon Bay

Dec. 16. Breakfast with Santa, 9:30 to 11:30am at Halfmoon Bay Elementary School, a community event where everyone is welcome. Tickets include a photo with Santa and Mrs. Claus and are available at Halfmoon Bay Café, Welcome Woods Market, Halfmoon Bay General Store and in Sechelt at Pastimes toy store

The Nutcracker at the Raven's Cry Theatre

Coasting Along Theatre Society's 6th annual presentation of The Nutcracker! 100% live! With local talent, and guest artists from around the globe. Seeing is believing - come experience the magic! Tickets at Gourmet Girl, Pier 17 in Davis Bay or call the Box Office at 604-989-6050



SUPPORTING PHYSICAL ACTIVITY AND HEALTHY EATING IN THE EARLY YEARS

WHAT IS APPETITE TO PLAY?

Physical activity and healthy eating in early childhood (0-5) is important for healthy child development and setting the stage for lifelong healthy behaviours. **Appetite to Play** is designed to support early years providers promote and encourage physical activity and healthy eating. **Appetite to Play** provides healthy eating and physical activity recommended practices and practice support resources for early years providers to use in a variety of settings including: daycare centres, family based childcare, preschool and parent participation programs.



IN PERSON TRAINING

The **Appetite to Play** interactive workshop for early childhood providers will enhance knowledge, skills and confidence in creating childcare settings that support healthy eating, physical activity, food and physical literacy to promote healthy child development. Early childhood (0-5) is a critical time for setting the stage for lifelong healthy behaviours. During this workshop planning tools, tips and ideas, recipes, games and activities will be shared and practiced. Participants will receive a booklet to help them get started and an overview of the **Appetite to Play** online resources. The workshop is three hours in length and will count towards professional development credits for early childhood educators.

ONLINE SUPPORTS – WWW.APPETITETOPLAY.COM

- Self Assessment Tool.
- Weekly & Monthly Meal Planning Tool.
- Weekly & Monthly Activity Planning Tool.
- Tips & Ideas for Healthy Eating and Active Kids.
- Recipes and Food Activities.
- Physical Activity Games.
- Parent Section.
- Training Modules.

FOR MORE INFORMATION ABOUT APPETITE TO PLAY PLEASE CONTACT:

ATP Provincial Coordinator
ATPinfo@cw.bc.ca

ATP Training Coordinator
appetitoplay@gv.ymca.ca

