

Victoria Child Care Resource and Referral

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The Connector

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Office Hours:

Monday to Friday

8:30am— 4:30pm

Wednesday

Open until 7:00pm

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Inside this issue:

Activity Boxes and More	2
Goodbyes / Healthy Foods	3
The IQ Project	4
Meetings, Money, Etc...	5
Fall Outings / New Staff	6
Provider Profile / Recipe	7
Updates / New Members	8

Farewell!

Just as the ocean moves back and forth through the rhythm of time so has Victoria Child Care Resource & Referral. We have flown into another season where the leaves of fall will bring more changes. As you read this message, I will have already left my position as Coordinator of the program. As I reflect back over these past two and a half years, I am left with an enduring feeling of warmth and gratitude. I feel privileged to have worked alongside a great team of professionals who make a difference in our world. I am thoroughly impressed by the commitment and dedication this team has shown to support the early

childhood community. I feel blessed to have been touched by the child care providers who offer high quality care to children in Victoria, the Saanich Peninsula and Gulf Islands. To those who provided me with an opportunity to view your physical space and share in your dream, a big thank-you. To those who chatted with me on the phone or during networking nights and workshops, I will miss those moments. I believe that each and every one of you deserves the loudest applause for all the work that you do to enrich the lives of children and families. Although I will not be positioned within VCCRR, I



will be located nearby. As of September 5th, I can be found at the Vic West Y, in the role of Manager. To all child care providers who will be attending the playgroup at Vic West Y, I extend an invitation for you to come knocking on my door any time.

Sherry-Lynn Lidemark

Ah, the fury of fall!

As the days of summer draw to a close, many of us gear up for the busyness that often characterizes the beginning of autumn. We plan for our child care programs; we prepare our children for school and after-school activities; we put away our summer stuff and take out our boots, rain coats, and muddy buddies; we may even begin to turn on the heat and make up hearty soup or stew.

This issue focuses on this transition to fall days and offers some ideas for making it easier and more fun. Quick and healthy snacks, rainy day program ideas, seasonal stories, helpful resources, and fall outings are some of the goodies in this issue of *The Connector*. Encouragement for you to make time for self-care is also included throughout.



On that note, I invite you to make yourself a cup of hot tea or coffee, put up your feet, and enjoy!

Ocean Kneeland

INFANT/TODDLER EQUIPMENT

Are you starting up or expanding your child care program? Would you like to borrow some equipment?

Registered care providers can borrow the following items for three months at a time:

- Double and Triple strollers
- Playpens
- Monitors
- Booster seats
- Safety Gates

ACTIVITY BOXES

Did you know that we have recently enriched and enlarged our collection of activity boxes?

Registered care providers can borrow our new and improved activity boxes for one month at a time. Some of the newer boxes include:

- Asia
- Canada and the Americas
- Community Workers
- Families
- Garden Works
- Let's Build It
- Life Cycles
- My Hands at Work
- My Body and Bones
- Restaurant
- Sign Language

Please contact Leanne @ 382-7000 ext. 230 for more information or to reserve a box.

Please note: We are happy to make arrangements for pick up at play-groups, workshops, networking nights, and other meeting places. Boxes can also be picked up at Family Place on Salt Spring Island and Beacon Community Services in Sidney every Tuesday (with advance notice).

Featured Activity Box: Restaurant

Children love the socio-dramatic play involved in setting up a restaurant, taking orders, and cooking meals.

This new activity box includes a solar-powered cash register, play money, menus, order forms, dishes, play food, aprons, story books and much more!

This box will undoubtedly be a favorite, so be sure to reserve it in advance, by contacting Leanne @ 382-7000 ext. 230.

Please note: 'Restaurant' activity box replaces the 'In the Kitchen' box which was on the resource list in the July/August newsletter.

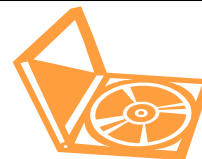


NEW CD Lending Library

Registered care providers have access to some excellent new CD packs, which can be borrowed for one month at a time. Not only is music enjoyable for children, it also stimulates language development, creative movement, and imagination. Furthermore, it strengthens children's auditory skills.

These 2-disc packs come in a variety of genres ranging from Raffi and Fred Penner to Ella Jenkins, Enya, Celtic, instrumentals and lullabies. Check out the complete listing on our website: www.childcarevictoria.ca

For further inquiries or to borrow one of the packs, contact Leanne @ 382-7000 ext. 230.



Goodbye Tips for Parents

Let your child know what to expect. Explain what will happen while you are gone: "You're going to Shelley's place. She's taking you to playgroup today."

Let your child know when you are coming back. Use a time frame that she will understand, such as after a routine activity: "I'll be back when your nap is over."

If you're taking your child somewhere away from home, let him take a favorite blanket or toy. Something familiar can help ease unsure feelings.

Tell your child you are leaving—**don't just disappear**. This will help your child develop the security she needs, and it will make goodbyes easier in the long run.

Keep your goodbyes short. Give your child a quick hug and kiss, then leave. Long goodbyes can make things more difficult.

Follow a routine. If you leave your child every day, saying goodbye in the same way each time helps him know what to expect and feel more secure.

Call if any plans change or if you'll be late to keep your child from worrying or being afraid that you won't return. Staying in touch will build trust.

(From www.urbanext.uiuc.edu/toddlers/toddlers4.html)



Top 10 Healthy Foods

Here is the Mayo Clinic's top 10 list of healthy foods:

Apples - a good source of fibre and vitamin C



Almonds - full of fibre, riboflavin, magnesium, iron, calcium, and vitamin E.



Broccoli - contains calcium, potassium, folate, fibre and phytonutrients

Blueberries - full of fibre, antioxidants and phytonutrients



Red Beans - an excellent source of antioxidants, protein, fibre, copper, iron, magnesium, phosphorus, potassium and thiamine



Salmon - terrific source of omega-3 fatty acids

Spinach - high in vitamin A, plus

calcium, folate, iron, magnesium, riboflavin and vitamins B-6 and C



Sweet Potatoes - high in beta-carotene and vitamin C

Vegetable Juice - lots of vitamins, minerals and other nutrients

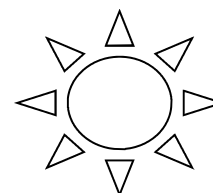
Wheat Germ - thiamine, folate, magnesium, phosphorus, iron and zinc

Don't forget to incorporate these foods in you and your children's diets, and encourage your child care families to do the same!

A few changes...

This issue of *The Connector* marks the beginning of a switch from a bi-monthly to a quarterly publication. In order to provide you with a more informative yet cost-effective newsletter, we have decided to publish *The Connector* at the beginning of Fall, Winter, Spring, and Summer. You can expect the next issue at the beginning of December.

Another change is the addition of a "Job Postings" section to our website, www.childcarevictoria.ca, as well as updated lists of books and CDs that can be borrowed by registered members, under "Services for Care Providers."



Where ever you go, no matter what the weather, always bring your own sunshine.

Anthony J. D'Angelo

Professional Development/Training

- ⇒ Beginning this Fall 2006, the University of Victoria will be offering a BA in Child and Youth Care program with an **Early Years Specialization**. Course will be offered online. Check out www.cyc.uvic.ca/prospective/ba_cyc/early-years.php
- ⇒ Starting September 12th, Sooke/West Shore CCRR along with Southern Vancouver Island Family Child Care Association will be offering a self-directed **Veterans Good Beginnings course**, designed for family child care providers who missed out on the Good Beginnings course when they started caring for children in their homes eight or more years ago. Contact Loreli Urquhart at 391-8653 or email her at lurquhart@sfrs.ca for details.

The Investigating 'Quality' (IQ) Project

The IQ Project, funded by MCFD, is one of several quality oriented initiatives across Canada that emerged from the federal government's Early Learning and Child Care Agreements with the provinces.

Over the past ten months, fourteen local child care providers from a variety of settings have participated in the IQ project with researchers from the University of Victoria.

As part of their exploration of quality care, the participants created an impressive exhibit featuring children's activities and conversations through photos, audio and video recordings, and text.

VCCRR hopes to connect with project participants and explore how their inspiring work could be shared with the broader child care community over this coming year.

For more information about the IQ project, check out:

<http://www.reach.uvic.ca> and the Winter 2007 issue of *Interaction*.



Rethinking Pedagogy in ECEC: International Perspectives



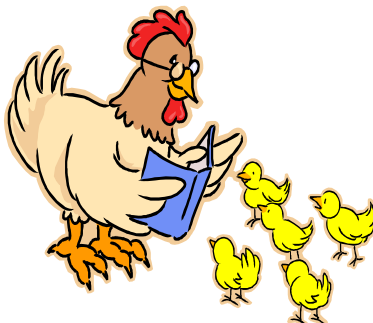
Research in Early Childhood Care,
Education and Health

On August 10-11, 2006, a panel of international researchers joined child care professionals from across Canada for a two-day Institute at the University of Victoria. Perspectives and issues from Sweden, Australia, United States, New Zealand, and Canada were presented and discussed. Innovative ideas that were explored include:

- Sweden's integration of its early years curriculum into the elementary teacher training program. Early Childhood Care and Education now falls under Sweden's Ministry of Education. Teachers-in-training are encouraged to apply critical reflection to their theory and practice from a post-structural feminist perspective.
- New Zealand's use of learning stories to document and celebrate children's learning. Complimentarily, the IQ Project exhibit - created by child care providers and children in Victoria and Vancouver - presented several ways to use documentation as a way of learning about children's experiences.
- The concerning trend of privatized child care centres in Australia. Apparently, almost 50% of centres are now privately-owned and the predominant player has one of the fastest-rising stocks on the stock exchange!
- Overall, the need to re-examine how we approach our work with children, particularly in terms of our reliance on developmental theory, was emphasized and explored. Check out www.reach.uvic.ca for more details and upcoming events...

Back to School Stories (Some Suggestions from the Greater Victoria Public Library)

Bourgeois, Paulette	<i>Too many chickens</i>
Clement, Rod	<i>Just another ordinary day</i>
Dyer, Jane	<i>Little Brown Bear won't go to school</i>
Garland, Michael	<i>Miss Smith's incredible storybook</i>
Gregory, Nan	<i>Amber waiting</i>
Jocelyn, Marthe	<i>Hannah's collections</i>
McGeorge, C. W.	<i>Boomer goes to school</i>
Noble, Trinkia Hakes	<i>The day Jimmy's boate the wash</i>
Rockwell, Anne	<i>100 school days</i>
Wells, Rosemary	<i>Timothy goes to school</i>



Many public libraries offer Story Time for preschoolers, which can be an enjoyable and educational outing for children and care providers alike.

Networking

Looking for an opportunity to get out and socialize with other providers?

Join a consultant from VCCRR and other child care providers for the following Networking Nights:

Wednesday Sept. 6th, 7-9pm

Walk through Chinatown and enjoy a tea/coffee at PV Bakery

Wednesday Oct. 4th, 7-9pm

Short film and open discussion with popcorn

Wednesday Nov. 1st, 7-9pm

Candy Rummoli: a simple but very fun game (bring wrapped candy)

To register & find out about meeting places, contact Ocean @ 382-7000 ext. 239.

Capital Funding

Are you operating a not-for-profit group child care centre, preschool, or out-of-school program? Until March 31, 2007, eligible facilities may apply for Minor Capital Funding for Emergency Repair, Replacement and Relocation funding (up to \$5000* per facility).

The funding is intended to address emergency issues related to meeting Licensing requirements. These include:

- Replacement of furnishings
- Large appliances, such as dishwashers
- Roof or pipe repair
- Minor renovations
- Moving costs

For more information, contact the Child Care Help Line @ 356-6501, press 3 (in Victoria) or 1-800-338-6622.

Application forms are available online @ www.mcf.gov.bc.ca, under "Child Care."

*If a child care provider operates more than one licensed facility, the maximum funding amount is \$10,000 per facility.



Not a registered member of a CCRR?



The benefits of being registered with a Child Care Resource and Referral program are substantial, including: access to activity boxes, CDs, book bags; infant/toddler equipment; networking/workshops; training; referrals; and more!

The is **no cost** to register and, for licensed care providers, the process is quick and easy. Simply contact us @ 382-7000, complete the one-page Registration Form, sign a Borrowing Contract, and fill out a Referral Questionnaire (optional). We can mail or email these forms to you or you are welcome to pick them up in person, meet the staff, and tour the resource room.

ECEBC

The Early Childhood Educators of BC - Victoria Branch will be meeting in late September or early October.

For information about upcoming meetings and events, contact Betty Hutchinson @ 381-3091 or 478-5684, or by email: bhutchinson@cridge.org

Fall Outings

Drop-in Playgroups

VCCRR will be hosting playgroups for care providers and children at the following locations:

- *Vic West Y*, 521 Craigflower Rd., Tuesdays, 10-11:30am, Sept. 5 -
- *St.Aidan's Church*, 3703 St. Aidan, Mondays, 10-11:30am, Sept.18 -

Entertainment at Hillside Mall

Starting at 10am every Wednesday in the food court, magicians, clowns or singers offer free entertainment and fun for young children.

Swimming Lessons

Swimming lessons can be a great way for children to exercise, enjoy the water, and learn valuable skills. They can also be a nice way to bond with a younger child who requires assistance in the water. Many parents are willing to pay for lessons. Alternatively, financial assistance is available through the L.I.F.E program. Contact your local recreation centre for details.



Goodbye Gulf Islands!



My last visit to the Gulf Islands was in July, when I introduced our new consultant (Tanya Grant) to many of you.

Over the past years, I have thoroughly enjoyed my trips to the islands. My greatest joys were reading with the children, doing woodworking activities, and blowing bubbles.

Thank you for opening your homes and centres to me.

Best wishes, Frances Thomasset

Hello Gulf Islands!



Hi! My name is Tanya Grant and I am excited to be joining VCCRR as a Child Care Consultant for the Gulf Islands. It has been almost two years since I moved to Salt Spring Island and I feel privileged to be living in such a dynamic and diverse community. I have worked with children and families in a variety of capacities for 17 years. I have a degree in Child and Youth Care from the University of Victoria, but my 3 year old and 7 year old have taught me more about working with children than my professional experience and my education put together.

I am looking forward to connecting with the child care providers who are currently registered with our program and excited about the new connections I will make. I am enthusiastic about working with the communities on the Gulf Islands to enhance existing services. The next few months will be an opportunity for us to work together and come up with creative ways to make the most of the resources available to us through VCCRR.

I have an office space in Family Place at Salt Spring Island Community Services. I can be reached there by phone (250) 537-9938 or by fax (250) 537-9974.

Tanya Grant

Provider Profile: Anne Davis

Name of child care program:

Port Washington Montessori Children's House, Pender Island

Type of child care: Group Care

Education and/or training:

Honours Bachelor of Fine Art, E.C.E., Special Needs Educator, Montessori Pre-primary Teacher, Home-schooling mother of two.

Years of experience: 23 years

What do you enjoy most about your work?

I enjoy participating in life's process. Small children go about their days with little regard for what was or will be. They live in the moment, and therefore every moment is fresh and exciting... rich with passion and energy.

What are some of your favorite program activities?

I have many favorites, but I think the stories that we tell/adapt to suit their play scenarios are the best. The children have many favorite tales, which we tell over and over again, and add to, or change to make silly, or scary, or wild...Songs in a circle, or songs while we work...Passing a talking stone, tea-time, making artwork together, hiking, and exploring new trails, baking...They are all favorites. Every day brings a new set of surprises.

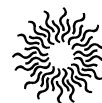
What challenges do you experience as a child care provider?

My most challenging moments are linked with trusting the process. I have come to respect the path that each child is working to uncover, yet it is always a challenge to balance structure with free-play, curriculum with natural discovery...and be sure the children are shown all of the concepts they will need as they prepare for school. Ultimately, I feel it is most important that they gain confidence, trust in relationships and that their natural sense of wonder is encouraged.



What advice do you have for new child care providers?

Listen to your intuition - keep guidelines loose enough to invite spontaneity, provide a solid base, and a caring heart.



Please note:

If you know an outstanding child care provider (or are one yourself), please let us know so we can contact you about future profiles. There is much to be learned from your experiences!

Recipe: Carrot Soup

From Mollie Katzen's "Moosewood Cookbook"

Children can help by scrubbing carrots, blending the ingredients, stirring the soup, adding the herbs, and tasting of course!

- 2 lbs carrots, peeled or scrubbed, and chopped
- 4 cups water
- 1½ tsp. salt
- 1 medium potato, peeled and chopped

Bring to boil. Cover and simmer 12-15mins. Let cool to room temperature.

- 1 cup chopped onions
- 1-2 small cloves crushed garlic
- 1/3 cup chopped cashews

Sauté in 3-4 Tbs. butter with a little salt, until onions are clear.



Puree everything together in a blender until smooth. Return the puree to the pot and whisk in:

- 1 cup milk or soy milk
- 1/2-1 tsp. each of thyme, marjoram, and basil.

Heat slowly, serve with hearty bread, and enjoy!



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382-7000 ext. 237

New Members

A warm welcome to new VCCRR members:

Michelle Christopher (Katie's Korner)

Cindy Fuailefan (Cloverdale Childcare)

Ashima Goyal (Sacred Hearts Childcare)

Ruth Westle (In the Garden Daycare)



Not a Member?

Registration with Victoria Child Care Resource and Referral is **free** for license-not-required and licensed family child care providers, group centres, preschools, and out-of-school care programs.

If you would like to become a member or renew your membership, please contact a consultant @ 382-7000.

Victoria Child Care Resource and Referral, in partnership with the community, strives to enhance the availability and accessibility of a range of quality child care options and services to meet the needs of children, families, and care providers.

We're Moving!

Yes, VCCRR is scheduled to re-locate some time this Fall to a more central, storefront location.

Stay tuned for our new address and moving date...



VCCRR is updating its care provider files.

Please advise us of your

e-mail address

If you have one, send an email to
info@childcarevictoria.ca.

In the subject line, write:
"Care provider email update." Thanks!



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