

Victoria Child Care Resource and Referral
2001A Douglas Street
Victoria, BC V8T 4K9

Spring 2019



The Connector

Program Staff	Message from the Coordinator
<p><u>Coordinator</u> Belinda Macey</p> <p><u>Consultants</u> Lisa Yates Shauna Fraser Lesley Porterfield Carolyn Levasseur</p> <p><u>Receptionist</u> Rachel Steinhoff</p>	<p>Happy Spring everyone. Spring has certainly arrived in Victoria. It feels like just two weeks ago we were shoveling mounds of snow out of driveways and now we're donning light sweaters!</p> <p>We recently hosted another successful Provocation Studio, designed by the second year Early Learning & Care students at Camosun. Remy, Kira, and Cass certainly created an environment that would both challenge babies and adults alike. See page 6 for their thoughts and some photos.</p> <p>I was thrilled to receive an email announcing that CCRR programs would be partnering with ECEBC again to offer a free video workshop event:</p> <p><i>"Early Childhood Educators of BC and the Canadian Child Care Federation National Conference has partnered with Child Care Resource & Referral Programs of BC to ensure high quality professional development can have a farther reach to Early Year's Professionals across BC. Exclusive online viewing of Dr. Cindy Blackstock's and Tove Slind Mogostad's key note address from the 2019 conference will be hosted by participating CCRRs.</i></p> <p><i>Emily Gawlick, ECEBC Executive Director shares, "This is a fantastic opportunity to provide exceptional education and to extend our reach throughout the Province". Vancouver Coastal CCRR Regional Coordinator Sue Irwin adds, "we have a shared vision and role of enhancing the quality of professional development for early year's professionals, and reducing barriers to increase access to training in BC. We are thrilled to be official partners with ECEBC & CCCF on this opportunity and have the infrastructure throughout BC to foster further community of practice opportunities".</i></p> <p>Stay tuned for an email giving further details about a free Saturday morning workshop event in May.</p> <p>Enjoy the sunshine!</p> <p>Most sincerely, Belinda Macey, Coordinator</p>
<p>Office Hours</p>	
<p>Monday to Friday 8:30am - 4:00pm</p> <p>Wednesday Hours 12:00pm - 7:00pm</p>	
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Important Dates

March 20th—First Day of Spring

April 19th—Good Friday
Office Closed

April 20th—Passover Begins

April 21st—Easter

April 22nd—Easter Monday
Office Closed

May 6th—Ramadan Begins

May 12th—Mother’s Day

May 20th—Victoria Day
Office Closed

June 16th—Father’s Day

June 21st—National Indigenous
People’s Day

June 21st—First Day of Summer



“New” Home Visits for Licensed Family Child Care

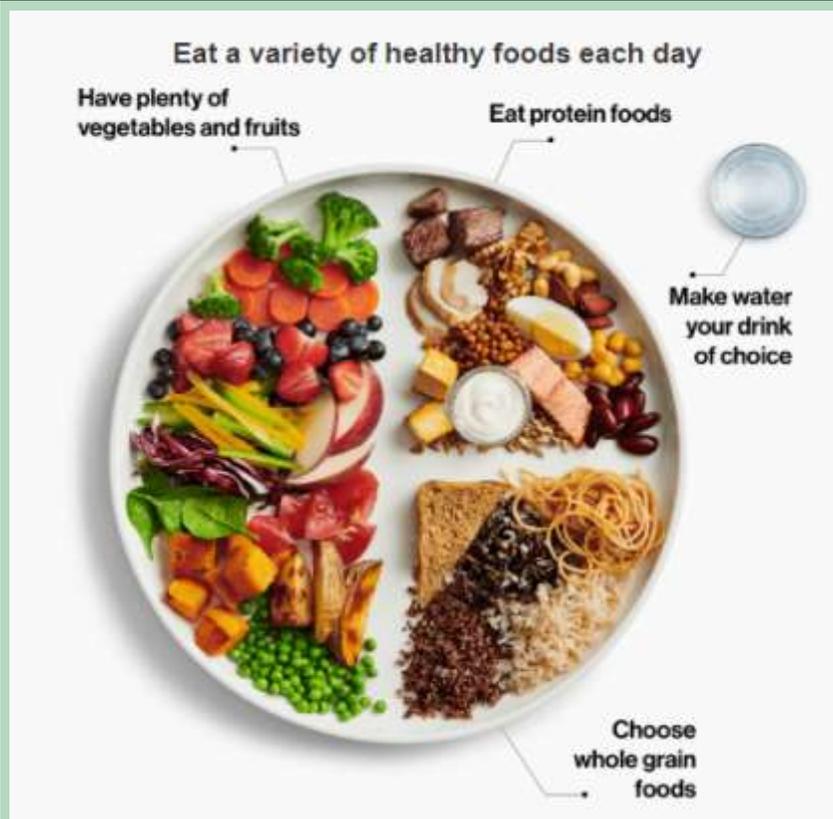
A very long time ago our consultants went to home-based child care settings and had “play visits” with the care providers and their children. We have heard from a number of providers that they would love to have these visits again. Well, we are very pleased to be offering these fun and interactive home visits.

Recently we re-packaged and re-purposed a number of our resources to create new beautiful and engaging resource boxes. Would you like one of our consultants to come to your home, bring a resource box along, and visit and play with you and your children? Everyone will unpack the box together, explore the toys and materials, and the consultant will show creative ways to use the items with the children. At the end of the visit you can keep the box for the month and continue the fun!

Contact our office for further information about the play visit, the resource boxes, and to book a date.



Canada's New Food Guide: "Half your Plate is Now Plant-Based!"



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits: take time to eat and notice when you are hungry and when you are full.

Cook more often: plan what you eat and involve others in planning and preparing meals.

Enjoy your food: culture and food traditions can be a part of healthy eating.

Eat meals with others!

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often. Make it a habit to eat a variety of healthy foods each day. Choose foods with healthy fats instead of saturated fat.

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts. Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat and choose healthier menu options when eating out.

Replace sugary drinks with water. Use food labels and be aware that food marketing can influence your choices. You can learn more about Canada's Food Guide on the [government website](#). Health Canada says they are working with First Nations, Inuit, and Métis groups to produce an Indigenous food guide, but it is not yet available.

March Is Nutrition Month

March is Nutrition month! This year, the theme is *Unlocking the Power of Food* and the Dietitians of Canada have made several [fact sheets](#) that can be printed and shared in your centre with staff and families. The dietitians have also created a website with a section about children's nutrition that you can find on the [unlockfood.ca](#) website. There are resources about feeding choosy eaters, healthy recipes and snacks, introducing solids to your baby, and more.

UNESCO Year of Indigenous Languages 2019

Through language, people preserve their community's history, customs and traditions, memory, unique modes of thinking, meaning and expression. They also use it to construct their future. Language is pivotal in the areas of human rights protection, good governance, peace building, reconciliation, and sustainable development. A person's right to use his or her chosen language is a prerequisite for freedom of thought, opinion and expression, access to education and information, employment, building inclusive societies, and other values enshrined in the Universal Declaration of Human Rights.

Of the almost 7,000 existing languages, the majority have been created and are spoken by indigenous peoples who represent the greater part of the world's cultural diversity. Yet many of these languages are disappearing at an alarming rate, as the communities speaking them are confronted with assimilation, enforced relocation, educational disadvantage, poverty, illiteracy, migration and other forms of discrimination and human rights violations.

Given the complex systems of knowledge and culture developed and accumulated by these local languages over thousands of years, their disappearance would amount to losing a kind of cultural treasure. It would deprive us of the rich diversity they add to our world and the ecological, economic and sociocultural contribution they make.

More importantly, their loss would have a huge negative impact on the indigenous cultures concerned.

IYIL2019 will promote indigenous languages in these five key areas:

- 1) Increasing understanding, reconciliation and international cooperation.
- 2) Creation of favourable conditions for knowledge-sharing and dissemination of good practices with regards to indigenous languages.
- 3) Integration of indigenous languages into standard setting.
- 4) Empowerment through capacity building.
- 5) Growth and development through elaboration of new knowledge.



knowledge

Unique systems of knowledge and understanding of the world.



peace

Sustainable development, investment, peace building and reconciliation



rights

Fundamental human rights and freedoms for indigenous peoples



inclusion

Social inclusiveness, literacy, poverty reduction and international cooperation



diversity

Cultural values, diversity and heritage

BC Aboriginal Child Care Society *Cultural Kits*



Victoria CCRR is again housing two of the cultural curriculum kits made by the BC Aboriginal Child Care Society. These kits are designed to provide resources to educators and child care providers, and to support learning and play for children.

Indigenous peoples' relationship with the land and nature is intimately tied to their identities as distinct cultures, with specific knowledge systems, spiritual beliefs, and ways of life. The kits our program has available are **Cedar** (some items pictured above) and **Raven**. These kits can be combined, interplaying the items, much the same as all nature is intertwined.

You can borrow a kit for a three-week period.

To borrow, sign a borrowing contract with the Victoria CCRR, contact us for further information!

CBC's *The Nature of Things*: Risky Play

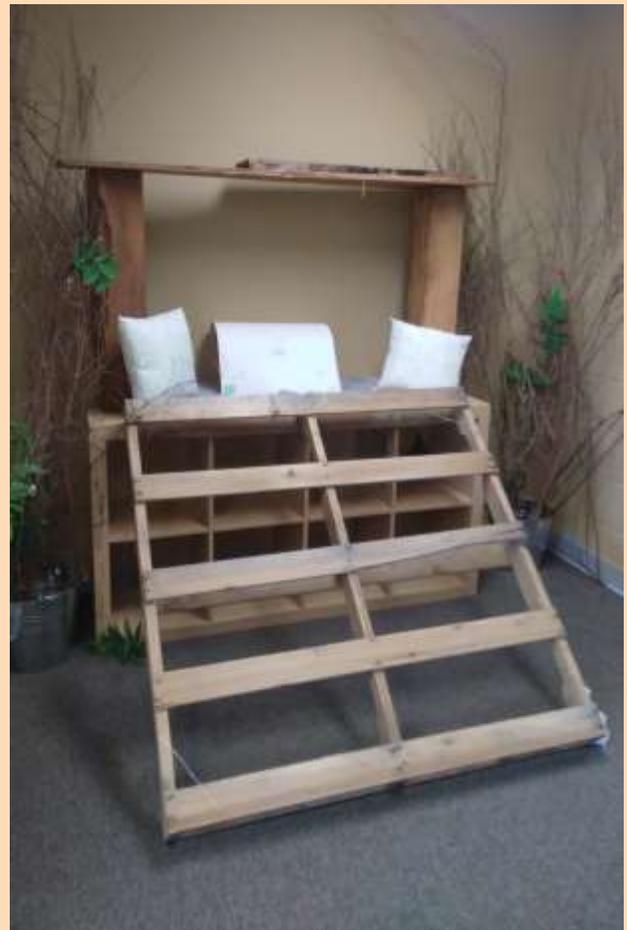
CBC's *The Nature of Things*, with David Suzuki, recently featured an episode on children's risky play. The documentary highlighted the benefits of risky play for children's development, and provided resources to parents and caregivers. You can view the documentary [here](#) and read further [here](#). A team of researchers from the University of BC has created an online tool called outsideplay.ca to help give parents and caregivers the confidence to allow their children to engage in risky play.

Camosun College ELC Students & the Provocation Studio

Constructed Constructivism: Challenging Boundaries

By: Kira Cyr, Remy Campbell, and Cass Graham

Our group explored the topic of risky play in early childhood, specifically in infants and toddlers. We investigated this topic by taking inspiration from a wide variety of sources, such as artists, early childhood theorists, and our own personal experiences working with children, infants, and toddlers. We used as many found materials as possible for this endeavour. Some of the materials that we chose are wood, metal, and rubber, which were shaped and contorted into climbable structures that invite freedom of motion, as well as the added challenge of a little risk. We are hoping that through our installation, educators will be challenged and inspired to include and incorporate more risk into the lives of the infants and toddlers that they care for. We built climbing structures, rockers, balancing tracks, and a hammock/resting area, and linked all of them together to create spaces for risk exploration around the Provocation Studio room. On the walls, we wove in quotes and images of children experimenting in risky play scenarios. The climbing structures are inspired by Dr. Emmi Pikler's triangle, and other Pikler inspired infant and toddler climbers. We built the items out of borrowed and reclaimed materials, recycled wood, fallen branches, and driftwood, as well as incorporated industrial materials such as tires, rope, and milk crates, as a symbolic juxtaposition of the balance that we all must try to strike between the natural and unnatural world.



Victoria CCRR Learning Bursary

The Victoria CCRR recently awarded a learning bursary to Cathedral Child Care Centre to use for a team-building day of learning with Kathi Thompson. Kathi continues to be retained by our program to facilitate appreciate inquiry learning for managers and aspiring leaders in our early years community.

Caitlin Wynne is team lead at Cathedral; in Caitlin's own words:

As a non-profit childcare centre in greater Victoria, Christ Church Cathedral Childcare and Junior Kindergarten face the same challenges that many other centres face. Funding for team professional development is limited. Knowing this, I started exploring options to seek out ways to support my team's growth. I value team professional development deeply as I believe it supports personal growth, builds trust within a team, and creates a sense of togetherness, while sharing learned experiences. We recently did a "**Trust and Accountability in the Workplace**" workshop with Kathi Thompson, who has previously presented a leadership series at the CCRR. The workshop with Kathi really helped bring our team together. This was possible since the Victoria CCRR helped fund our training. The request for funding was simple. I had a meeting with Belinda Macey and provided a brief outline of why our centre would benefit from this workshop and how we would use the funding. Shortly after that meeting we were approved and funding was granted. I am very thankful to Belinda and the Victoria CCRR for providing us with funding to support the continued learning at CCCJK.

Caitlin Wynne, ECE/ITE

Facility Manager, Christ Church Cathedral Childcare & Junior Kindergarten

Six Waldorf Inspired Principles

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|--|---|--|
| <p>1. Childhood isn't meant to be a race: Waldorf education teaches us to be attentive to the needs of each individual child and to stop expecting our kids to be what they're not.</p> | <p>3. Connect with nature every day: Connecting with nature means teaching our children to be more attentive to the world around them.</p> | <p>security and provide them with roots. They believe that establishing routines can simplify parenting and make parenting a more fulfilling experience.</p> |
| <p>2. Become a storyteller: Waldorf education emphasizes the importance of telling stories rather than reading stories. Storytelling builds a child's imagination.</p> | <p>4. Teach your kids to play: Waldorf education is based on the principle that the simplest toys foster the greatest creativity.</p> | <p>6. Make room for art: Making room for art means providing our children with unstructured moments in which they can practice creative play.</p> |
| | <p>5. Establish routines: Rituals and routines give children a sense of</p> | <p>From mother.ly</p> |

Southern Vancouver Island Family Child Care Association

The following workshops are provided by the Southern Vancouver Island Family Child Care Association. All workshops take place at North Douglas Pentecostal Church, 675 Jolly Place. \$10 registration fee for non member, with a certificate and receipt provided upon request. More information can be found on the [SVIFCCA](#) website.

March 28th, 2019, 7:15—9:00 PM "Indigenous Ways of Teaching & Knowing for Early Years Enviroments"
Presented by Rebecca Inoke, Daycare Team Lead and Cultural Mentor, Victoria Native Friendship Centre
Engage with Rebecca as she leads you through discussion and tools to integrate Indigenous ways of teaching and knowing for Early Years' Environments.

April 25th, 2019, 7:15—8:15 PM "Introduction to Singing English" Presented by Bonnie Davison
Bonnie will be giving participants a better understanding of Singing English philosophy and some song-games that you can use right away with your children.

May 23rd, 2019, 7:15—9:00 PM "Introduction to Nature School" Presented by Anna St. Denis
Anna St. Denis will be presenting practical skills and knowledge about nature schools to encourage outdoor play for children and educators alike. She states "As an educator I am often asked about the practical aspects of running a nature school. "

June 27th, 2019, 7:15—9:00 PM "Gender Diversity for Child Care Providers" Presented by Kingsley Strudwick, Ambit Gender Diversity Consulting. All children and youth deserve respect, care and equal opportunities to reach their full potential. How can we create safer spaces and experiences for our young ones who are exploring and expressing gender creative and diverse ways?

Introducing the Early Years Association of Vancouver Island

Be Creative!

Early Years Association
of Vancouver Island
Needs a **LOGO!**

Our Mission

Provide quality professional development and mentoring to the early years community on Vancouver Island. This group's intention is to reflect and respect the inclusion of all early years experiences, ages 0-12.

Vision:

To become a diverse not-for-profit group within the community of all early years experiences.

****PRIZE FOR WINNING ENTRY****

Please send entries by April 15, 2019 to: earlyyearsavi@gmail.com
Like us on Facebook!

The Early Years Association of Vancouver Island is a new, inclusive association for the early years sector on Vancouver Island. The goal of the association is to bring people together to share our experiences (mentoring), ideas, resources, and to provide professional development opportunities.

The association's intention is to reflect and respect the inclusion of ALL people working in early childhood environments. We define the 'early years' as birth to twelve years of age. We also realize that many outlying communities require a connection. One of our goals is to keep membership and workshop costs to a minimum, enabling everyone access.

Please see the attached poster about our Logo Contest. Using our Mission and Vision statements, construct a logo that will reflect our new association. Deadline for entries is April 15.

It's just about butterfly season! We will be emailing information packages over the next few weeks, so keep your eyes open. Prices and pick up dates will be determined, but as in the past, the first batch will be available in the last week of April, and the second batch available mid-May. Priority for the first batch goes to programs that close in June so they can view the full six-week life span before releasing the lovely butterflies into nature.



If you wish to be removed from our mailing list, please email

referrals@childcarevictoria.ca with the word "unsubscribe" in the subject line. Thank you.



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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 child care providers.

Victoria Child Care Resource and Referral is funded by the Province of British Columbia and sponsored by the Single Parent Resource Centre

