

Parent Advisory Committee Newsletter

Fall 2011

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The Importance of Early Childhood Development

How can you become involved in Early Childhood Development in New Westminister?

- Visit any of the ECD programs and services in our community as a participant or volunteer.
- Join the New Westminister ECD Parent Advisory Committee to meet other parents and participate in planning activities, workshops and community events for families with young children in Contact Pat Davison at 604 525 9144.
- Join one of the New Westminister ECD 'Action Teams' that is of specific interest to you. Contact Karen Corcionne at 604 660 9495.
- Visit our website and find more information and resources in your community www.kidsnewwest.ca

Stress and Parenting Workshop



On Monday, October 24th, 2011

7:00 - 9:00 pm

at Olivet Baptist Church (613 Queens Avenue)

This two hour workshop will focus parents' attention on how stress manifests itself in families and spreads like a cold amongst adults and children.

You will leave the workshop understanding four essential skills that will help both parents and children cope during stressful periods.

Workshop is free of charge but registration is required.

Please call 604-525-9144 ext. 3665 or email: pdavison@fsgv.ca

Spaces are limited - Childcare is provided





New Westminster Family Place

(A resource program for families with children 0 – 5 years old)

Suite 101 – 93 Sixth Street, New Westminster V3L 2Z8

604-520-3666 www.nwfamily.bc.ca

Meet other families, enjoy art, playdough, snacks and songs and learn about other resources in the community.

Family Drop In Hours: Monday – Saturday mornings 9:30 – 11:30

Monday & Tuesday afternoons 1:00 – 3:00



Wednesday Parent Education Programs

November and December topics to be announced



Nobody's Perfect Parenting Program for parents with children 0 – 5 years old. A public health nurse and our family support worker co-facilitate group discussion on various topics related to parenting young children.

The program runs for 6 consecutive Thursdays with the next start date November 3rd. Please phone to pre-register.

- * Immigrant Grandparents Program is specifically for immigrant grandparents and their young grandchildren. This program is at our main site at 93 Sixth Street on **Friday afternoons from 12:30 – 2:30.**
- * Family Drop in at **Howay Elementary School** on **Thursday mornings from 9:15 – 11:45** in the daycare room. Meet other families, enjoy art, playdough snacks and songs. We also have active playtime in the gym
- * **Family Drop In on 12th Street on Friday mornings from 9:30 – 11:30.** At the corner of 12th Street and 8th Avenue (beside the Community Credit Union). Meet other families, enjoy art, playdough, snacks and songs. The address is 1170 - 8th Avenue.
- * **Parent – Child Mother Goose** provides an opportunity for parents and children to interact and learn through rhymes songs and stories. Date and location for the next session to be announced.
- * Family Drop in at the **Hospitality Project at the Food Bank** at Shiloh-6th Avenue United Church, 1111 Sixth Avenue runs from 9:30 – 11:30 on food bank days
- * Please join us to make new friends, have fun in our playroom and learn about your community.



Visit our website to view our monthly calendar of events.

New Westminster Public Library - 716 6th Avenue, New Westminster, B.C. Tel: 604 527 4660

Did you know that when you have a baby in New Westminster the library will give you a Baby Book Kit!!!

- Books for Babies book kits are distributed to New Westminster families with new babies. Thank you to the New Westminster Early Childhood Development Committee and the Telus Community Ambassadors for generous donations in 2010 that continue to make this possible.

Contents of the 2010 Kits include a CD, a board book, a baby hippo, a guidebook for parents, a growth chart, and information about the many resources available at the New Westminster Public Library.



What is Early Childhood Development, and why is it important ?

Early Childhood Development(ECD) refers to a range of physical, social and emotional qualities that are developing during a young child's life.

Early Childhood Development (ECD) is not a program or service but an understanding of when, how and why young children grow and change in the ways that they do.

Early Childhood Development (ECD) depends on many factors; a healthy and supportive community, environment and family. These all have a profound effect on a child's immediate development that can last into adult hood.



Space at Strong Start Early Learning Centre

Connaught Heights Elementary School

2201 London Street, New Westminster, Tel: 604-517-6010

Program hours: Monday to Friday 12:30 pm to 3:30 pm

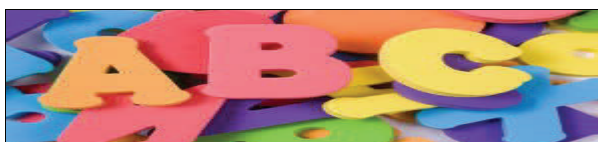
Strong Start is a FREE Drop-In Program for preschoolers 0- 5 years and their parents/caregivers.



Your child... will feel free to explore and play in an environment that is friendly, safe and inspiring.

You... will get to share in the excitement and successes of your child's early learning experiences and discover new ways to support your child's learning at home.

A qualified Early Childhood Educator... will lead learning activities, including stories, music and art to help children get ready for success in Kindergarten. Families are welcome to drop into the program any time, any day. Pre-registration is not required



This program is designed to work in partnerships with parents/caregivers, their children, an Early Childhood Educator and community partners

New Westminster Public Library

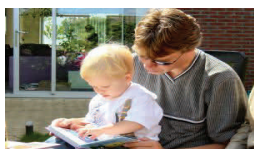
Tel: 604 527 4660

Family StoryTime (all ages)

A chance to come to the library together, enjoy stories and then choose books, music and movies to take home.

Tuesdays, 7.00pm

Drop in: Free



Halloween Fun (4- 10 years)

Ghostly Stories and a ghostly craft

* Friday: 28th October at 3.30pm

* Drop in: Free



Playdough Recipe

- 2 ½ cups of flour
- 1 cup of salt
- 3 Tbsp. vegetable oil
- 2 cups boiling water
- 2 packages unsweetened Kool aid
- 2 tsp. cream of tartar

Mix ingredients together and knead.

Some different ideas for playdough:

- Go outside and collect objects from nature and make a nature scene with the playdough.
- Buy some googly eyes, feathers, buttons, mini popsicle sticks etc. and make monsters, snowmen and other characters.
- Roll the playdough into thin snakes and make letters and numbers with it.





Have your children grown out of their clothes again?
Are they bored with the same old toys?

KIDS' STUFF SWAP MEET

Sunday, November 13th 10 a.m.- 2 p.m.

Centennial Community Centre

65 East Sixth Avenue, New Westminster (beside Canada Games Pool)

The ECD Parent Advisory Committee is hosting an event this Fall where you can buy, sell or exchange clothes, toys, books and other items for children.

If you are interested in getting involved or would like to book a table, please e-mail pdavison@fsgv.ca or call 604-525-9144 ext 3665

COMMUNITY KITCHENS



How do they work and why would you join?

You will meet new people, try new recipes and learn how to cook low cost, nutritious meals. This will save you time and money and at the same time you can have fun and meet new friends. We like to get your input as well, so you can share with us your favourite recipes. You will get to take recipes and food home with you.

We provide professional child care at no cost to you, so come and give yourself a break and try something a little different. If you are new to New Westminster this is a great way to get to know your community resources.

The Community Kitchens take place at various locations in New Westminster.

If you are interested in joining one of our kitchens

please call for times and locations.

Camery Centre 604-764-1358

Fraserside Community Services-604-533-3722



Royal City Farmers Market

New Location for the Winter Farmers Market

Our winter market, will run from the first Saturday of the month in November to April 2012.

From 10-2 at River Market. New Westminster Quay.



We Have Moved!!!

New Westminster Public Health Unit
610 Sixth Street Tel: 604-777-6740

Provides support to children and their families or guardians through promotion, prevention and early intervention approaches. Offers services for vision, dental and developmental screening as well as immunization review effective January 2009. Contact the local health unit for more details.

