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The child care community was deeply saddened to hear the news of Dr. Clyde Hertzman's sudden passing. Clyde's work had tremendous influence in the area of early childhood development, and his contributions were widely recognized. The Human Early Learning Partnership is gathering tributes to Dr. Hertzman and his work at <http://earlychildhoodlearning.ubc.ca/remembering-clyde-hertzman>

In our community we honour the work of child care providers. As in past years, the YMCA CCRR will be collaborating with a variety of community partners in Burnaby, New Westminster & the Tri-Cities to commemorate Child Care Month in May. For details please see the enclosed flyers. We hope you will be able to join us as we celebrate the important work you do.

Details on the 2013 Prime Minister's Award for Teaching Excellence and Excellence in Early Childhood Education are now available at [www.pma.gc.ca](http://www.pma.gc.ca). On a local level, nominations are now being accepted for The Tri-Cities Champion for Young Children Awards of Excellence. The Tri-Cities ECD Committee would love to hear from you and your families regarding programs that have made a difference in your lives. Nomination forms can be downloaded at [www.tricitiesecd.ca](http://www.tricitiesecd.ca).

We appreciate the many positive responses that we receive regarding our newsletter and know that you consider this an important resource. Unfortunately, due to budget constraints we will no longer be able to mail paper copies of our newsletter to our group child care providers. We encourage all of our group child care providers to subscribe to our newsletter via email. For more information on the best way to ensure you receive future newsletters without interruption please see page 2 of this newsletter.

And lastly, we have transferred a number of resources into our lending library from another community resource library. We invite you to come in and see what's new.

*Diane*

#### Inserts...

- Spring Calendar
- Spring Training Schedule
- Parent Page
- Networking Schedule

**ccrr**  
Child Care Resource & Referral

[www.ccrr.bc.ca](http://www.ccrr.bc.ca)

## YMCA Child Care Resource & Referral

*"Your community's BEST source of child care  
information & resources!"*

### Tri-Cities

1130 C Austin Avenue  
Coquitlam, B.C. V3K 3P5  
P: 604.931.3400 F: 604.931.3440  
E: tricrr@vanymca.org

### Burnaby/ New Westminster

Unit 161 5172 Kingsway  
Burnaby, B.C. V5H 2E8  
P: 604.294.1109 F: 604.294.6278  
E: bnwccrr@vanymca.org

[www.vanymca.org](http://www.vanymca.org)

For Regional Child Care Resource & Referral information  
visit [www.childcareresource.ca](http://www.childcareresource.ca)

Please see the calendar insert for statutory holiday  
closures, late nights and Saturday openings

## Circle of Friends Family Resource Program

James Park Elementary  
1730 Coquitlam Avenue, Port Coquitlam  
P: 604.931.3400

Tuesday, Thursday and Friday, 9:00 a.m.–12:00 p.m.

**Please note:** Circle of Friends Family Resource Program  
operates on the school calendar.

*This information is provided as a convenience and for  
informational purposes only. Links and references to any  
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kind. The YMCA of Greater Vancouver is not responsible  
for the content or reliability of the linked websites and  
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expressed within them.*

## Important Information for Group Child Care Providers

Effective April 1<sup>st</sup>, 2013 the YMCA CCRR newsletters /  
training schedules will be distributed to group child care  
providers via email only.

Thank you to the many group child care providers who are  
currently subscribing to this service via email. Subscribing  
by email is an environmentally friendly alternative for re-  
ceiving this information, and in addition, it creates cost-  
savings for our program, which can be directed to caregiver  
resources such as training or resources for our library.

If you are a group child care provider who is currently re-  
ceiving your newsletter via Canada Post, contact our office  
as soon as possible to inform us of your email address so we  
can ensure you receive future newsletters/training sched-  
ules without interruption.

For those who do not have access to a computer, you are  
welcome to pick up a copy of the newsletter in our Burnaby  
or Tri-Cities offices.

If you have any questions, please contact  
[wendy.harvey@vanymca.org](mailto:wendy.harvey@vanymca.org)

## Champion for Young Children Awards of Excellence

Presented by the Tri-Cities ECD Committee

Do you know someone who has made a difference in im-  
proving the lives of children and their families in the Tri-  
Cities? It could be a doctor, a child care provider, a  
neighbour, a parent, a business or an organization. Nomi-  
nate them today!

The Tri-Cities ECD Committee will honour members of the  
Tri-Cities community who demonstrate a commitment to  
the future of children in the Tri-Cities. If you know someone  
who deserves to be recognized for their work with children  
under the age of six, let us know!

Nomination forms can be downloaded from  
[www.tricitiesecd.ca](http://www.tricitiesecd.ca)

Nominations must be received by March 25, 2013

# Research into practice

## The Importance of Fostering Social & Emotional Development in the Early Years

### Research into Practice Volume 3

#### Why focus on social emotional development in the early years?

The importance of social emotional development is sometimes overlooked because of the emphasis on academic preparedness.

However, in recent years a body of research has been building to suggest that there is a strong link between young children's socioemotional competence and their chances of early school success (Raver, 2002). In fact, studies demonstrated that social emotional knowledge has a critical role in improving children's academic performance and life long learning (Zins, Bloodworth, Weissberg, & Walberg, 2004).

Children who are aware of their emotions and have good planning skills by the time they enter school also have a lower risk for problems of aggression and anxiety disorders (Greenberg, Kusch, & Mihalic, 1998).

Special programs that promote social emotional learning (see page 4) reduce violence and increase prosocial behaviour (Schonert-Reichl, Smith, & Ziadman-Zait, 2002).

Although the importance of social emotional development is not new to early childhood educators and parents, in light of the finding of recent research projects caregivers could rededicate themselves to the value of educating the whole child, and take an active role in encouraging and promoting social emotional learning by focusing on key dimensions of social and emotional development.

#### Key dimensions of social emotional development

**Caring environment:** Developing warm, trusting, relationships with responsive caregivers in early childhood settings are crucial. These relationships provide the child with an internal working model of positive social relationships (Dehham & Weissberg, 2004).

**Emotional knowledge and emotional regulation:** The ability to recognize emotions in one self and other, and to postpone reaction to emotion while channeling these feelings into socially acceptable behaviours is fundamental to social competency.

In the early stages of social emotional development infants and toddlers experience emotions and react to them on an affective level. With the onset of language and other cognitive skills, such

as attention maintenance, and reasoning, children are able to respond to the emotional arousal by using their new cognitive skills to think ahead and create alternative plans for action.

The act of labeling an emotion helps to shift to the language/cognitive centre in the brain. This creates a "distance" between feeling and action, helping children to process feelings in a matter that is more cognitive than reactive. (Greenberg, Kusch, & Mihalic, 1998).

Although children as young as two years of age can generally recognize the basic emotions, particularly happy and sad, they often confuse anger with fear. Between ages four to seven children begin to comprehend more complex dimensions of emotions such as recognizing that people can experience mixed emotions, or that different people can feel differently about the same event. (Denham & Weissberg, 2004).

**Social understanding:** Around age four children begin to understand that others have internal worlds where they keep thoughts and feelings, and that certain events/actions are reasons for certain emotional responses. This major developmental stage allows for **perspective-taking**—the ability "to be in someone else's shoes" which leads to the ability to **empathize**.

**Relationship management:** The ways children approach each other often depends on the social knowledge they have acquired about social norms (e.g. how to express emotions effectively, or to respond to problems in a problem-solving manner).

**Social responsibility:** Knowing about emotions is not enough. The goal of social emotional education is for children to be internally motivated to act compassionately and to develop a system of ethical values. These values should guide their behaviour and stem from the concern for the welfare of others.

#### Fostering social emotional development

##### Create a caring community:

- Establish a positive, supportive climate where children feel safe to express emotions, take risks, and seek help.
- Model empathy—be emotionally responsive.
- Make expectations clear. Let children know that you expect them to be considerate to others.
- Set clear limits. Establish a few simple basic rules (e.g. "Hurting others is not allowed").
- Guide children's behaviour by providing reasons ("I cannot let you do this because it is not safe").

##### Actively teach emotional literacy:

- Use "an emotional vocabulary" in context. Start with basic emotions and gradually move to more complex ones.
- Involve children in the process of identifying and expressing emotions. Ask: "What makes you feel angry?" "How can you tell when you are angry, sad, scared?"

*Continued...*

- Focus attention on children's facial expressions, voice, and posture for different emotions.
- Use stories to infer and discuss characters' thoughts and emotions "How do you think the princess feels? Why?" "What happened in the story that made her feel like this?" "What can she do?" Stories can also be used for looking at problems from different perspectives.

#### **Facilitate social understanding:**

- Take advantage of teachable moments to explain the concept of accidents as opposed to intentional aggression.
- Help identify the impact of actions and events on feelings ("How do you think Jamie feels about his dad going away?"). Considering another's emotional viewpoint is the beginning of empathy.

#### **Support emotional regulation and self-control:**

- Play games that encourage control of body parts ("Simon Says", "Stop and Freeze" movement games).
- Help children find ways to stay calm while encountering a strong emotional response (e.g. taking a deep breath, providing a "quiet area").
- Demonstrate emotional regulating techniques with puppets, and role-play to practice emotional regulation.
- Separate emotions from actions. All emotions are ok but not all behaviours (it is perfectly normal to get angry, but not ok to hurt another).

#### **Guide relationship management:**

- Reinforce basic social skills, such as turn-taking, and greeting.
- Coach children through solving social problems: identify problem, acknowledge emotions, elicit ways to solve the problem, and assess solution.
- Provide skills for joining a group of children. Listen and observe before entering the game.
- Open a dialogue with children about important social concepts such as "friendship."

#### **Build a socially responsible community:**

- Include daily discussions about social problems, where emotions are expressed and listened to.
- Get children to think about moral issues: helping families in storms, or a sick friend.
- Focus attention on the community as a whole. Send the message that if one of us is unhappy it affects us all.
- Cultivate positive emotions. Find a local hero as an example to follow.

#### **Examples of programs that promote social emotional development:**

**Roots of empathy** is a classroom-based program that aims to reduce aggression through the fostering of empathy and emo-

tional literacy. The program reaches children aged 3 to 14 years. The heart of the program is a neighbourhood infant and parent who visit the classroom once a month for the full school year. Students are coached to observe and interact with the baby. They learn about the infant's development and needs.

**Safe Spaces** is a program for 3 to 5 years old that aims to teach young children the skills they will need to resist and prevent bullying. The program focuses on four areas: developing self esteem, promoting empathy, fostering critical thinking, and empowering children to stand up for themselves and others. (Westcoast Child Care Resource Centre, BC)

**PATHS Curriculum** Promoting Alternative Thinking Strategies Curriculum (Kusche & Greenberg, 1994) was designed to promote social and emotional competence and prevent aggression. Using an analogy to a turtle that retreats into its shell children are taught how to calm down, increase awareness of emotional state, discuss their feelings, plan and think ahead, and finally, to consider how behaviour affects others.

**"Let us take care of the children  
For they have a long way to go."  
~ Nelson Mandela**

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For more information on faculty members working with family involvement in the early years please contact The Institute for Early Childhood Education & Research or 604.822.6593

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# Understanding the value of children's rough-and-tumble play

*How should we manage rough-and-tumble physical interactions among children that are playful and not intending to cause harm?*

By Michelle Tannock



Parents will often pause at the end of the day to talk about their child for a moment with an educator. Discussions often revolve around health concerns, developmental issues, and behaviour. So when a mom stopped to question an educator about the behaviour of her four-year-old son, this was not an unexpected event. For this mom, her concerns about her son involved what she viewed as aggressive play with another boy in the centre while the two enjoyed some play time at a local park over the weekend. She described her son as wrestling, pushing, grabbing, pulling, and karate chopping the other child. Further, the other boy was doing the same to her son and both boys seemed to be thoroughly enjoying this as they laughed together and referred to one another as “best buds.” Even with the enjoyment being expressed by her son, she wanted to know what was wrong as he seemed to be enjoying what she viewed as aggression.

The educator with whom this mom was speaking smiled and reassured the mom that there was nothing wrong with her son, he was enjoying rough-and-tumble play. For many educators and parents, the role and nature of rough-and-tumble play can be difficult to understand. Rough-and-tumble play is not only a topic of interest to early childhood educators and parents, but also to researchers who seek opportunities to more effectively understand this “neglected aspect of play” (Pellegrini & Smith, 1998).

Rough-and-tumble play is often identified as wrestling or play fighting but also includes behaviours such as running, chasing, use of open-handed slaps, pushing or pulling another player, using a loud or roaring voice, making hitting motions, and jumping on, throwing or kicking an object (Tannock, 2005). While some of these descriptors might also be included when describing aggression, the defining variable is that children

engaging in rough and tumble play have a playful purpose and are not intending to cause harm to another player.

Educators can quickly identify if physical actions are harmful by carefully observing the intention of the child. If the child is displaying an open body stance including the “play face” with smiles and laughter (Reed & Brown, 2000; Pellegrini & Smith, 1998), they are enjoying the activity. However, children who are displaying a closed body stance including clenched fists, without smiles and laughter, and who are using an angry tone of voice are not playful in their actions. This is aggression and the educator needs to quickly intervene before someone gets hurt.

Nevertheless, when physical interactions among children are playful and not aggressive, educators are often uncertain of what to do (Tannock, 2008). This is not unexpected as very little research has been conducted on rough-and-tumble play to assist educators with making informed choices and out managing rough-and-tumble play at their settings. Further, educators often find themselves working in the field without having discussed rough-and-tumble play during their ECE training or with colleagues at work, and they are uncertain of how parents would react to seeing their child engaging in the type of play while in care. However, for the educators who are seeing rough-and-tumble play in their setting, understanding the value of the play may support discussions and understanding which will, in turn, support efforts to manage the play.

Rough-and-tumble play holds value for young children in relation to their physical, social, and educational development. The physical benefits of energy release, exercise, and practice

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of motor skills might seem obvious but there are significant benefits in other development areas as well. Rough-and-tumble play holds a social dynamic which aids in the development of social competency as children learn about themselves and others. Children are learning about self-control, compassion when caring for another player, boundaries of what is acceptable in the play, limits to play, how to adapt their play to the abilities of other, and how to make judgments of their abilities in relation to other players. Rough-and-tumble play hold important learning opportunities for young children that need to be explored by educators.

Even when considering the value of rough-and-tumble play, educators tend to remain concerned about the inclusion of such play in early childhood settings. Early childhood education is a female dominated profession (Cooney & Bittner, 2001; Sumsion, 2000) while rough-and-tumble play is a male-dominated form of play. Boys account for 80% of all rough-and-tumble play (Tannock, 2005; Pellegrini & Smith, 1998; Monghan-Nourot, 1997; Smith & Lewis, 1985) while females establish behavioural expectations and favourable patterns of play with early childhood education. As a result, educators are often inexperienced rough-and-tumble players and, as a result, unaware of how to effectively manage rough-and-tumble play in their settings. This indicates a need for increased exploration and understanding about the learning opportunities available through this diverse form of play in order to develop a set of guidelines on what forms of rough-and-tumble play might be acceptable in the child care settings.

As educators seek to develop programs that reflect the interests and support the development of all young children, they need to develop a level of acceptance and understanding of all elements of play. With increased understanding of various patterns of play, educators may be better able to distinguish play behaviours that are natural and enjoyable, even though they might appear to the untrained eye to be aggressive, and become better able to accept predominately male forms of physical play.

Rough-and-tumble play is occurring within early childhood programs and parents will ask educators about their child's participation in this form of play. It is the responsibility of educators to recognize the value of rough-and-tumble play while also developing effective methods for managing this form of play. With increased understanding of the value of rough-and-tumble play, educators can not only more effectively manage the play, but also support parents who might be uncertain about this neglected aspect of play.

Michelle T. Tannock, Ph.D., is an assistant professor in the Department of Special Education at the University of Nevada, Las Vegas.

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### Red Cross Emergency First Aid

Saturday, April 13, 2013

9:00 am–5:30 pm

Burnaby/New Westminster office

This 8½ hour course includes obstructed airway procedures, breathing emergencies and CPR for babies, children and youth. The course also includes basic first aid for common injuries such as bleeding, burn, falls, fractures, poisons and some medical condition etc. There is also a section on child safety. The emergency Child Care First Aid course is recommended for child care workers and anyone living with children. This course also includes certification in Automated External Defibrillation use.

Please bring your own lunch. Coffee & tea provided. Wear comfortable clothing and arrive 10 minutes before the course begins. Registration is required to secure a space in a course.

Additional first aid training is available in other locations, please visit the vital Link website for a complete list.

Fee: \$90.00

To register, call 604.644.4709 or visit [www.vital-link.ca](http://www.vital-link.ca).

# Caregiver Corner



Welcome to Caregiver Corner, a profile of a local child care professional. In every issue we publish photos and interviews with child care providers who will share their stories and ideas about what makes their programs work. This issue's profile is with Stephanie Hogan; owner and operator of Little Feet Licensed Family Child Care in New Westminster

## How long have you been providing child care?

I opened my child care program in September 2007. About 3 years ago I moved from a townhouse to a family home with the basement dedicated to the daycare. This had made running a daycare much easier as I can now leave my job at the end of the day and go upstairs.

## What made you want to become a child care provider?

My background is not ECE, but since I was a little girl, I have always wanted to work with children. I have my degree in child psychology from SFU and a diploma in Child and Youth Care Counselling from Douglas College. I have over 10 years of working in the Social Services field before switching to child care. It was after having my second child and struggling to find child care for both children that was affordable but offered quality that got me started thinking about opening my own child care.



It was my husband who suggested that I open my own daycare, and my first reaction was "Are you crazy, I don't want to change other kid's diapers!" But he had planted a seed and that seed grew into Little Feet Family Daycare. While attending SFU, I

used to work in their child care centres as an assistant and loved it, but never thought I would end up coming full circle!

## Do you have a personal philosophy about child care?

Children need a chance to be just what they are-children. A child's job is to play. They learn invaluable information about their world through play and everyday life experiences. Children unveil valuable social skills while involved in play, such as: learning to share, taking turns, respecting feeling, and learning basic manners. This is not to say that they will always get it right, however, with consistency, they do learn.

Children should also be given an opportunity to learn therefore your child will be exposed to counting, colors, shapes and the alphabet however we do not force this upon a child or pressure them to learn these things. Your child will be read to and exposed to letter, numbers, shapes and colors and even partake in science experiments as part of our learning program. Children will also be given opportunities to just plain do something for the "fun" of it. Whether it's finger painting just to experience what the paint feels like when it squishes between their fingers, or to blow the fuzz off a dandelion just watch it get carried away by the wind.

As long as the children go home having jumped, blown bubbles, danced or sang; and learned something new, then I will feel that I have done my job.

## Describe a typical day in your centre.

### What are some of your favourite activities to do with children?

We are a very active daycare—we do monthly themes, weekly outings to an open gym playgroup call Motoring Munchkins while also including community lessons throughout the year (skating lessons in the winter, gymnastics in the spring, and swimming lessons in the summer). We also try to

*Continued...*



fit in community playgrounds, library time and field trips. A typical day includes free play, walking my children to school, Mother Goose time (music, dancing, circle time and a craft or activity), snack, free play (inside or outside, depending on the weather) until pick up.

### **What are some of your favourite activities to do with children?**

I love doing sensory activities with the kids, sensory bins—I try to change them up monthly or to follow a theme, including digging for dinosaurs, sand/beach themes, rice, water, planting flowers, washing dishes. I also like to incorporate some Montessori-type sorting/fine motor activities. Feeding squirrels in the park or ducks/birds at the local ponds or bird sanctuary, picnics in the park away from playground equipment, but get them surrounded by nature and allowing them to use their imagination and natural surroundings to play.

Finally each year we discuss life cycles and last year we hatched butterflies from caterpillars, and the previous year we hatched baby chicks. This year we will do baby chicks again...I love having hands-on learning like this and would love to get tadpoles to watch their life cycle but have not been able to find a Canadian supplier.

I love taking pictures of the children doing crafts, playing etc. and not just of them looking at me and smiling, I like the backs of their heads! At the end of each year, I make a DVD video slide show to music as a gift for the parents.

### **What are some of the challenges you face as a family child care provider?**

I find my biggest challenge is balancing family and child care. As a child care provider, I find that I tend to have mommy guilt that I can't volunteer more for my children's school activities or just pop in to meet the teacher to discuss my child's progress...taking 5-7 little ones into the school can be a challenge (the stairs tend not to be stroller friendly). I have also found getting doctor's appointments is tough so taking care of myself tends to come second place. I also think that the isolation of family childcare has been a challenge. As a family child care provider you typically work alone for 8-10 hours a day with only children to talk to. I have come up with strategies to manage this over the years, including networking with other providers close to me, and meeting up at park or joining with another caregiver to go on a field trip together helps. Also, being part of an internet support group for child care providers across Canada has helped to provide a safe place to get ideas, problem solve or just vent.



### **What do you find most rewarding as a child care provider?**

How long do you have?!? I love my job for so many different reasons...the children, the commute (walk downstairs), the time to smell the roses or pick up snails, jumping in puddles, watching them learn and grow into little people. One of my favourite things is hearing one of their first sentences "I did it" usually just makes my heart melt. Having them for several years and seeing how much they have grown and changed from toddlers to entering school and being able to write their names, dress themselves. Hugs and snuggles, story time, silly time, never having to grow up! Shall I go on...

### **What does quality child care look like to you?**

Not babysitting! Actually licensing doesn't allow me to sit on babies so I ask that people use child care instead to describe what I do!

Quality child care looks at the whole child and tries to involve all areas to help a child learn, grow and develop. Providing the resources for children to keep busy and engaged while stepping back and sometimes letting the children take the lead. Having clear expectations for the children then letting them go within those expectations.

### **Do you know of any resources in your community that would benefit child care providers?**

Look for local places to take the children—parks, restaurants, libraries and play groups. I have taken children to a local dentist to learn about community helpers, the fire station, the police have even driven to the daycare so we could see the cars, and meet the police dog. The local library also has theme boxes made for child care providers.

CCRR has also been a huge support for me, when I first started and even now 6 years later. I still use the lending library for

*Continued...*



theme boxes or toys and books. I also take many workshops through them, network with other providers and the staff are very friendly and remember your name after a few times! Business cards are also essential to have. If you don't have some yet, get some printed from Vistaprint.ca they are cheap but handy to pass out.

### Do you have any advice for someone new to the child care?

Caring for someone else's children is tough but so rewarding. Think about what you believe in and what you want for your children and incorporate that into your setting. Child care is hard, it is long hours, not a lot of money, and some people will not be very thankful. Learn to look for the little things that show you are appreciated—hugs, children not wanting to leave your centre at the end of the day and hold on to them when you feel down.

Network, take courses to refresh your skills or to learn new skills. Challenge yourself to try something new every year. Don't be afraid to ask questions...there are so many people who are willing to help someone new to this field.



*We want to hear from you!*

If you are a child care provider working in Anmore, Belcarra, Tri-Cities, Burnaby or New Westminster and would like to be profiled in an upcoming issue, please contact Geeta at 604.937.1239 or email: [geeta.harpalani@vanymca.org](mailto:geeta.harpalani@vanymca.org).

*The opinions expressed in this profile do not necessarily reflect those of the YMCA CCRR.*

*Got a question?  
Need some advice?  
Let us Help!*

Did you know as a member of the CCRR you have a personal ECE qualified Outreach Consultant assigned to you? Your Consultant is available to assist you in many ways, and we encourage you to contact them whenever child care related questions arise.

Outreach & Resource Consultants can:

- Provide information related to child development
- Provide suggestions around toys & resources that may enhance the experiences of the children in your care
- Offer strategies on handling challenging or sensitive issues with families, and much more!

Please call our office and ask to speak to your Outreach Consultant—we'd love the chance to help you in any way we can.

Burnaby:	604.294.1109
New West:	604.931.3400
Tri-Cities:	604.931.3400

# Activity Page

## How to "scaffold" play

By Rheen Herrick

"Scaffolding" is a term first presented by the Russian psychologist Lev Vygotsky (born 1896–died 1934), who developed theories on how children acquire knowledge. In the late 1980's, his theories were re-considered for their strengths in understanding how children learn. Scaffolding and open-ended play are similar theories, because they allow for the child to learn in a way that is meaningful to the child. Here are some key points to understand scaffolding, and fun activity ideas to help you discover this learning concept.

### Scaffolding Play:

- is supportive and offers guidance
- promotes deeper learning
- helps the learner figure things out on their own
- enables the child to do something that is beyond their own efforts
- allows the child to complete the task
- does not solve the problem for the child
- the child constructs new knowledge
- is a 'framework' and is only used until it is no longer needed
- is added gradually until the child grasps the new knowledge

Children learn best from trying out their ideas and working out problems they encounter along the way. When children explore the use of tools and materials in their own unique way, they develop a deeper understanding of how things work. Give children chances to use a variety of resources, ask questions, predict possibilities and consider and discuss the outcomes. This practice scaffolds (builds) a framework for future learning.

How do we answer children's questions? It is most interesting (to both teacher and child!) to respond with curiosity, than it is to give away all the answers. When we recognize the child's right to discovery, we create opportunities for children to explore their own wonderings. It is this sort of learning that builds a strong foundation for future learning, and develops a real interest in learning as a fun and exciting way to live. Scaffolding is a core learning framework that, once integrated, supports children to develop into life-long learners!

Children learn best from trying out their ideas and working out problems they encounter along the way.



## Activity Ideas

### Follow-the-Leader:

- First, provide magazines with real-life images of their current interests. Some examples that children may be interested in are nature, animals, plants, buildings, vehicles and so on. Make a picture portfolio with the children.
- Extend this activity, by inviting children to dramatize the topic. For example, if they are excited about baby animals, encourage children to imitate a baby animal, as others try to guess what it is. Play *follow-the-leader*! If they are keen about large vehicles, they can imitate what they have observed on this topic. This experiential activity is a great leadership and listening game, and anchors the information they have gathered while building the portfolio.

### Stop, Start, Freeze:

- Play fun music and start a dance. This activity is energetic! Have enough space to move! This activity is great for mid-morning play, so not too close to lunch or nap times. Explain that when the music stops, they also stop and *freeze*. When the music comes back – start to dance! Play along, so they can see how it works. Children will enjoy the experience of imagining what they might be, as well as their own *body in space* sensations. If the dance is about baby animals, they might imagine how it feels to bounce, slither, fly and crawl. Let them decide how they move. When they *freeze*, what sort of animal are they? A bouncy cat, a flying bug? The process of imagination allows children to expand their thoughts on the subject of interest.

### Baby and Toddler Games:

- There are lovely board books that have sensory qualities for babies. Allow them to touch as you share the words. If the topic is baby animals, you might play animal sounds on a CD. Have toddler size farm animals set out to play with. If you have the opportunity, and it is safe to do so, closely supervise and allow them to feel the softness of a kitten or a puppy. Older infants and toddlers are very interested in small animals, and real-life experiences help them anchor knowledge about the topic. In the same way, you can provide experiences about the community, such as observing a construction site, watching big trucks at work, and so on.

### School-Age Explorations:

- Older children are interested in research. Be sure to have more advanced books and resources for them, so they can explore and look up answers. For example, if they are interested in how things work, provide real clocks, old radios and other things they can take apart and study. Give them drawing pads so they can take notes or diagram their discoveries.
- Keep your goal for the children that they enjoy the process. Respond to their growing and changing knowledge about the topic. As you become aware of the knowledge they have secured, add new and more advanced books and props to encourage a deeper knowledge on the topic. Keep in mind that children are developing learning habits and ways of thinking, and this builds a learning framework for years to come! Have fun ‘Scaffolding’!





Exciting changes have come to our Resource Library! Stop by and take a look...a huge amount of inventory has recently been added...too many items to list!



#### **Wooden Domino Rally Set**

Have fun building your little world with this wooden set. Let your imagination run with shapes of people, stairs, cylinders, windmills and more.



#### **Four Seasons Wooden Puzzles**

A challenging twist on an old favorite game: Memory. An object on one card is matched to the same object in a scene card. The four puzzle scenes are shown on the right, which is helpful for solving the puzzle.



# Spring 2013 Training Schedule

## Important Registration Information

Child care providers and parents are welcome to attend workshops at either location. Registrations can be processed by phone at 604-931-3400 ext. 0 with American Express, MasterCard or Visa or by faxing a completed registration form to 604-931-3440. To register by mail, please fill in the accompanying registration form and mail it with payment to: YMCA CCRR, 1130 C Austin Avenue, Coquitlam, BC, V3K 3P5

### Please Note:

- Payment must be received at time of registration.
- Workshops start promptly at the time indicated. If you are driving please give yourself ample time to find parking. Individuals arriving late or leaving early will have their certificates adjusted.  
No certificates will be issued to individuals who miss 20 minutes or more of a workshop.
- When registering by mail you must send a separate postdated cheque for each workshop requested.
- There is a limit of two participants per workshop from each child care facility. Additional staff may request to be placed on the waitlist, to attend if the workshop does not reach capacity.
- Reminder phone calls will not be made. Please take note of your workshop dates, times and locations upon receipt of your mailed confirmation letter.
- There will be a \$5.00 administration fee for re-issuing any certificates of participation.
- We are unable to accommodate children during workshops or courses.

### Refund Policy:

Refunds will only be given to registrants who provide **5 working days** notice of withdrawal. All withdrawals are subject to a \$5.00 administration fee per workshop, regardless of notification given.

**Burnaby (BNW) workshops are located at:** Unit 161, 5172 Kingsway, Burnaby.

**Tri-Cities (TRI) workshops are located at:** 1130 C Austin Avenue, Coquitlam.

*The YMCA CCRR provides certificates of participation for a variety of workshops. When claiming a workshop or course for training hours it is the participant's responsibility to check with the ECE Registry or Community Care Licensing that the certificates will be accepted.*

**Members Registration  
begins @9 am on  
Saturday, March 9<sup>th</sup>**

**Non members registration  
begins @9 am on  
Thursday, March 14<sup>th</sup>**

# Spring 2013 Workshops ... when can I register?

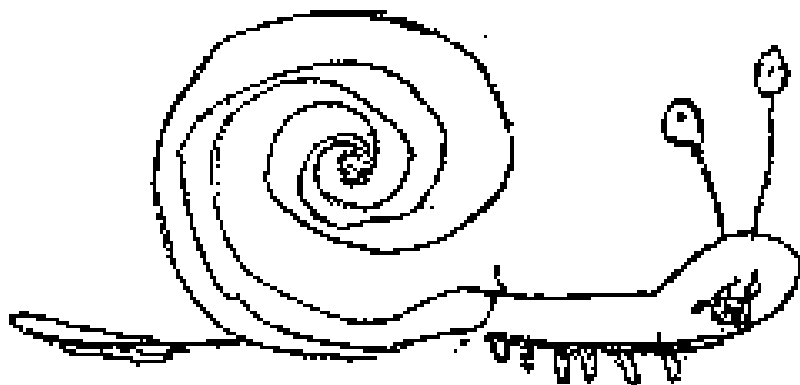
## Important Information Regarding YMCA CCRR Workshop Registration

- Registration for YMCA CCRR members will begin: Saturday March 9<sup>th</sup> @9:00 am
- Registration for non-members will begin: Thursday March 14<sup>th</sup> @9:00 am

YMCA CCRR members are asked to please have their membership number available when registering for upcoming training events.

If you are not a member of the YMCA CCRR and operate a child care facility in Burnaby, New Westminster, Coquitlam, Port Coquitlam, Port Moody, Anmore or Belcarra, please contact our office to learn how you can become a member of our Program.

**You can register for the Growing Curriculum by Exploring Environments course at anytime!**



## Growing Curriculum by Exploring Environments: Going Beyond Field Trips

**Presenters:** Bev Superle and Roni Cahen

**Date:** Four Tuesdays (April 9, 16, 23 & 30)

**Time:** 6:45 – 9:15 pm

**Location:** TRI (Coquitlam)

**Fee:** \$75 members and \$90 non-members

*Suitable for anyone currently working with children*

There are many ways to provoke children's interests and spark their curiosity. This four session course will explore investigating environments both familiar and unfamiliar to the children. Through experiencing this process themselves, participants will realize the many ways to develop responsive curriculum while expanding the children's understanding of their community.

*Roni Cahen and Bev Superle have offered several well-received courses about Responsive Curriculum. Inspired by the Wonder of Learning exhibit from the schools of Reggio Emilia, they hope to help people travel further on their journey towards Reggio-Inspired practice.*

**Register for this course today!**



### **Trust Games and Ice Breakers in School Age Care**

Presenter: Christie Akhurst

**Date:** Thursday, April 4, 2013

**Time:** 7:00–9:00 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for child care providers of school age children 5 years and up*

Join us in learning some great techniques to build trust, self-confidence, and friendships through trust games and ‘get to know you’ games. Too often, school-aged children have to deal with bullying and being left out. Using trust games, the group will work together to accomplish a goal, problem solve and listen to each other’s ideas. We will talk about the struggle children may have in making friends, and how, with the use of these ideas, children will learn more about their peers and empathy.

*Christie has been the Coordinator at Little Mountain Out of School Care for 10 years. She has completed her ECE, Special Needs and School Age Care Certification, as well as Applied Behavioural Analysis Certification. Christie has worked with children from infant to 16 years of age in a variety of programs. She has worked in programs in Vancouver, Australia and New Zealand. Christie looks at her role as a great way to make a positive impact on a child and family’s life.*

### **Building Family Relationships: One Block at a Time**

Presenter: Judy Olivieri

**Date:** Saturday April 6, 2013

**Time:** 9:00–11:00 am

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for child care providers of children of all ages*

Learn how to rise above challenging behaviors with success! We will discuss strategies and programming ideas on: listening skills, working with children with ADD/ADHD, encouraging responsible behaviors, managing boredom, and bully prevention. The participants will receive lots of handouts.

*Judy Olivieri has her BA in Education, and has been an Early Childhood Educator with her Special Needs certification for over 10 years. She teaches Early Childhood Education at the Native Education College in Vancouver, and is a practicum supervisor for Vancouver Community College.*

### **Creating Constructive Conversations with Parents and Co-workers**

Presenter: Gyda Chud

**Date:** Saturday April 6, 2013

**Time:** 12:00–2:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for child care providers of children of all ages*

Positive relationships with adults are a critical factor in quality care environments. When our philosophies, practices, values and backgrounds are similar, this happens with ease. However, where there are differences in style, personality, priorities, and approaches, conversations can be awkward, uncomfortable and challenging! Please join us to explore these issues, gain new skills and strategies, and build confidence in these tough and tender interactions.

*Gyda Chud was the Dean of Continuing Studies at Vancouver Community College, a position she held for 8 years, until she recently retired. Prior to this, Gyda was the Program Coordinator for Early Childhood Education at VCC and also taught at Langara and Douglas Colleges. She is a board member of child care organizations at both the provincial and pan Canadian levels and a lifelong advocate for our sector.*

### Connecting Children with Nature

Presenter: Peter Lawrance

**Date:** Wednesday April 10, 2013

**Time:** 7:00–9:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members and \$20.00 non- members

*Suitable for child care providers of children ages 3 and up*

Enrich your children's outdoor experiences with simple, powerful nature activities, games and songs used by Metro Vancouver Park Staff. Direct contact with nature helps children develop respect and care for the environment and can positively affect their development. This workshop will introduce you to a variety of hands-on activities that can be applied to your backyard or natural areas in your community. Our sensory based approach has been connecting children with nature since 1977.

*Peter Lawrance is a park interpreter with Metro Vancouver Regional Parks where he leads fieldtrips and helps people find connections with nature. Peter spent a number of years presenting science workshops for early childhood educators through Let's Talk Science's Wings of Discovery program. He is the father of two young children in whom he is engendering a love of nature through canoeing, geocaching, bird watching and nature hunts through the neighbourhood.*

### Family Child Care: Health and Nutrition

Presenter: Erica Bowes

**Date:** Saturday April 13, 2013

**Time:** 9:00–11:30 am

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members and \$20.00 non- members

*Suitable for child care providers with little or no experience*

How do you promote good health and hygiene in a child care environment? In this workshop we will discuss protecting the health of all the children you care for, your own health and the health of your family. We will explore how children themselves can be helped to develop good health practices. We will review the value of physical activity and good nutrition in children's health and development and the importance of planning meals and snacks that meet children's nutritional, cultural, and personal preferences and needs.

*Erica Bowes grew up in England and received her Early Childhood Education Diploma from Ware College, Hertfordshire. She immigrated to Canada in 1986, to pursue her studies and career working with families and children. Erica has worked with the Child Care Resource and Referral program in the Tri-Cities and as an instructor of Early Childhood Education.*

### Family Child Care: Developing Partnerships with Families

Presenter: Erica Bowes

**Date:** Saturday April 13, 2013

**Time:** 12:30–2:30 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members \$20.00 non- members

*Suitable for child care providers with little or no experience*

In this workshop we will discuss how to welcome families into your child care program and ways to establish ongoing positive relationships with parents and primary caregivers. We will also look at developing the skills necessary to deal with conflicts and disagreements with parents. As well, it is important that providers are aware of how to support families, and of support systems that are available to parents with children in childcare. It is essential that child care providers know about child abuse and how to respond appropriately to suspicions of abuse. This will be a component of the training.

**Bio:**

See above

### Helping Young Children Discover Their World

Presenter: George Melzer

**Date:** Thursday April 18, 2013

**Time:** 7:00–9:00 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for child care providers of children ages 3-5 years*

A young child's world is filled with new information and discoveries. Preschoolers want to learn about their world! The challenge for caregivers is to find a way to present stories, songs and activities that can capture children's interest and help them learn. This workshop will present a process of taking a theme and adding activities to enhance a child's learning about their world. Examples of how to use this process will be presented for each season of the year.

*George Melzer holds a Masters Degree in Education and is an ECE instructor at the University of the Fraser Valley. He has designed many curriculum resources for preschool children.*

### Joy and Development Through the Use of Song, Rhyme and Story

Presenter: Beth Hutchinson

**Date:** Saturday April 20, 2013

**Time:** 9:00 am–1:30 pm (4 hour professional development and ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$30.00 members and \$40.00 non-members

*Suitable for child care providers of children age 0-3 years*

The use of songs, rhymes and stories is a great pleasure and contributes to the abilities, confidence and connections of all involved. In this workshop, we will sing, do rhymes and tell stories, with an emphasis on building our own enjoyment and confidence. We will then pay attention to the needs and abilities of infants and toddlers, and consider styles of circle time that fit for them.

The workshop will be based on experience and insight developed in the Parent-Child Mother Goose Program®. Handouts will be provided.

*Beth loves the joy, the excitement and the growth that come through song, rhyme and story shared between babies and the adults who care for them. She draws on her experience in the Parent-Child Mother Goose Program®, within the Infant Development Program and on a history of stories with her children and from her childhood.*

### Creating Meaningful Experiences for Toddlers

Presenter: Andrea Dawson

**Date:** Wednesday April 24, 2013

**Time:** 7:00–9:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members \$20.00 non-members

*Suitable for child care providers of children age 0-3 years*

Providing unique, sensory-based learning experiences for infants enhances their overall development. When exposed to experiences that engage all of their senses, infants develop cognitively, creatively, emotionally and socially. In addition, when responsive caregivers interact with infants and scaffold this learning, we strengthen the caregiver-infant relationship. This workshop will provide insight into infants' unique sensory learning needs. Caregivers will learn why sensory exploration is so vital to infant development and they will learn fun, creative ways to provide rich experiences for infants. Come ready to play and enjoy some hands-on learning, too!

*Andrea has worked with young children and their families for the past 20 years, and has supervised in both non-profit and inclusive early childhood programs. Most recently, Andrea worked as part of Vancouver Coastal Health's Early Childhood Mental Health team, focusing on supporting children with emotional and behavioural challenges and their families. Andrea holds an Early Childhood Education diploma as well as a Bachelor's degree in Psychology and a Master's Degree in Counselling Psychology. Andrea currently teaches in the department of Early Childhood Education at Langara.*



## Teacher Talk C- Fostering Peer Interaction in Early Childhood Settings

Presenter: Meaghan McLead

**Date:** Saturday April 27, 2013

**Time:** 9:00 am–4:00 pm ( ½ hour lunch break and two 15 minute coffee breaks)

**Location:** TRI (Coquitlam)

**Fee:** \$55.00 members \$65.00 non-members

*Suitable for child care providers of children of all ages.*



**Training A or B is a prerequisite for participants in Training C**  
**No need to wait for the registration date! Register for this workshop today!**

This training addresses how educators can provide a physical and social environment that encourages peer interaction and creates many opportunities for successful interactions with other children

*Meaghan has been working as a speech-language pathologist with SHARE Family & Community Services for 10 years. Her work with children aged 0-5 has allowed her the opportunity to meet with Early Childhood Educators on a regular basis and she looks forward to another opportunity to share her knowledge with those who can make a real difference in early childhood development.*

## Solution Circle

Presenters: Barb Dolman and Joanne McBean

**Date:** Thursday May 2, 2013

**Time:** 7:00–9:00 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for parents and child care providers of children ages 3 and up*

Tools will be introduced and shared about how to communicate and resolve challenges with colleagues and parents. Group interaction will support the acquisition of this communication tool. You will leave the workshop with new knowledge, skill and ability to use this meaningful communication tool!

*Barb and Jo-Anne have in excess of 40 years experience in the Early Learning Sector – they are passionate about effective, responsive and authentic communication.*

## Understanding the Mask of Anxiety

Presenter: Kirsten Belvelander

**Date:** Saturday May 4, 2013

**Time:** 9:30 am–2:00 pm (4 hour professional development and ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$30.00 members \$40.00 non-members

*Suitable for child care providers of children ages 3 years and up.*

Anxiety is a deceptive disability that masks the true feelings and motivations of individuals. Children's real or perceived fears will often show up in challenging forms of behaviour. If we as caregivers react to these behaviours we only cement the underlying anxiety, and end up increasing the overall problem. In this interactive workshop, we will explore together – how anxiety sometimes looks in a range of children, how to see beyond the surface behaviour and begin to understand the underlying fears, how to build relationships with difficult to connect-to children, and how to develop strategies that support children to self-regulate, communicate and take risks. Please come ready to share, listen and be inspired to make changes in the way you support children and families.

*Kirsten is one of two Provincial Child Care Advisors who work for the BC Aboriginal Child Care Society. These positions are part of the CCRR Program, funded by MCFD. The advisors visit child care providers and Aboriginal centers around the Province and provide support through training, and sharing of resources. Kirsten is the mother of three sons who have all struggled with different levels of anxiety. She has worked with children and families for over 20 years, specializing in toddler care, and Aboriginal Supported Child Development. Kirsten holds a Diploma in ECE and is currently studying Child and Youth Care at the University of Victoria. Kirsten also instructs Children's Language and Literature for the Burnaby ECE Continuing Education Program.*

### **Guiding Children's Behaviour in the School Age Years**

Presenter: Christine Hibbert

**Date:** Wednesday May 8, 2013

**Time:** 7:00–9:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for child care providers of school age children*

One of the most challenging aspects of working with school age children continues to be guiding their behaviour in respectful and useful ways. Join us to explore the factors that affect behaviour and to discuss ways that we can influence and affect outcomes.

*Christine Hibbert is the Executive Director of Jericho Kid's Club Child Care Society in Vancouver. She also facilitates the Key Elements of School-Age Care training course.*

### **Nature's Touch: A Grandma's Tale**

Presenter: Eve Adams

**Date:** Saturday May 11, 2013

**Time:** 9:00 am–1:30 pm (4 hour professional development and ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$30.00 members and \$40.00 non-members

*Suitable for child care providers of children of all ages*

As urban design encroaches more and more into the natural environment, children have fewer opportunities to play freely in natural areas. For children, playing and learning are inseparable. In this workshop we take a look at the history of outdoor playgrounds, review recent science on nature's impact on human health and the design and essential components of a natural outdoor play-space. Bring your coloured pencils, a ruler, your ideas and inspiration and together let's start to make your own design come to life.

*Eve Adams is a recent graduate from the University of British Columbia's Garden/Landscaping design programme, an Early Childhood Educator with working experience as a Child Care Licensing Officer, and in adult education and outreach with the Child Care Support Programme. Her latest venture focuses on how the design of natural outdoor play spaces and the presence of trees, grass and other natural elements can support healthy human functioning in children and communities.*

### **Guiding Children's Behaviour in Child Care Settings**

Presenter: Sim White

**Date:** Saturday May 11, 2013

**Time:** 9:00 am–1:30 pm (4 hour professional development and 30 minute break)

**Location:** BNW (Burnaby)

**Fee:** \$30.00 members and \$40.00 non-members

*Suitable for child care providers of children ages 2 and up*

This workshop is designed to assist educators in providing positive and appropriate experiences for children. Discover the causes of behaviour concerns, and techniques to reduce the behavior problems and promote positive social and emotional development and support the development of positive self-esteem. There will be lots of discussion and handouts will be provided.

*Sim White holds a Master's Degree in Education from the University of Victoria. Her extensive experience as an ECE professional spans 25 years. Sim has worked as an ECE instructor at local colleges and has coordinated a wide variety of child care programs. She is committed to teaching the Reggio Emilia approach.*

### Self-Care for Early Childhood Educators

Presenter: Naznin Dhanani

**Date:** Thursday May 16, 2013

**Time:** 7:00–9:00 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for Early Childhood Educators from all types of child care programs*

This workshop looks at best practices and 'red flags' in working with young children and their families. We will:

- Identify the need for self-care
- Learn about self-care professionally and personally
- Make goals and understand how to set boundaries
- Work together on the self-care booklet provided

*Naznin is an Early Childhood and Infant/Toddler Educator, and has completed certification in Administration in ECE, Mother Goose, Early Learning Canada and Family Resource Programs. She is the ECE Resource Coordinator for ELSA Net where her role is to support child care workers who work with newcomer children and families to Canada.*

### What Can My Preschool Hands Do?

Presenter: Zahara Lalani and Megan Sutherland

**Date:** Wednesday May 22, 2013

**Time:** 7:00–9:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$5.00

*Suitable for parents and child care providers of preschool age children*

This workshop is designed for parents and early childhood educators interested in learning about fine motor development. The general development of fine motor skills from birth to age 5 will be covered, with an emphasis on those skills learned during the preschool years. Pre-requisite requirements for fine motor activities will be discussed and strategies for promoting fine motor skills will be taught. Attendees will participate in multi-sensory activities such as painting and playdough in order to experience and understand the concepts covered. Participants will also have the opportunity to practice strategies learned with respect to teaching cutting, drawing, and printing.

*The presenters are Occupational Therapists with the Early Intervention Team at Share Society. The therapists work with children with a variety of challenges from birth to school age. Presenters have had specific training in fine motor development and handwriting. They have also developed and presented on fine motor development for a variety of audiences.*

### Hey! My Brain Doesn't Work that Way!

Presenter: Marc Landry

**Date:** Saturday May 25, 2013

**Time:** 9:00 am–1:30 pm (4 hour professional development ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$30.00 members and \$40.00 non-members

*Suitable for parents and child care providers of children of all ages*

Participants will learn about how sensory processing works and how we are all different in how we process information. Common differences between girls and boys will be discussed. Participants will gain a new understanding of sensory behaviours. Effects of the arousal system on brain function will also be explored, as well as strategies for support. The Alert Program will be explained, and how using different types of sensory activities can affect arousal and promote a calm-alert state. Ideas will be discussed to support children's self awareness, and the ability to initiate appropriate support strategies.

*Marc Landry has been an occupational therapist for over 26 years. He has a private practice in Vancouver, where he provides OT services, workshops and consultation. Much of Marc's experience has been with children with autism and sensory processing disorders.*

### **Making Music with Young Children**

Presenter: Chris Roskelley

**Date:** Saturday June 1, 2013

**Time:** 9:00 am–1:30 pm (4 hour professional development and ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$35.00 members and \$45.00 non-members

*Suitable for child care providers of children of all ages*

**Your fee includes a CD that will include all songs and poems covered in the workshop.**

Come join Chris as she shares her passion for making music with young children, most especially infants and toddlers. During this participatory workshop you will explore new and renewed music activities that are sure to engage the children in your program. You will spend the day singing, chanting, moving and playing simple rhythm instruments. The day's events will be sent home with you in a package including lyrics and accompanying CD.

*Chris Roskelley is an Early Childhood Educator with over 30 years experience. For the past 17 years she has been working as a music enrichment specialist primarily at UBC Child Care Services. Along with her work with children Chris teaches the music and movement component at both Vancouver Community College and Burnaby Continuing Education in their ECE program.*

### **Circle Time for Children Learning English**

Presenter: Carolyn Sullivan

**Date:** Thursday June 6, 2013

**Time:** 7:00–9:00 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for child care providers of children ages 3-5 and those caring for ESL children*

Circle time/Story time can be a challenge with any group of children, but especially when children know little or no English! You have your props, books, finger plays ready but do you feel more like a police officer than a teacher? This workshop will help you utilize your present knowledge to present story time that supports the specific needs of children learning English, while considering the needs of the whole group. Carolyn will demonstrate ways of introducing stories effectively to English language learners, as well as methods of fostering oral language development. There will also be a brief discussion on how children learn additional languages.

*Carolyn has been involved in Early Childhood Education for 27 years in daycare, preschool, working with children with special needs, as a Supported Child Development consultant and with Pacific Immigrant Resources Society working with preschool children and mothers learning English. Her love of stories found an outlet in storytelling, and she has enjoyed many years as a volunteer and performer with the Vancouver Society of Storytelling. Carolyn tells stories from her childhood and from folktales traditions. Teaching and inspiring others to tell stories is her other storytelling passion.*

### **Art Exploration for Farsi Speaking Providers and Parents**

Presenter: Lobat Reisi

**Date:** Saturday June 8, 2013

**Time:** 12:00–2:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members \$20.00 non-members

*Suitable for parents and child care providers of children of all ages*

This is a hands-on workshop where we explore art and the purpose of art in family child care. Art provides children with an ability to express themselves openly while enabling them to experiment with colour, shape, and texture. Using visual expression as a means of communication, how to help children express their feelings, and experience pride in their accomplishments will be discussed. We will look at how to develop an understanding of cause and effect; work with a wide variety of materials; experience sensory pleasure by working with different media; developing small muscle skills and refining hand-eye coordination.

*Lobat has a Science degree and was a math teacher back home in Iran. Here in Canada she started her own family child care and took her Early Childhood Education certificate in the evenings. For 10 years she worked as an Outreach Coordinator at the Westcoast Child Care Resource Centre. She is running her Family Child Care again and is enjoying it a lot.*

### **Child Passenger Safety**

Presenter: Linda Reid

**Date:** Saturday June 8, 2013

**Time:** 9:30–11:30 am

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for parents and child care providers of children of all ages*

This workshop will give you the basic information about the safest way to transport children in cars. We will discuss the law, best practices, selection and installation of child seats. Questions are welcome, and child seats will be used for demonstration.

*Linda Reid is the owner of the Child Passenger Safety Network – a company dedicated to education as a means to improve safe transportation of children in automobiles. She is a certified child restraint instructor in both Canada and the U.S.*

### **Cross-Cultural Communication– Working With Families**

Presenter: Maria Kerekes

**Date:** Saturday June 8, 2013

**Time:** 12:30–2:30 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for all child care providers and those working with newcomers to Canada, as well as parents*

Do you face challenges with cross-cultural communication when working with immigrant children and their families? Please come and join us to explore the topic of cross cultural communication, building positive relationships, interaction with children and engaging families in their children's learning. You will learn new strategies of working effectively across cultures, and building confidence in these tough and tender interactions. References and resources will be provided for participants.

*Maria has worked with multicultural young children and their families for the past 15 years, and has supervised in both non-profit and inclusive early childhood programs. She currently works as part of Burnaby School District Strong Start team, focusing on supporting refugee children and their families in adapting to their new environment and learning new parenting skills. Maria holds an Early Childhood Education diploma as well as a Bachelor's degree in Psychology and Sociology.*

### **Emergency Preparedness**

Presenter: HEROS

**Date:** Wednesday June 12, 2013

**Time:** 7:00–9:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$5.00 members and non-members

*Suitable for parents and child care providers of children of all ages*

Living in Southwest B.C. we are faced with a number of potential emergencies and disasters. These can include events such as short term power outages, major storms, flooding, chemical spills, fires and earthquakes.

*The HEROS Community Emergency Program provides community education to increase awareness about emergency preparedness. The goal of the program is to educate individuals, families and the community on how to be more self sufficient for a minimum of 72 hours following a major disaster. This workshop includes information on emergency supplies, utilities, out-of-province contacts, reunification, evacuation, and what to do during an earthquake.*



### Proactive Approaches to Challenging Behaviours

Presenter: Debra Smith

**Date:** Saturday June 15, 2013

**Time:** 9:30 am–2:00 pm (4 hour professional development and ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$30.00 members and \$40.00 non-members

*Suitable for child care providers of children of all ages*

The overall objective of this training is to provide childcare providers with a positive approach to dealing with challenging behaviour. This workshop looks into the rationale for behaviours, the factors that influence its designation as *challenging*. Throughout the workshop, *hypothetical* situations are introduced and opportunities for input and specific ideas are discussed. Be prepared to share your hypothetical situations and work through them together so that you are more prepared in future challenging situations.

This course encourages child care providers to look at their values and beliefs about children's behaviour as well as aspects of the setting that may contribute to socially unacceptable behaviour. Child care providers are introduced to communication, direct guidance strategies and will be working to develop a guidance plan that fits with each individual child.

*Debra Smith currently holds a Masters degree in Education in Counselling Psychology and has twenty years experience working with children in child care settings, as well as working with youth and adults with disabilities in various environments. Deb works as an ECE instructor at Douglas College and as a Family Support Worker with the Community Living Society in Burnaby where she works with adults with disabilities and their families.*

### Promoting Social and Emotional Development in Children

Presenter: Angela Jaramillo

**Date:** Saturday, June 15, 2013

**Time:** 9:30 am–2:30 pm (4 hours professional development and 1 hour lunch break)

**Location:** BCIT Burnaby Campus - Room TSQ D 214 (Town Square D Room)

**Address:** 3700 Willingdon Ave., Burnaby **Parking in staff & student lots:** \$4.50/day (BCIT map: [www.bcit.ca/about/locations.shtml](http://www.bcit.ca/about/locations.shtml))

**Fee:** \$30.00 members and \$40.00 non-members

*Suitable for all child care providers and parents*

It is important to understand what children need to be successful in life. What prevents educational and psychological maladjustment? This workshop looks at the science and practice of the social and emotional lives of children. We will consider the development of emotional knowledge, emotional regulation and social and emotional competence. The capacity to experience, recognize, express, control, regulate and understand emotions are skills fundamental to children's school readiness, academic performance, health and well-being. Emphasis will be given to identifying the factors that promote healthy social and emotional development. We will look at universal preventive interventions that promote social and emotional learning.

*Angela Jaramillo is currently a PhD candidate in Human Development, Learning and Culture at the University of British Columbia, Faculty of Education, Department of Educational and Counselling Psychology and Special Education. Her research interest centres on the emotional lives of children, particularly the social and emotional development of preschool-aged children in relation to the development of emotional knowledge, emotional regulation and social and emotional competence and how these skills are fundamental to children's academic learning, health, and success in life. **Coffee provided in the morning//Lunch on your own. Food Venues on Campus: Triple O's; Quiznos; The Rix; Tim Hortons***

### Working With Families Whose Children Need Extra Support

Presenter: Ruth Bancroft

**Date:** Thursday June 20th, 2013

**Time:** 7:00–9:00 pm

**Location:** BNW (Burnaby)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for all child care providers and those working with children needing extra support*

In this workshop, we will explore some of the issues families face when their children have extra support needs. We will use real life scenarios to help understand how we as caregivers can partner with and support our families as they experience the challenges and triumphs of raising their children. Participants will have the opportunity to share stories from their experiences working with children who need extra support and their families, and benefit from the group's collective wisdom.

*Ruth has worked in childcare for over 30 years. Since 1978, she has been the Head Teacher of the Langara Child Development Centre, which is a campus child care program serving 62 children from 18 months to 5 years of age. For the past 10 years, Ruth has experienced the daily joy of working and playing with toddlers and their families.*

### **Forever a Bridesmaid, Never a Bride...Let's Get Engaged!**

Presenter: Julia Black

**Date:** Saturday, June 22, 2013

**Time:** 9:30 am–2:00 pm (4 hour professional development and ½ hour lunch break)

**Location:** TRI (Coquitlam)

**Fee:** \$35.00 members and \$45.00 non-members

*Suitable for child care providers of children of all ages*

**Adult support strategies in the preschool classroom that encourage engagement and eliminate praise.**

Participants will examine the effects of praise versus encouragement on children's development. They will learn why encouragement is more effective than praise in improving children's self-worth and self-esteem and discover how to move from praising children to encouraging them by using 3 easy-to-implement support strategies. In the second half of the workshop, participants will look at the 5 key elements of support with the focus on sharing control between adults and children, forming authentic relationships and making a commitment to supporting children's play. This workshop will combine lecture, with video examples designed by the HighScope Educational Research Foundation, and group work to explore this fundamental aspect of adult-child interactions within the early childhood and kindergarten classrooms.

*For the past 18 years, Julia has developed early childhood programs and facilities for children 3 months to 5 years of age within the Sea to Sky Corridor in British Columbia. She has worked as classroom teacher, teacher mentor, capital projects coordinator in the construction of facilities and Executive Director operating multiple sites and programs. Julia is trained as a Trainer in the HighScope Preschool Curriculum Model and was involved in the implementation of the HighScope model at the Whistler Children's Centre, supporting the first programs to become HighScope certified in BC in 2005. Julia currently works for the HighScope Teacher Education Centre for Western Canada, training and mentoring teachers in British Columbia and the US. Julia is a member of faculty for the Early Childhood Care and Education Department at Capilano University.*

### **Marketing Your Family Child Care**

Presenter: Vicki Lepper

**Date:** Wednesday, June 26, 2013

**Time:** 7:00–9:00 pm

**Location:** TRI (Coquitlam)

**Fee:** \$15.00 members and \$20.00 non-members

*Suitable for family child care providers*

As child care providers, the notion of marketing ourselves or our child care setting often makes us feel uncomfortable. Somehow advertising seems out of step with the work we do. The fact is, however, that the ability to market our child care service in tasteful and effective ways is one indicator of a professional child care provider. This workshop teaches providers how to identify, articulate, and sell the benefits of their child care program to potential clients using both traditional strategies and technology. Parents are using the Internet to find child care providers. This workshop will teach you the basics of marketing as well as using the Internet to help you maximize enrollment and income for your business.

*Vicki Lepper is the owner/operator of Terrific Kids, a licensed family child care in Coquitlam, BC. and has been providing child care for over 20 years. In 2011, Vicki became a Board member for BC Family Child Care Association. Vicki is a facilitator of Good Beginnings: Professional Development for Child Care Providers course and has taught at VCC and Douglas College. Vicki is actively involved on the Tri-Cities Early Childhood Development Committee and on the sub-committee Child Care Working Group. Vicki has been nominated for many awards and in May 2012, she was the "Individual" recipient of "The Tri-Cities Award of Excellence Working with Young Children" for her exceptional work for making the Tri-Cities a better place for families and children.*

*A special training event hosted by New Westminster Children's Centre & the YMCA CCRR*

### **Understanding Self-Regulation in Preschoolers**

Presenter: George Melzer

**Date:** June 6, 2013 from 7:00—9:00 pm

**Location:** New Westminster's Children's Centre, 811 Royal Avenue, New Westminster

**Fee:** \$15.00 members and \$20.00 non-members

Self regulation: the ability to focus- control one's actions. How do young children develop these skills? This workshop will describe how brain development influences self regulation, and, the important role that caregivers have in this process. Come prepared to be inspired with practical information.

*George Melzer teaches in the ECE/CYC Department at the University of the Fraser Valley. He has written children's stories and designed many resources for early childhood settings.*



# Spring 2013 Workshops

For a complete description of workshops visit [www.vanymca.org](http://www.vanymca.org)

## Registration Submission Form (one form per attendee)

Date: \_\_\_\_\_

Name(s): *please print clearly* \_\_\_\_\_

Facility Name: \_\_\_\_\_

Address: \_\_\_\_\_

Facility Type: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

CCRR Membership # \_\_\_\_\_

Phone # \_\_\_\_\_ Email: \_\_\_\_\_

*Please indicate all courses you would like to attend. Payment must be received at time of registration.*

*The following payment options are available:*

1. Cheque—payable to the: YMCA Child Care Resource & Referral.  
Mail payment to: YMCA CCRR, 1130 C Austin Avenue, Coquitlam, B.C. V3K 3P5  
*\* When paying by cheque please send a separate post dated cheque for each workshop.*
2. Credit Card (American Express, MasterCard or Visa). Please complete the registration form and fax to 604.931.3440, or mail to the address listed above, or contact us directly at 604.931.3400, extension 0.

*The completion of this form does not guarantee placement in your requested workshop(s).  
Confirmation of your registration will be sent to you via Canada Post.*

Card Holder's Name: \_\_\_\_\_ Type: American Express / MasterCard / Visa  
(circle one)

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Total: \_\_\_\_\_

- *Refunds will only be given to registrants who provide 5 working days notice of withdrawal.*
- *All withdrawals are subject to a \$5.00 administration fee per workshop, regardless of notification given.*
- *There is a \$5.00 administration fee for re-issuing any certificate of participation.*

*The YMCA CCRR provides certificates of participation for a variety of workshops.*

### Burnaby/New Westminster (BNW)

Burlington Square, Unit 161  
5172 Kingsway, Burnaby, BC V5C 5E9  
P: 604.294.1109 F: 604.294.6278  
E: [bnwccrr@vanymca.org](mailto:bnwccrr@vanymca.org)

### Tri-Cities (TRI)

1130 C. Austin Avenue  
Coquitlam, B.C. V3K 3P5  
P: 604.931.3400 F: 604.931.3440  
E: [tricrr@vanymca.org](mailto:tricrr@vanymca.org)



Please Note:

**Member registration begins @9:00 am on Saturday, March 9<sup>th</sup>**

**Non-member registration begins @9:00 am on Thursday, March 14<sup>th</sup>**

Where	Topic	Date	Time	Member's Cost	Non Member's
<input type="checkbox"/> TRI	"Growing Curriculum by Exploring Environments"	4 Tuesdays April 9, 16, 23 & 30	6:45-9:15 pm	\$75	\$90
<input type="checkbox"/> BNW	"Trust Games and Ice Breakers in School Age Care"	Thur. Apr 4	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Building Family Relationships: One Block at a Time"	Sat. Apr 6	9:00-11:00 am	\$15	\$20
<input type="checkbox"/> TRI	"Creating Constructive Conversations with Parents and Co-workers"	Sat. Apr 6	12:00-2:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Connecting Children with Nature"	Wed. Apr 10	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Family Child Care: Health and Nutrition"	Sat. Apr 13	9:00-11:30 am	\$15	\$20
<input type="checkbox"/> TRI	"Family Child Care: Developing Partnerships with Families"	Sat. Apr 13	12:30-2:30 pm	\$15	\$20
<input type="checkbox"/> BNW	"Helping Young Children Discover Their World"	Thur. Apr 18	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Joy and Development Through the Use of Song, Rhyme and Story"	Sat. Apr 20	9:00-1:30 pm	\$30	\$40
<input type="checkbox"/> TRI	"Creating Meaningful Experiences for Toddlers"	Wed. Apr 24	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Teacher Talk C-Fostering Peer Interaction in Early Childhood Settings"	Sat. Apr 27	9:00-4:00 pm	\$55	\$65
<input type="checkbox"/> BNW	"Solution Circle"	Thur. May 2	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Understanding the Mask of Anxiety"	Sat. May 4	9:30-2:00 pm	\$30	\$40
<input type="checkbox"/> TRI	"Guiding Children's Behaviour in the School Age Years"	Wed. May 8	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Nature's Touch: A Grandma's Tale"	Sat. May 11	9:00-1:30 pm	\$30	\$40
<input type="checkbox"/> BNW	"Guiding Children's Behaviour in Child Care Settings"	Sat. May 11	9:00-1:30 pm	\$30	\$40
<input type="checkbox"/> BNW	"Self-Care for Early Childhood Educators"	Thur. May 16	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"What Can My Preschool Hands Do?"	Wed. May 22	7:00-9:00 pm		\$5
<input type="checkbox"/> TRI	"Hey! My Brain Doesn't Work that Way!"	Sat. May 25	9:00-1:30 pm	\$30	\$40
<input type="checkbox"/> TRI	"Making Music with Young Children"	Sat. Jun 1	9:00-1:30 pm	\$35	\$45
<input type="checkbox"/> NWest	"Understanding Self-Regulation in Preschoolers"	Thur. June 6	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> BNW	"Circle Time for Children Learning English"	Thur. Jun 6	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Art Exploration for Farsi Speaking Providers and Parents"	Sat. Jun 8	12:00-2:00 pm	\$15	\$20
<input type="checkbox"/> BNW	"Child Passenger Safety"	Sat. Jun 8	9:30-11:30 am	\$15	\$20
<input type="checkbox"/> BNW	"Cross-Cultural Communication: Working With Families"	Sat. Jun 8	12:30-2:30 pm	\$15	\$20
<input type="checkbox"/> TRI	"Emergency Preparedness"	Wed. Jun 12	7:00-9:00 pm		\$5
<input type="checkbox"/> TRI	"Proactive Approaches to Challenging Behaviours"	Sat. Jun 15	9:30-2:00 pm	\$30	\$40
<input type="checkbox"/> BCIT	"Promoting Social and Emotional Development in Children"	Sat. Jun 15	9:30-2:30 pm	\$30	\$40
<input type="checkbox"/> BNW	"Working With Families Whose Children Need Extra Support"	Thur. Jun 20	7:00-9:00 pm	\$15	\$20
<input type="checkbox"/> TRI	"Forever a Bridesmaid, Never a Bride...Let's Get Engaged!"	Sat. Jun 22	9:30-2:00 pm	\$35	\$45
<input type="checkbox"/> TRI	"Marketing Your Family Child Care"	Wed. Jun 26	7:00-9:00 pm	\$15	\$20

Calling All  
Child Care Providers!

What type of networking would interest you? We are looking for a group of providers to help us design future networking sessions that will meet your needs. Networking can be a valuable opportunity to meet with other child care providers in your community where you can share ideas and challenges.

If you are interested in participating in a Focus Group to provide your input, please contact:

Jacky @ 604.937.1233 or email  
jacky.huckin@vanymca.org

*The YMCA CCRR is funded by the Province of British Columbia*



## Networking at the CCRR Spring 2013

**Join your colleagues for a relaxing  
cup of coffee at the CCRR!**

Enjoy networking sessions that provide an opportunity for child care providers to meet, share ideas and challenges with other providers.

Please contact the Outreach Consultants listed if you wish to attend any of these Networking opportunities.



## Caregiver Drop-in

The YMCA CCRR will be offering a free monthly drop-in for Licensed Family and Licence Not Required Family Child Care Providers and their children. Come and join us for a fun filled morning of free-play, art, a snack and circle time activities. Enjoy a cup of coffee while you network with other child care providers. Coffee drinkers please bring a travel mug with a lid.

**If you are interested in attending, contact Raegan at**  
**raegan.stewart@vanymca.org or 604.937.1238**

**Date:** Mondays, April 8<sup>th</sup>  
May 6<sup>th</sup> & June 3<sup>rd</sup>  
**(Registration required)**  
**Time:** 9:00 – 11:30 am  
**Location:** TBA in the Tri-Cities area

## Responsive Curriculum Networking

What is Responsive Curriculum? When you reflect on your program in a responsive way, planning emerges from the daily life of the children and their interests. Children's "ordinary moments" can be observed, documented and extended to prepare rich learning experiences. Responsive Curriculum supports the principles in the B.C. Early Learning Framework. Did you visit the *Wonder of Learning* exhibit? Would you like to take the next step?

Come and join the Responsive Curriculum networking group as they explore and share experiences preparing inspirational learning environments. Forward your email address to Jacky and receive notice of upcoming opportunities. Light refreshments will be served.

**RSVP: Jacky at jacky.huckin@vanymca.org or call 604.937.1233**

## NEW WESTMINSTER

### Spring Circle Time

You are invited to join CCRR staff to discuss presenting activities at Circle Time: Create props for the spring season. A choice of projects will be available. You are invited to network with friends and colleagues, and you're welcome to share some of your favourite songs or stories as well! Beverages and snacks will be served.

**Dates:** Tuesday, March 5<sup>th</sup>  
**Time:** 7:00 – 8:30 pm  
**Location:** Centennial Community Ctr.  
600 Eighth St. New West. Room #2  
**Material Fee:** \$5.00

**RSVP: Crystal at crystal.bunnett@vanymca.org or call 604.937.1230**

## Spring Circle Time

Spring is such an inspiring season! Come and make a lovely spring time story prop, while networking with colleagues. Tea/coffee and cookies will be provided.

**RSVP: Rheen at**  
**Rheen.herrick@vanymca.org or call 604.294.1109 ext.223**

**Date:** Thursday, March 7<sup>th</sup>  
**Time:** 7:00 – 8:30 pm  
**Location:** Burnaby CCRR  
**Material Fee:** \$5.00

## Market your Family Child Care with a Scrapbook!





Often we think of marketing as a challenge, and something we don't know enough about. Marketing your program can be creative! Get started with a Marketing Scrapbook. Network and share ideas with colleagues and friends! Tea/coffee and cookies will be provided.

**Date:** Wednesday, April 17<sup>th</sup>  
**Time:** 7:00 – 8:30 pm  
**Location:** Tri-Cities CCRR  
**Material Fee:** \$5.00

Please bring: A few photos of your environment. What areas work great and what areas would you like to improve?

**RSVP: Geeta at geeta.harpalani@vanymca.org or call 604.937.1239**

Another great networking  
opportunity in your community is the  
Child Care Appreciation event!  
Please see the separate insert  
in this newsletter and sign up!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Burnaby Open 1:30 p.m.-8:00 p.m.	<b>8</b> International Women's Day	<b>9</b> Members Registration Day! Burnaby Open 9:00 a.m.-2:00p.m.
<b>10</b> Daylight Savings Spring Forward 	<b>11</b>	<b>12</b>	<b>13</b> Tri-Cities Open till 8:00 p.m.	<b>14</b> Non Members Registration Day!	<b>15</b>	<b>16</b>
<b>17</b> St. Patrick's Day 	<b>18</b>	<b>19</b>	<b>20</b> First Day of Spring	<b>21</b> Burnaby Open 1:30 p.m.-8:00 p.m. Norooz	<b>22</b> World Water Day	<b>23</b>
Purim <b>24</b> Easter <b>31</b>	<b>25</b>	<b>26</b>	<b>27</b> Tri-Cities Open till 8:00 p.m.	<b>28</b>	<b>29</b> Good Friday 	<b>30</b> 

Tri-Cities  
1130 C Austin Avenue,  
Coquitlam, B.C. V3K 3P5  
P: 604.931.3400 F: 604.931.3440  
tricrr@vanymca.org

**Mondays:** 9:00 a.m.-4:30 p.m.  
**Tuesdays:** 9:00 a.m.-4:30 p.m.  
**Wednesdays:** 9:00 a.m.-4:30 p.m.  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month  
from 9:00 a.m.-8:00 p.m.  
**Thursdays:** 9:00 a.m.-4:30 p.m.  
**Fridays:** 9:00 a.m.-4:30 p.m.  
**Saturdays:** 9:00 a.m.-2:00 p.m.

Burnaby/New Westminster  
Burlington Square, Unit 161  
5172 Kingsway, Burnaby, B.C. V5H 2E8  
P: 604.294.1109 F: 604.294.6278  
bnwccrr@vanymca.org



**Mondays:** CLOSED  
**Tuesdays:** 9:00 a.m.-4:30 p.m.  
**Wednesdays:** 9:00 a.m.-4:30 p.m.  
**Thursdays:** 9:00 a.m.-4:30 p.m.  
1st & 3rd Thursday of each month  
from 1:30 p.m.-8:00 p.m.  
**Fridays:** 9:00 a.m.-4:30 p.m.  
**Saturdays:** OPEN from 9:00 a.m.-2:00 p.m. on  
March 9<sup>th</sup>, April 13<sup>th</sup> & May 11<sup>th</sup>

Please Note Offices will be Closed:



*Closed for all statutory holidays*

March 29<sup>th</sup> to April 1<sup>st</sup> (Easter) and May 19<sup>th</sup> to May 21<sup>st</sup> (Victoria Day)

## April 2013 - Earth Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> April Fool's Day 	<b>2</b>	<b>3</b>	<b>4</b> Burnaby Open 1:30 p.m.-8:00 p.m. Qingming Festival	<b>5</b>	<b>6</b>
<b>7</b> World Health Day	<b>8</b>	<b>9</b>	<b>10</b> Tri-Cities Open till 8:00 p.m.	<b>11</b>	<b>12</b>	<b>13</b> Burnaby Open 9:00 a.m.-2:00p.m.
<b>14</b> Vaisakhi	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Burnaby Open 1:30 p.m.-8:00 p.m.	<b>19</b>	<b>20</b>
<b>21</b> National Volunteer Week	<b>22</b> Earth Day 	<b>23</b>	<b>24</b> Tri-Cities Open till 8:00 p.m.	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				

## May 2013 - Child Care Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b> Burnaby Open 1:30 p.m.-8:00 p.m.	<b>3</b>	<b>4</b>
<b>5</b> Cinco de Mayo Emergency Preparedness Week May 5-11 Visit: <a href="http://www.getprepared.gc.ca">www.getprepared.gc.ca</a>	<b>6</b>	<b>7</b>	<b>8</b> Tri-Cities Open till 8:00 p.m.	<b>9</b>	<b>10</b> Move for Health Day	<b>11</b> Burnaby Open 9:00 a.m.-2:00p.m.
<b>12</b> Mothers Day	<b>13</b>	<b>14</b>	<b>15</b> International Day of Families	<b>16</b> Burnaby Open 1:30 p.m.-8:00 p.m.	<b>17</b>	<b>18</b> 
<b>19</b>	<b>20</b> Victoria Day 	<b>21</b>	<b>22</b> Tri-Cities Open till 8:00 p.m.	<b>23</b>	<b>24</b>	<b>25</b> Buddha Day
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	