

Prince George CCRR Newsletter

STAFF

Alisha Wilson
Coordinator

Gail Mason
Community Consultant

Celina Richards
Outreach Consultant

Samantha Starkes
Family Consultant

Serving the Communities of:

Prince George, McBride,
Valemount,
Vanderhoof, Fort St.
James, Fraser Lake, Fort
Fraser, Burns Lake,
McLeod Lake,
Mackenzie, Kwadacha,
Upper Fraser.

Agreement Number
#40677583

Office Hours

Monday: 9:00am-7:00pm
Tuesday to Friday: 9:00am-4:30pm
Saturday, March 10: 9:00am-1:00pm
Saturday, April 21: 9:00am-1:00pm

Highland Office Hours

Tuesdays: 9:00am-12:30pm

Closures

Friday, March 30, 2018: Good Friday
Monday, April 2, 2018: Easter Monday



PO Box 1808, 2020 Massey Drive
Prince George, BC V2L 4V7
Phone: 250-563-2483 Fax: 250-563-2482
Toll Free: 1-800-680-6699
<http://nbc.ymca.ca/>
www.crr.bc.ca
crr@nbc.ymca.ca

Funded by the BC Ministry of Children and
Family Development
Sponsored by the YMCA of Northern BC

Workshops



Active Play - For Parents & Child Care Providers
Call the office to register or drop in (250) 563-2483

10:30am - 11:30am

Thursday: January 18th, February 15th, March 15th, April 19th
at Pilot Mountain Recreation Commission
(9072 Syms Rd)

Join CCRR to support Active Play in children. We will have a variety of activities that will encourage moderate to vigorous bursts of energy. We will include both adult and child activities that support fundamental movement skills involving different parts of the body such as feet, legs, trunk, head, arms, and hands.



Active Play

For Parents and Child Care Providers

Tuesdays

10:00am-11:00am

At Highland Family Development Centre
(155 McDermid Dr)

Join CCRR every Tuesday to support Active Play in Children. We will have a variety of activities that will encourage moderate to vigorous bursts of energy. We will include both adult and child activities that support fundamental movement skills involving different parts of the body such as feet, legs, trunk, head, arms, and hands.



Active Play - For Parents & Child Care Providers
Call the office to register or drop in (250) 563-2483

10:30am-11:30am

Fridays: January 5th, February 2nd, March 2nd, April 6th 2018
at Salmon Valley Fire Department
(5155 Salmon Valley Rd)

Join CCRR to support Active Play in Children. We will have a variety of activities that will encourage moderate to vigorous bursts of energy. We will include both adult and child activities that support fundamental movement skills involving different parts of the body such as feet, legs, trunk, head, arms, and hands.



Active Play - For Parents & Child Care Providers
Call the office to register or drop in (250) 563-2483

10:00am-11:00am

Thursdays: January 11, February 8, March 8, & April 12, 2018
at Blackburn Community Association
(2451 S.Blackburn Rd)

Join CCRR to support Active Play in Children. We will have a variety of activities that will encourage moderate to vigorous bursts of energy. We will include both adult and child activities that support fundamental movement skills involving different parts of the body such as feet, legs, trunk, head, arms, and hands.



Networking Night: Featuring Ingrid Wenzel from *Tell me a Tale, and Stories by Ingrid*

Ingrid will be sharing her story time skills, incorporating music, movements, stories told with props, puppets, flannel board, and much more. You will have an opportunity to make and create a story of your own.

Funded by the province of British Columbia



www.ccrr.bc.ca
nbc.ymca.ca

Wednesday, March 14th
6:30pm - 8:30pm

Location: CCRR Family Room
Cost: \$10
To register call 250-563-2483 or Toll Free: 1-800-680-6699



Good Beginnings

A course that covers child development, guidance, health, safety, nutrition, program planning, policy writing and the business aspects of home based child care.

Funded by the province of British Columbia



www.ccrr.bc.ca
www.nbc.ymca.ca

April 11th - May 16th

Hours • 9:00am - 4:00pm
Cost \$275 • Pre-registration is required
Location: CCRR Family Room

To register call 250-563-2483 or Toll Free: 1-800-680-6699



Bringing the inside out and the outside in: Sarah McCarthy

Get ready to be part of an outdoor play revolution! We'll explore using loose parts in the outdoor and indoor play space and setting up invitations to play that provoke children's thinking and ideas.

Funded by the province of British Columbia



www.ccrr.bc.ca
nbc.ymca.ca

Saturday, April 7th
10:00am - 2:45pm

Location: Highland
Cost: \$40 Lunch provided
To register call 250-563-2483 or Toll Free: 1-800-680-6699



Kids Have Stress Too!® Workshop

A program from the Psychology Foundation of Canada designed to help children develop the coping skills they require to manage the stress in their lives.

Funded by the province of British Columbia



www.ccrr.bc.ca
nbc.ymca.ca

Saturday, April 14th
9:00am - 4:00pm
Sandman Signature Prince George
\$20 Members • \$25 Non-Members
Register by April 9th at 7:00pm

To Register call 250-563-2483 or Toll Free: 1-800-680-6699

First Aid Training

Life Savers First Aid offers:

Canadian Red Cross Emergency Child Care Course

Saturday, March 3: 8:00am-4:30pm

Saturday, March 24: 8:00am-4:30pm

Saturday, April 7: 8:00am-4:30pm

Saturday, April 28: 8:00am-4:30pm

Cost: \$100.00

Phone: 250-562-1238

Email: lifesavers@telus.net

Address: 439 Cassiar Street

FYI- The Canadian Red Cross has gone to a paperless certificate system. Participants will have the options to print, reprint, download, or forward certification to an employer

St. John Ambulance offers:

Emergency First Aid - Community Care

Saturday, March 24: 8:00am-4:30pm

Cost: \$95.00

Phone:250-561-1696

Email: Prince.George@bc.sja.ca

Address: 470 - 3 Avenue

Outreach Corner

Phone: 250-563-2483 Email: gail.mason@nbc.ymca.ca
celina.richards@nbc.ymca.ca
1-800-680-6699

Fort St. James

Congratulations to the Fort St. James YMCA Child Care Centre who received approval for the Children First funding for the purchase of outdoor playground equipment!

March 7, 2018: 11:00am-2:00pm Tl'azt'en Children's Fair at Eugene Joseph Elementary School

March 8, 2018: 1:00pm-4:00pm Parents First Aid at Nakazdli Health Center

March 14 & 15, 2018: Positive Discipline workshop-
Watch for posters in your community!

Valemount

The Good Beginnings training, for anybody who is currently caring for children or wants to care for children, will run for six Saturdays from April to June. Watch for dates and registration information. This meets the requirement to be a Responsible Adult in licensed child care facilities.

The Positive Discipline workshop will be on April 23, 2018

It is exciting to read in the local papers about the potential for more licensed child care spaces in the valley, be sure to call CCRR if we can support you in any way.

Bright Ideas

These bright Ideas are made with items you can find in your home or at the dollar store. The children in your centre will get active and gain physical literacy skills such as coordination and running. Cut out the ideas and attach them to a ring to save them. Drop them off at CCRR for laminating if you want! (\$1.50 a foot)

Neighborhood Cleanup

Take a garbage bag, some rubber gloves (or dollar store gardening gloves) and go around your neighborhood picking up trash.

You will surprised how much you end up with and how much nicer your neighborhood looks!

Flowers and Fairies Sensory Bin

* Dye two small bags of rice pink by laying the rice flat on baking sheets. Then mix it in food colouring with a fork. Let dry 24 hours.

* In a shallow, wide bin dump pink rice and add some white rice as well.

*Add some small bags of colourful beads, sequins and fabric flower petals. Voila!

Blobs in a bottle

You'll need:

Empty bottle, 3/4C of water, Alka Seltzer, Vegetable Oil, Food Colouring

- * Pour water into bottle
- * Pour in oil until bottle is almost full
- * Add 10 drops of food colouring
- * Break the Seltzer tablet in half, put it in the bottle and watch the fun. Add another tablet to keep the effect going. You can shine a light on the bottom of the bottle for a Lava Lamp Effect.

Pretzel and Marshmallow Structures

You'll need:

Large Marshmallows (Or small Styrofoam balls)

Pretzel Sticks (or Pipe Cleaners)

*You link the pretzel sticks together by gently pushing one end into the Marshmallows.

This simple prep, edible engineering project has endless possibilities.

Lending Library Corner



Spring (567) and (568)

It's SPRING time!!! These theme boxes will bring a variety of stories. When you are venturing outside, it's time to enjoy the best part of spring, PUDDLES!! See below for a few ideas. There is more to enjoy, just follow the link. These theme boxes will bring a variety of stories.

SING AND DANCE-

Get outside to sing and dance in the rain just like Gene Kelly. "I'm singing in the rain, I'm singing in the rain! What a glorious feeling I'm happy again!" Don't forget your [umbrella](#) to get yourself in the mood.

MAKE MUD PIES-

Rainy days are the perfect days to make mud pies. The earth gets nice and soft and easy to dig. Don't forget to decorate them with flowers, leaves, sticks, rocks, etc. Check out [Mud Pie Nature Art](#) for more ideas!

PLAY WITH WATER TOYS IN PUDDLES-

Pool and bath toys can be fun to play with in puddles outside. If your kids have water toys, it really is cute to watch them play with them in puddles that are deep enough.

Find more great ideas at:
<https://rhythmsofplay.com/20-ways-to-play-in-the-rain/>

Event Highlights

Emotional Regulation Workshop with Alyson Schafer

On Sunday, February 11, CCRR was happy to host Alyson Schafer to speak on Emotional Regulation. It was a full house and we were so happy you could make it. After all of the snow we'd had the previous week, it was a pleasant surprise to see people from out of town attend.

First of all, Alyson blew me away. I was on the edge of my seat the entire time. She kept me interested with her use of props and explanation of the science behind behaviors. Whether you were attending as a parent or care giver, there was something for everyone. Alyson's workshop left us all knowing something we didn't when we came in.

Alyson is a Psychotherapist, with a background in science and best-selling author. Her charismatic, witty approach to giving parenting advice comes out in such a way that you don't *feel* like you're being taught at all.

Rather than merely providing parenting advice, Alyson's insights into *why* children misbehave are a no-nonsense science based approach to understanding childhood behaviour that is taught in such a way that most people feel like she is talking to their situation.

If you would like to keep up to date with her blog you can visit: <http://alysonschafer.com/> or her Huffington Post Column: <http://www.huffingtonpost.ca/news/alyson-schafer/>

Again, thank you to everyone who came out to her workshop on Sunday of a long weekend.

Resources

Ministry of Children and Family Development:

Child Care Information on Child Care Subsidy, Operating Funding ECE registry:

Child Care BC Help Line – 1-888-338-6622

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool>

Children’s Help Line (to report abuse)

310-1234 or 1-800-663-9122

Child Care Liability Insurance:

Pacific Care 1-888-480-CARE (2273)

www.pacific-care.bc.ca

Western Financial Group 1-800-665-8990

www.westernfinancialgroup.ca



Community Care Licensing Office 250-565-2150

<http://northernhealth.ca/YourHealth/CommunityCareLicensing.aspx>

Child Care Referral Form

<http://www.childcarechoices.ca/main/North/Prince+George/>

Parent Support Services- Prince George Area

http://parentsupportbc.ca/prince_george_interior

Early Years Professional Development Portal

<https://earlyyearsbc.ca/>

For your information...

CCRR Dates to Remember

Friday, March 2, 2018	Active Play at Salmon Valley (See Page 2)
Thursday, March 8, 2018	Active Play at Blackburn (See Page 2)
Wednesday, March 14, 2018	Networking Night Featuring Ingrid Wenzel (See Page 3)
Thursday, March 15, 2018	Active Play at Pilot Mountain (See Page 2)
Friday, April 6, 2018	Active Play at Salmon Valley (See Page 2)
Saturday, April 7, 2018	Bringing the inside out and the outside in: Sarah McCarthy (See Page 3)
Wednesday, April 11-May 16, 2018	Good Beginnings: 9:00am-4:00pm (Wednesdays)
Thursday, April 12, 2018	Active Play at Blackburn (See Page 2)
Saturday, April 14, 2018	Kids Have Stress Too! (See Page 3)

Legislation Updates

On Tuesday, February 20, 2018 the Provincial Government launched their new budget. You can check out the website for any information as it becomes available. Below are some links for your information.

http://bcbudget.gov.bc.ca/2018/childcare/2018_Child_Care_BC.pdf

<http://bcbudget.gov.bc.ca/2018/default.htm>