

Bulletin Board

Thank you...

- **Nathan's family** for the donation of four sensory balls and a weighted Tote Around Hound.
- **Johnathan's family** for donating a Sesame Street activity wheel, a Battat activity centre, a musical guitar, Playskool busy ball popper and a Lamaze dancing palm tree.
- **Emma's family** for their very generous gift of the animal train toy, two-handed twist toy, fine motor activity centre and so much more!
- **Mia's family** for the Little Tykes truck, John Deer Tractor and Mega Blocks. We appreciate your thoughtfulness!
- **Makariy's family** for their donation of two soft infant books to help our littlest members foster a love for books!
- **Sarah's family** for the gold fish crackers and arrow root biscuits that helped in providing yummy snacks at playgroup!
- **Adam's family** for providing gold fish crackers to our hungry kids at playgroup!
- **Keanan's family** for their donation of a great selection of toys, puzzles and books!
- **Julia's family** for their generous donation of infant and ride-on toys that have already contributed to hours of fun!
- **Edison's family** for their thoughtfulness in putting together a six month seizure free party and donating all proceeds to the Langley Child Development Centre!
- **Taylor family** for their thoughtful donation towards the purchase of stickers, a highchair and a great turtle play gym!
- **Dr. Sass from Insight Developmental Learning** for donating "Helping your Child Learn Booklet!"
- **Jenn Baerg** for her kind donation towards purchasing new toys!
- **Ethan B's family** for their generous donation of a swing, play mat, exersaucer, bath seat and snugli!
- **Colby's family** for the Einstein Learning Words sound toy!
- **Brynn's family** for their donation to our resource library of "Look at it this Way – toys and activities for Children with Visual Impairment." Come check out our resource library full of great books like this!

Upcoming Workshops

Myles of Courage—A Story of Autism

An inspiring presentation by Myles McKie, a 17 year old youth with Autism, sharing experiences about growing up with Autism.

When: September 17, 2008 at 7:00pm

Where: Langley Child Development Centre

Hey, My Brain Doesn't Work That Way! Understanding Sensory Processing Promoting Self-Regulation

Presenter: Marc Landry

When: October 18, 2008, 9:00 am—3:00 pm (bring a bagged lunch)

Where: Langley Child Development Centre

Cost: \$50.00

Working With Kids That Don't Go With the Flow

Participants will gain a better understanding of things that get in the way of kids going with the flow and some practical strategies with an emphasis on sensory issues. It will be downstairs on

When: November 19, 2008, 7—9:00 pm

Where: Langley Child Development Centre

Cost: \$15.00

If you would like to register for a workshop, please contact Cristin Schieder at either 604-534-1155, ext 139 or cschieder@langleycdc.com.

BC Walk/Run Now for Autism

Sunday, October 19, 2008 at Swangard Stadium, Burnaby, BC.

Join Autism Speaks to support autism research and awareness!

Visit their website for more information:

www.walknowforautism.org/site/c.lwKUJaNUJtF/b.3949169/



LANGLEY Child Development Centre

"Partners in Developing Potential"

#203-5171 221A Street, Langley, BC V2Y 0A2

Tel: 604-534-1155 Fax: 604-534-1814

www.langleycdc.com

If you would like further information about services, please call 604-534-1155:

Infant Development Programme—ext 108

Supported Child Development Programme—ext 104

Preschool Programmes—ext 138

Child & Youth Programmes—ext 117

CARF Accredited service provider since December 2004.



LANGLEY Child Development Centre

"Partners in Developing Potential"

VOLUME 11, ISSUE 3

FALL 2008

Save the Date...

- *Community Living Day—September 27, 2008*
- *Annual Toy and Product Fair—November 26, 2008*
- *Breakfast with Santa—December 6, 2008*
- *Annual General Meeting—January 29, 2009*

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A Family's Story... from the siblings' perspective

We became a foster family for one infant in May 1978. At the time, I was 4, my sister 6 and my brother 2. I still remember the day we brought our "living doll" home. Many other children came and went over the years, with a few very special people staying with us long term. Two such individuals remain in our (now mine) care.

As adults, my (birth) brother and sister and I have all used the skills, knowledge and insight we gained through our lives in the home. We have all worked with special people, and/or continue to do so today. I have taken over my parents' care home so that they can enjoy retirement.

Above all is love

Unconditional, unrestricted. It is not because they are "special" that they are loved or cared for, it is because they are who they are. Everyone is loved for being the unique individual they are. We don't see a disability, we see the wonderful being inside.

Celebrating each other's accomplishments, no matter how small.

It took one fellow 27 years to take off his own shirt. It is so key to his development that he laughs every time he manages to sneak his arms out when we are not looking. Knowing he can do

this and having us praise him and celebrate with him encourages his personality (that of a teasing monkey), his coordination and determination to continue trying new things.

We are organized, caring and self-disciplined - but in the most important ways.

A clean house is necessary for health reasons, but excess can take away the quality time we all relish together. We get our work done, but sometimes the priority is in spending the extra time to share special moments.

We make good decisions together.

We think things through thoroughly, many times considering aspects often overlooked. We have learned to look beyond the reading between the lines, and truly how to walk miles in another's shoes that we may gain perspective and insight in how best to enhance a person's life.

We have learned how to include a person in practically ANY activity.

We have wagons that they can help pull around the garden, we made hose attachments so they could help water the plants, we have special taste-tester spoons so that everyone has a part in baking and cooking. Even if they play with a plastic spoon and bang a pot, or shake a milk jug with dry lentils, they are helping

the atmosphere of baking. Anything they can achieve could never be deemed "annoying".

We have the most delightful dinner music, for any contribution is welcomed whether it be "popping", clapping, giggling, banging, or blowing raspberries.

Most importantly, it is my belief that there is nothing more precious than reaching a person's inner smile by touching their heart; having done something for them, with them, that no amount of money could buy. This is what a person's life should found itself in. Rooted in love, everything will grow.

Both my sister and I have children, and they will all agree that growing up in a special extended family has enriched their lives. They don't see "freaks" walking down the road or out shopping, they see neat people who express their individuality in less conventional ways. Our children have patience and understanding of humans beyond their years, and it is this which allows them to welcome people openly, without prejudice, unconditionally.

~ Stephanie Mason ~

If you have a story you'd like to share, please email Krista at khanan@langleycdc.com.

Baby Steps—Infant Development Programme

Supporting the developmental needs of children, birth to three years of age



Some of our littlest IDP members, Sawyer and Leaelyn, getting cuddly and taking a snooze.

Send us a special picture of your child and we may include it in our next newsletter! Email to: cboecker@langleycdc.com

“We worry about what a child will become tomorrow, yet we forget that he is someone today.”

~ Stacia Tauscher

Websites of interest:

www.investinkids.ca

Positive Discipline

One of the most challenging issues parents face is the topic of how to discipline their children. Since there are often so many questions surrounding this topic, we decided to give some tips that will hopefully help in this area of uncertainty.

1. Have realistic expectations

- Have a basic understanding of child development – where your child is at and what they are learning.
- Remember that the job of a toddler, and to some extent the job of all young children, is to taste, touch, smell, squeeze, poke, pour, sort, explore, and test.

2. Work to prevent behaviors before they occur

- Arrange your day to meet your children’s needs and your own.
- Childproof your home. Are important, dangerous, or breakable things in reach? Are there things that the child may play with? Parents can make the home a friendly place for children.
- Provide a period of preparation. This is a good strategy to use when preparing your child for any transition. “Five more minutes and its time to...”
- Give choices rather than commands. Decision making empowers children; commands

invite a power struggle. Try: “Would you like to brush your teeth before or after putting your pajamas on?”

- Encourage children to use words rather than negative behavior.

3. Model the behaviors that you want to see in your children

- In some situations, after firmly stating what is not to be done, you can demonstrate how to do it, or a better way: “We don’t hit. Pat my face gently.” (Gently stroke). “Puzzle pieces are not for throwing. Let’s put them in their places together.” (Offer help). This sets firm limits, yet helps the child feel that you two are a team.

4. Have natural and logical consequences

- It helps if parents teach children the connection between their actions and the results of their misbehavior. You can use logical and natural consequences to do that.
 - Natural: For example, if a child does not eat at mealtime, she will get hungry later. If she does not play carefully with a toy, she may break it. Natural consequences work well if the child will care about the consequence and if the child is not in danger.
 - Logical consequences are

things that the adult manages, but they are related to the behavior. For example, if the child uses a toy to hit another child, the adult takes away that toy. If the child leaves her bicycle in the driveway, the adult puts the bike away for a day.

- If needed remove your child from the situation, and stay with her until she is ready to act appropriately. Use the time for listening, sharing feelings, and moving toward conflict resolution.

5. Use redirection

- Toddlers are not easy to distract, but frequently they can be redirected to something that is similar but OK. Carry or lead the child by the hand, saying, for example: “That’s Sally’s paper. Here’s your paper.”

6. Use positive phrasing

- Examples:
- Say “Feet stay on the floor” instead of “Don’t jump on the couch”
 - Say “Hands on your own body” instead of “No hitting”
 - Say “Crayons stay on the paper” instead of “Don’t color on the table”

Langley Children's Society... from the desk of the Executive Director

Partners In Developing Potential

Thank you!

Throughout the year many supporters, through their generous gifts, assist the Langley Child Development Centre. There are a few specific gifts received this past year that have paved the way to the development and/or enhancement of specific child services and programmes.

Community Living BC provided additional funding for a

new social programme: Life Skills After School. This programme offers youth in grades 8-12, who require extra support, the opportunity to participate with peers in an academic and social setting.

The Rotary Club of Langley’s grant was used to purchase therapy equipment.

Willowbrook Safeway’s We Care campaign raised over \$6,000. This donation has been contributed to our Child and Youth Recreational Therapy Services.

BC Gaming Brach increased the Society’s access to Gaming funds to support our Preschool programmes.

Notice of Annual General Meeting

The Board of Directors, Langley Children’s Society cordially invites you to the Annual General Meeting of the Society.

**January 29, 2009
6:00 pm**

Langley Child Development Centre (#103-5171 221A Street, Langley).

Child minding will be provided.

Please **RSVP** if child minding is required to Krista at either 604-534-1155 ext 121 or khannan@langleycdc.com.

Upcoming Events—Save the date

CHILD Day Events

Children’s Health Information and Development Day—gather information, talk to community professionals about your child!

Held on the following Tuesday’s, 9am-12pm:

- Oct 21/08 — Nicomekl Elementary (20050 53 Ave)
- Jan 27/09 — Alex Hope Elementary (location tbd)
- Mar 10/09 — North Otter Elementary (location tbd)
- May 12/09 — Shortreed Elementary (27330 28 Ave)

Community Living Day

September 27, 2008, 11am-3pm at Douglas Park. Activities include: music and entertainers, arts & crafts and much more for children of all ages!

Lower Mainland Annual Toy and Product Fair, Benefiting Langley Child Development Centre

September 26, 2008
Where: Langley Golf and Banquet Centre, 21550 44 Ave, Langley, BC (216 St & 44 Ave)
One stop Christmas shopping! Quality toys and innovative

products for children of all ages. Child minding by donation.

3rd Annual Breakfast with Santa

Saturday, December 6, 2008
Two Sittings: 9:00 & 11:00 am
At the Langley Evangelical Free Church, 20719 48 Ave, Langley, BC. To purchase tickets, please call Krista at 604-534-1155 ext 121 or khannan@langleycdc.com. Enjoy breakfast with Santa and, for a small fee, have your picture taken with Santa too!

✂-----
Your financial gift goes a long way...

Name: _____

Address: _____

Phone: _____ Email: _____ Thank you for your support!

Donated: \$ _____ *become a donor in Developing Potential today!*

Donations can be mailed to: Langley Child Development Centre, #203-5171 221A St, Langley, BC V2Y 0A2

For office use only.

Date Received: _____ Payment Method: _____

Step IN-C.Y.N.C.— Child & Youth Programme

Child & Youth Networking Communities... serving elementary and high school children with special needs

Life Skills After School Programme

The Life Skills After School Programme is currently taking applications for the September start date.

British Columbia. For referral applications, please contact Katheen Praxl of C.L.B.C. at 1800 225-2257.

Mallari at 604-534-1155 ext.117.

The Programme is funded and referred by Community Living

For information about the Programme, please contact Rudy

“Before you were conceived I wanted you.

Before you were born I loved you.

Before you were here an hour I would die for you.

This is the miracle of life.”

~ Maureen Hawkins

Call to Volunteers

The Langley Child Development Centre is always looking for volunteers to assist with our many programmes!

If you or someone you know is interested, please contact Krista at 604-534-1155 ext 121 or khannan@langleycdc.com

C&Y Gourmet Club Recipe of the month: Miso Soup with Tofu and Green Onions—Soup

Makes 4 servings

Ingredients:

- 3 cups of Dashi soup stock
- 1 block medium tofu
- 3-4 tablespoons miso paste
- ¼ cup green onions

Preparation Steps:

1. Put Dashi soup stock in a pan and bring to a boil.
2. Cut tofu into small cubes and add them to the soup.
3. Simmer the tofu on low heat for a few minutes.
4. Scoop out some soup stock from the pan and dissolve miso in it.
5. Gradually return the miso mixture in the soup.

6. Stir the soup gently.
7. Stop the heat and add chopped green onions.
8. Remember not to boil the soup after you put miso in.



Taking Steps Together—Supported Child Development Programme

Supporting children in the Langley Community, three to 19 years of age

Separation Anxiety

At this time of year families are preparing for new experiences with their children, such as daycare, preschool or kindergarten. It is common for children (and parents) to feel anxious as this separation approaches. This is a completely normal stage. In our last newsletter we provided some strategies to help prepare your child for this new adventure.

Once your child begins to attend, here are some things you can do to make the process smoother.

- Make sure to say goodbye before you leave your child in the classroom. Sometimes parents try to “sneak out,” thinking that this will be easier for their child; this can sometimes cause your child more anxiety instead of protecting them.
- Some children are helped by a “transition object” such as a favourite stuffed toy, a picture of the family or anything else that helps to make the child feel more comfortable.
- If your child cries or begs you to stay when you try to leave, it’s important to follow through and leave. Smile and be positive about your child staying, remind

him or her that you will come back and when that will be. A picture schedule listing the activities of the preschool, daycare or kindergarten day may make it easier for your child to know when to expect you. The staff may be able to help you with this.

- If your child is upset when you leave, arrange to call the classroom a short while later to check on how things are going. Many times the child who was “melting down” on the floor 15 minutes ago is now playing happily and has forgotten all about it. Meanwhile, the parent is feeling guilty all day.

Usually, within a few days the child (and parent) becomes more comfortable and separation is no longer an issue. However, some children develop more severe problems with separation. You should be concerned if your child shows 3 or more of the following:

- Anxiety that seems more intense than expected.
- Persistent worry that something bad will happen to a family member.
- Persistent reluctance or

refusal to go to school, daycare or other places.

- Persistent or excessive fear of being alone or without important adults such as parents.
- Refusal or reluctance to go to sleep without a parent present.
- Repeated nightmares about separation.
- Physical symptoms such as stomach- or headaches when separation is expected or happens.
- Worry interferes with normal life.
- These symptoms persist for more than one month.

If you are concerned that your child may be experiencing prolonged anxiety, ask your family doctor. You may also call the Child & Youth Team at Langley Mental Health 604-514-2711 and describe the situation; they will be able to tell you whether you should be concerned and what to do.

PARENTS!

Please join us at our **Local Advisory Committee**.

We meet three times per year at the Langley Child Development Centre. Next meeting dates are: Oct 16/08, Feb 17/09 and May 21/09 (please RSVP; time tbd). Along with community partners such as TCCD, Options, daycare and preschool providers, we review current policies and practices of Supported Child Development. We also identify gaps in service and what is needed in our community. It’s a great place to network—we want to hear your ideas and thoughts.

To participate, please contact Krista at 604-534-1155 ext 121 or khannan@langleycdc.com.

If you have any questions, please call or email Karen Came at: 604-534-1155 ext 126 or kcame@langleycdc.com

Stepping to the Beat— Aboriginal Infant and Supported Child Development

AIDP and ASCD support aboriginal children both in the home and the community — working on developmental milestones

Aboriginal Family Nights

The Aboriginal Supported Child and Infant Development Programmes are pleased to offer Aboriginal Family Nights. Bring your entire family to enjoy time together experiencing Aboriginal Culture. Each session will begin with a meal, followed by a circle time including traditional music, songs, dance and stories. The evening will end with traditional arts, crafts and free play.

Aboriginal Family Nights will be

offered the second Wednesday of each month, 5:00 – 7:30 pm, and will be located at the Langley Child Development Centre:

#103 – 5171 221A Street, Langley (close to the Langley Memorial Hospital site).

As space is limited, this opportunity is offered on first-come, first served basis. To register, contact Krista at either 604-534-1155 ext 121 or khan-nan@langleycdc.com by September 3, 2008.



Kwantlen Band Elders who have participated in our family nights.

Aboriginal Infant Development Programme—Playgroup

We are pleased to announce the start of our new playgroup for the Aboriginal Infant Development Programme, offering services for families with Aboriginal children birth to three years, with developmental concerns.

The playgroup offers an Aboriginal component to the overall play and circle time activities along with occasional guests including elders within the Aboriginal community. Families will also have an opportunity to con-

nect with a consultant in the Aboriginal Infant Development Programme.

Our playgroup coordinator facilitates a program where children learn through play and participate in a variety of activities using art, music, literature, and toys to encourage different areas of development such as fine motor, gross motor, social and cognitive skills. In addition, these groups offer parents a place to meet other parents and

to share common experiences and concerns.

Where

Nicomekl Elementary School,
Strong Start Room

20050 53 Avenue, Langley

When

Wednesdays, 1:00-2:15 pm

Did You Know ?

Number 4

The number four is very important to many Aboriginal cultures; it relates to four seasons of the year, four cycles of life, four directions, four human gifts, four elements.

~ Source “Shared Learnings; Integrating BC Aboriginal content K-10. For further information check out www.bced.gov.bc.ca/abed/shared.pdf.

Stepping Out—Preschool Services

Supporting and fostering the steps of our children’s full potential

Way To Go!

Why using encouragement is more effective than praise.

Giving regular encouragement to children is a great way to teach children to feel more confident about themselves. When you give encouragement for a “job well done” you are showing your child you believe in them and their abilities. Children who feel confident will try new things more readily and will try again if they fail the first time. When children are not confident or feel insecure they will often turn to destructive or negative behaviours to get attention. Any attention- good or bad- is still attention. Using encouragement is teaching your child to be constructive and helpful, when we model this behaviour we show children we care.

Here are some easy phrases to use:

- Thank you!
- You’re learning!
- I am so proud of you!

- Way to go!
- I knew you could do it!
- You catch on so quickly
- You are really paying attention!
- You really tried hard!
- Well done!
- You are really taking your time!
- Good for you!
- Wow!
- You are very special!
- Fantastic!
- I love you!

Remember when children are trying new things, give them time to make mistakes; and more time to correct the mistake. Talking your child through the problem teaches them to problem solve, and to do it on their own. As parents, it is easy to rescue your child but it does not give them the skills to prob-

lem solve. Take a positive approach to teach your child the new behaviour.

Some phrases to use:

- Uh-Oh!
- Take your time, you’ll get it.
- Try again.
- Try it a different way.
- Would you like some help?
- Let’s do it together.

One way to show your child you are proud of them and their accomplishments is to display the items they bring home for you and make for you. One way to do this is by creating a small display area for trinkets; rocks, “jewels”, flowers, etc. and/or a bulletin board for paper artwork. Recycle an old binder to store some pieces of art; you don’t have to be a scrapbook artist to create a book of memories.



“Children who feel confident will try new things more readily and will try again if they fail the first time.”

