

# Bulletin Board

## Thank you...

- Thank you to **Toy Traders** for their generous donation. They donated a Bumbo seat, spare rings for our ring stackers and nesting cups!
- Thank you to **Thomas and Graces' family** for the donation of children's books.
- Thank you to **Madison's family** for the donation of a children's book.
- Thank you to **Niki's family** for her donation to the Infant Development Programme's toy lending library
- Thank you to **Xander's family** for their donation of the Baby Bumble Bee videos.
- Thank you **Langley Barnes Harley Davidson Owners Group** for their generous donation to our school-aged division.
- Thank you **Mrs. Epp** for your donation *In Memorium* of Mrs. Wright.

## Upcoming Events

**Lower Mainland Annual Toy and Product Fair Benefiting the Langley Child Development Centre**  
 When: Wednesday, November 28, 2007 from 3:00—9:00 pm  
 Where: Langley Golf and Banquet Centre  
 21550 44 Avenue, Langley, BC (216 St & 44 Ave)  
 One stop Christmas shopping!  
 Quality toys and innovative products for children of all ages.  
 Child minding by donation.

**2nd Annual Breakfast with Santa**  
 When: Saturday, December 1, 2007  
 Two Sittings: 9:00 and 11:00 am  
 Where: Langley Evangelical Free Church  
 20719 48 Ave, Langley, BC  
 Register: Krista at 604-534-1155 ext 121  
 or [khannan@langleycdc.com](mailto:khannan@langleycdc.com)  
 For a small fee, have your picture taken with Santa!



## Infant Development Programme Grows...

Congratulations to Dorothy Huston (IDP consultant) and her husband Scott as they welcomed their beautiful baby boy, **Kyren Scott Evert**, into the world on June 6, 2007!



## Upcoming Workshops

**Beginning Sign Language**  
 Presenter: Pam Olund  
 September 26, 2007 from 6:30—8:30 pm  
 Hosted by Langley Child Development Centre  
 #103-5171 221A Street, Langley, BC V2Y 0A2  
 Cost: \$27.50  
 To register, contact: Krista Hannan, 604-534-1155 x121 or [khannan@langleycdc.com](mailto:khannan@langleycdc.com).

**Weaving Aboriginal Culture Into Early Childhood: "Honouring the Rights of Aboriginal Children"**  
 Presenter: Vanessa Hickman and Tanis Kohls  
 September 29, 2007 from 9:30 am—12:30 pm  
 Hosted by Langley Child Development Centre  
 #103-5171 221A Street, Langley, BC V2Y 0A2  
 Cost: \$10.00  
 To register, contact: Krista Hannan, 604-534-1155 x121 or [khannan@langleycdc.com](mailto:khannan@langleycdc.com).

**Hey, My Brain Doesn't Work That Way! Understanding Sensory Processing Promoting Self-Regulation**  
 Presenter: Marc Landry  
 October 27, 2007 from 8:30 am—2:30 pm (bring a bagged lunch)  
 Hosted by Langley Child Development Centre  
 #103-5171 221A Street, Langley, BC V2Y 0A2  
 Cost: \$50.00  
 To register, contact: Krista Hannan, 604-534-1155 x121 or [khannan@langleycdc.com](mailto:khannan@langleycdc.com).

**An Evening for Educators and Parents—Provincial Pro-D Day**  
 Presenter: Mary Gordon, Roots of Empathy  
 October 19, 2007  
 For more information contact the Langley School District.



**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](http://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



# LANGLEY Child Development Centre

*"Partners in Developing Potential"*

VOLUME 1, ISSUE 3

FALL 2007

## Save the Date...

- *Langley Community Living Day—September 29, 2007*
- *Annual Toy and Product Fair—November 28, 2007*
- *Annual Breakfast with Santa—December 1, 2007*
- *Annual General Meeting—January 2008*

## Inside this issue:

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## A Parent's Story...

It's been just over two years since our son Jacob was born. At that time we were going through a hard time. When I was 7 months pregnant with Jacob I stopped gaining weight. The ultrasounds showed Jacob was a very small baby and he was not growing as he should be. I was induced three weeks before his due date, although, much to our relief, Jacob was strong and healthy. He was only 4lbs 2oz, and so tiny we could not find small enough clothes for him. The pediatrician looking after him in the nursery noticed his eyes were cloudy so he sent us to Children's Hospital.

After looking at Jacob's eyes, the ophthalmologist told us Jacob had a very serious eye problem and was unsure of his future vision capabilities; he diagnosed Jacob with Congenital Glaucoma and Aniridia. Jacob was to undergo surgery right away to put Ahmed valve implants in each of his eyes to drain the pressure. Jacob was only one week old and 4lbs and had to be in an incubator to keep his temperature up. Little Jakey had to go under anesthetic three times in his stay of one and a half weeks at Children's Hospital. The support and prayers we received from family and friends gave us strength and even joy

during this hard time. I asked God to hold Jacob in His arms when I was not allowed to after the surgeries.

Jacob is doing amazingly well today and the doctors are very pleased with his progress. We are not surprised, as he is a child of God and many prayers have been said on his behalf. Jacob is a vibrant, adventuresome and curious boy. Though he is very active he often stops to enjoy the beautiful world around him. He adores his big brother Josiah and they giggle together all the time! Jacob has a sweet smile, and barely a person goes by without saying "oh he is so cute!" He blesses those around him, young and old, with his sweetness and his easygoing nature. God created Jacob so perfectly and wonderfully!

Jacob still routinely visits Children's Hospital and undergoes eye exams under anesthetic every 3 or 4 months to check his pressures and eyeglasses prescription. Glaucoma is an eye disorder that is full of ups and down. Currently, there is no cure but it is treatable and when carefully monitored, damage to the eyes is rare.

I am thankful to IDP for being involved in Jacob's life as they have been a tremendous support



Jacob at the Aquarium, 22 months old.

to our family. We have received plenty of resources and our IDP consultants have always listened to our concerns and celebrated Jacobs's progress with us. The staff and volunteers of IDP are very genuine and caring. The home visits, playgroup and "Songs and Rhymes" have been real blessings to our family. Thank you to everyone at IDP for doing your jobs so well and loving our children!

~ Nicole Bishop ~

*If you have a story you'd like to share, please email Krista at [khannan@langleycdc.com](mailto:khannan@langleycdc.com).*

## Baby Steps—Infant Development Programme

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



Hope and Adam at IDP Playgroup.

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

*“You will always be your child’s favourite toy”*

~ Vicki Lansky

### Websites of interest:

[www.preschoolexpress.com](http://www.preschoolexpress.com)

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

## Rhymes and Songs

Rhymes and songs are often passed down from generation to generation in many cultures around the world. Besides being a pleasurable way of spending time together, singing songs and rhymes together has a positive impact on child development, on the parents, and on the parent-child relationship.

### IMPACT ON CHILD DEVELOPMENT Language

- When we sing songs and recite nursery rhymes, we vary the tone and pitch in our voices; we speak slower and enunciate our words. This helps children as it allows them to hear individual sounds in the language that is spoken.
- The repetition of rhymes makes particular words more familiar. Children may begin imitating words they hear and associating actions with those words, especially ones they hear often.
- As new songs and rhymes are learned, so are new words. Through the actions that accompany words, children learn the meaning of these new words.

### Social and Emotional Development

- Through songs and rhymes, children feel emotions such as

excitement, love, comfort, and happiness.

- Children begin to anticipate parts of rhymes and songs. Infants respond by cooing, kicking their legs, or waiting for a hug or tickle. Toddlers also smile and laugh and often fill in the missing blanks with words or actions.
- The repeated interaction with parents helps foster secure attachment. These interactions form memories for children about their parents’ physical appearances and how it feels to be with them emotionally.

### IMPACT ON PARENTS

- Singing and rhyming together offers parents a different way of interacting with their kids.
- Parents become more aware of their children’s cues. They learn which rhymes and songs their kids like and which ones they do not like by watching how they are behaving during the interaction. Some babies enjoy being lifted while others do not; some toddlers enjoy bouncing rhymes while others do not. By watching their children for signs of comfort or discomfort, parents learn to read and respond to their cues, which make the children feel safe as their needs are being met.

- Learning songs and rhymes offers new methods for handling transitions and routines. There are rhymes to help children get ready for bed, to help them get dressed in the morning, or to keep them busy during long line-ups at the grocery store or long car rides.



Elianna helping Carolyn at Playgroup.

### FINDING TIME FOR SONGS AND RHYMES

- Songs and rhymes can be incorporated into daily routines or you may want to set aside a special time for these interactions.
- There are parent-child groups that focus on rhymes. Programs such as these are beneficial as they encourage interaction between children in the group and can also be a support for parents.

The IDP Playgroup also includes circle-time for singing and rhyming. Join us at any of our 3 locations for play-time and circle-time.

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

*Partners In Developing Potential*

### Welcome New Board Members

#### Message from Ian Gladman - Board President (board member since 2002)

Subsequent to the Annual General Meeting (AGM) of the Society on June 29th, and on behalf of my colleagues on the board; I would like to thank past President Mr. Doug Hawley for his tireless efforts, energy, support and generosity in assisting the Society achieve its goal of securing a permanent home. Doug was a member of the board since 1998 and has

retired to spend more time with his family. Doug went over and above what was expected of him and we wish him and his family a well deserved rest - thank you Doug!

I would like to welcome Barry Bodell, Barbara Goyer and Raeleen Castle as new directors of the Society. We encourage all members of the community who have a special interest in children with special needs to become active members of the board. The board manages by established policy and meets

eight to ten times each year. The Society is changing its fiscal year end to better reflect operations and therefore the next AGM of the Society will held January 2008.

We look forward to the New Year with optimism as we implement our plans to expand service to school aged children through Saturday athletic and respite services and additional evening gatherings – look for information from the Child and Youth Supervisor.



Ian Gladman (President), Doug Hawley (Past President ) and Lynne Pearson (Executive Director).

### 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 2008

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](mailto:khannan@langleycdc.com).

### Community Development

#### Upcoming Events:

**Langley Community Living Day**  
September 29, 2007, 11-3 pm  
Douglas Park, Langley

There will be activities for children and youth, ongoing stage entertainment, hotdogs, popcorn, candy floss, LACL artists display and an exciting hay ride!

The day winds up with a baseball game between RCMP, Media and Special Olympic athletes!

For information, contact Joy Wilson at 604-534-1155 ext 103, [jwilson@langleycdc.com](mailto:jwilson@langleycdc.com).

#### CHILD Day (Children’s Health, Information, Learning and Development Day)

Tuesday, October 2, 2007 from 9 am - 12 pm, at Nicomekl Elementary School.

For families who have children birth to six years of age.

✂ 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*

### Fall Programmes

We are excited about the development of our new services to Langlely school-aged children.

Beginning in October 2007, we are implementing a Saturday morning Bowling League and

Saturday afternoon Respite Service.

Registration packages for the new services will have been mailed to eligible families.

For more information or if you wish to have a registration form mailed to you, please contact Rudy Mallari at 604-534-1155 ext.117.

**Website of interest:**

www.mcf.gov.bc.ca/spec\_needs/

Ministry for Children and Family Development website provides various information regarding children and youth with special needs.

*“Too often we give our children answers to remember rather than problems to solve.”*

~ Roger Lewin

**Langley Parent Support Group looking for Chairperson**

The Langley Support Group for Parents of Children and Youth with Special Needs is looking for a new Chairperson. For information, please contact Daile at 604-882-8816.

## C&Y Gourmet Club Recipe of the month: Brownie Bamboozler’s—Dessert

Preparation Time: 20 Minutes

Bake Time: Approximately 30 minutes at 350° F

Makes 12 servings

Ingredients and Utensils:

- 8-inch square baking pan
- 2 medium Bowls
- 1 cup all-purpose flour
- ¾ cup packed light brown sugar
- ¼ cup unsweetened cocoa powder
- 1 egg
- 2 egg whites
- 5 tablespoons margarine, melted
- ¼ cup skim milk
- ¼ cup honey
- 1 teaspoon vanilla
- 2 tablespoons semisweet chocolate chips/white chocolate
- 2 tablespoons coarsely chopped walnuts or almonds (optional)
- You may substitute chocolate chips and walnuts for peanut butter chips, butterscotch chips, peanuts or pecans.

Preparation Steps:

1. Preheat oven to 350° F. Grease and flour baking pan.....set aside!
2. Combine flour, brown sugar, and cocoa in bowl.
3. Blend together egg, egg whites, margarine, milk, honey, and vanilla in another bowl.
4. Add to flour mixture; Mix well!!!
5. Pour into prepared baking pan and sprinkle with chocolate chips and nuts!
6. Bake brownies until they spring back when lightly touched in the centre; about 30 minutes.
7. Cool completely on wire rack and then serve and enjoy!



## Taking Steps Together—Supported Child Development Programme

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

### Do Children Need Three Meals a Day?

“Many parents worry when their kids won’t eat breakfast, have just a quarter of a sandwich for lunch, or ask to be excused after a forkful of pasta at dinnertime. But a recent look at the eating habits of pre-schoolers has shown that when children eat less at one meal, they make up for it at the next.” (Behan, 1993)

A study on the eating habits of 181 children, three to four years old was completed in the home to get a more realistic picture than a laboratory setting.

“The results (using data from the U.S. Department of Agriculture) revealed that children self-regulate their caloric intake over a 24 hour period. The child who eats less at one meal is most likely behaving quite

normally and generally will compensate by eating more at subsequent meals.” (Behan, 1993)

“However, it’s easier to control what goes into the mouths of babes than schoolchildren who are influenced by the contents of their peers’ lunch boxes. What do you do when a child discovers the utter delights of chocolate cake and cookies?” (Greey, 1996)

“Children want to eat what their friends are eating and parents should let them when visiting other households or at parties. But, on your home turf, you don’t have to give in to your child’s requests.” (Greey, 1996)

“Donna Green says her five-year-old daughter, Stella, often begs her to buy processed foods

high in sugar that she eats at friends’ houses. Although Green prefers not to serve these foods, she avoids a potential power struggle by not making a big deal over her daughter’s request. “I tell Stella, ‘Sure!’ and we have it once and that’s it. Stella gets what she wants and I continue to serve healthy foods on a regular basis... As long as Stella eats three healthy meals a day, she can have one sugary treat in the middle of the day.” (Greey, 1996)

*References:*

Behan, Eileen. Do children need three meals a day? Parents. May 1993, p. 80.

Greey, Madeleine. Sweet talk. Today’s Parent. September 1996, p.22 - 26

*“Children want to eat what their friends are eating... But, on your home turf, you don’t have to give in to your child’s requests.”*



### You Asked... About Colds

**Why does my toddler have so many colds from fall to spring, even when he's been on antibiotics?**

Viruses cause colds, not bacteria. Unfortunately, antibiotics do not treat colds. Cold viruses are spread from one person to another by hand contact, coughing, and sneezing. They can survive for a short time on

toys, telephones, door knobs, drinking fountains, etc. It’s “normal” for the average preschooler to get 6-8 colds per year (older children avg. 4-6 per yr). These occur mostly in the fall-winter-spring months, so your child may get about one cold per month. Viral infections can also weaken a child’s ability

to fight the next cold, so it is not uncommon for a child to have a series of 2-3 “colds” in a row. Exposure to 2nd hand smoke will cause a child to get more than the usual number of colds each year. Washing hands throughout the day is one way to prevent colds and the spread of a virus.

If you have any questions for our "You Asked..." section, 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*



“The drum represents the great circle of life and the heartbeat of mother earth.”  
www.shannonthunderbird.com

*Where families,  
professionals and  
community come  
together.*

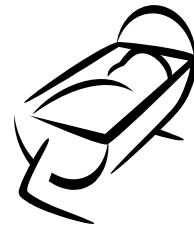
### Lullaby, Lullaby

Lullaby, lullaby, baby fuss and baby cry  
You'll be sleeping by and by  
Sleepy little baby.

Lullaby, lullaby, little baby close your eyes  
You'll be sleeping by and by  
Sleepy little baby!

Things go right, things go wrong  
Hearts may break but not for long  
You will grow up big and strong  
Sleepy little baby

Lullaby, lullaby, baby fuss and baby cry  
You'll be sleeping by and by  
Sleepy little baby!!



By Connie Kaldor  
Word of Mouth SOCAN

Taken from Kla-how-eya  
Early Childhood Development  
Songs & Stories  
Prepared by Amy Eustergerling M.T.

## Community Activities and Resources

### Semiahmoo First Nation Salmon Festival—White Rock

September 15 and 16, 2007 at Semiahmoo Park-East Beach. Interactive event featuring stage entertainment, Pow Wow, family activities and salmon bbq.

For more information contact Joanne Charles at 604-536-3101

### Xyolhemeylh's 10<sup>th</sup> Annual Family Conference at Sumas First Nation

Friday, September 28, 2007:

- Registration starts at 8:30 am
- Workshops; Lunch included.
- Dinner starts at 5:00 pm,
- Includes entertainment.

Saturday, September 29, 2007:

- Check-in starts at 8:30 am
- Crafts and Games; Family BQ

starts at 5 pm.

For more information about this free two-day Family Event for all Aboriginal People and Aboriginal Care-givers contact Toll Free 1-866-440-6422.

### Pow Wow Dance Group

For Children 7 to 13 Years of Age. Runs Thursdays from 3:30 to 4:30 pm. Starts on Thursday October 4th through to Thurs. December 13th. Cost: \$20.00 per session. Location: TBA

For more information contact Gary Robinson at 604 532-3682 or Toll Free 1-866-440-6422.

### Aboriginal Family Nights at Nicomekl Elementary School

Friday October tbd and Decem-

ber tbd; 6:00 to 9:00 pm.

Free evening for families, pot-luck dinner, activities and entertainment. Please bring a pot-luck dish, enough for 8 people. Contact Brenda Matthews at 604 533-1468 or 604-632-9372.

### Building Bridges—Aboriginal ECD Conference

Saturday, October 13, 2007, 8:30 am—4:00 pm  
SFU, Surrey Campus  
Sponsored by Kla-how-eya Aboriginal Centre of SACS  
To register:  
Kla-how-eya Aboriginal Centre, C/O Jolene Warren  
13629 108 Ave, Surrey V3T2K4  
Phone: 604-584-2008  
Fax: 604-588-1850  
Email: jwarren@sacsbc.org

## Stepping Out—Developmental Preschool

*Supporting and fostering the steps of our children's full potential*

### But all they do is play!

In today's "hustle and bustle" lifestyle children are expected to work hard and learn in order to be successful. Children are told to sit still and focus. It sounds good, but is it possible? At the ages of three, four and five children's bodies are not equipped to sit still, their eyes are not able to focus on small print, and their hands are sometimes not able to hold a pen or pencil.

When you observe a child at play you will see a lot of learning happening.

A child playing with puzzles is learning sorting and classification skills. A child playing at a sand or water table is learning measuring, volume and displacement. These are skills necessary for learning science and math.

A child who is sitting at a table colouring is demonstrating skills necessary for learning how to write and read. Any activity that requires a child to use eye-hand coordination such as pouring and gluing are activities that build on skills necessary for writing and reading.

A child who is building with blocks and Lego is learning concepts like gravity and engineering. These concepts can be used for science and math as well as social studies.

A child playing games with other children and an adult at circle is demonstrating listening skills and learning how to follow directions. These are skills that will benefit this child at home and at school.



In dramatic play you will see a child pretending to be a Mommy or Daddy; that child is learning what it means to be compassionate and will show signs of empathy. A child pretending to be a chef is learning how to measure and experiment, a child pretending to be a police officer is learning how to be just and tolerant. A child pretending to be a shopkeeper is learning how to negotiate and share. These are all skills a child will need in order to be accepted by peers in society.

Communicating effectively with others in a social setting is a necessary skill for later success in school. A kindergarten teacher has the responsibility to focus on academic skills in all the children in the classroom, if the teacher's energy is used to diffuse chaotic situations, the other children will be negatively affected. A preschool environment that focuses on communication, peer interaction and play will give the preschool aged child skills that will greatly benefit them later in life.

Next time you observe a child at play look closer; you will see the budding scientist, engineer, fire fighter, doctor, lawyer, politician, etc. The future is limitless for children when we allow them time to expand their minds and let them play.



*“When you observe  
a child at play you  
will see a lot of  
learning  
happening.”*

