

Bulletin Board

Thank you...

- Thank you to Toy Traders for the generous donation of bumbo seats to the Langley Infant Development Programme. Toy Traders currently has a special on Bumbo seats - buy a Bumbo seat and receive \$10 worth of Toy Trader bucks that can be used on your purchase that day!
- Thank you to the Hawley family for the donation of a Duplo table and some fancy play dough tools!
- Thank you to Jacob & Jesse's and Logan's family for the bicycle helmets. We appreciate the thoughtfulness!
- Thank you to Justin's family for the donation of toys and Toy Trader Bucks. Thanks for thinking of the Preschool as you do your "Spring Cleaning".
- Thank you to Justin's family for their very generous and heartfelt donation.
- Thank you to Joshua's family for their generous donation of a wedge pillow to help alleviate reflux!

...continued from page 2

...The ABC's of Carrying your Baby

What can I do instead?

When possible, remember that "car seats are for cars". A recent article by Catherine McKenzie in "Mothering" magazine (May-June 2006) outlines the physical and psychological benefits of using baby carriers (i.e. slings and snuglis) once the car ride is over!!!

Research shows that babies who are carried in baby carriers:

- Have improved sleep cycles
- Have less digestive problems
- Cry less
- Are less likely to experience flattening of their head
- Are overall more calm and content.



Another bonus is that the movement experienced by children when carried by their parents in slings has a positive effect on a baby's motor skill development. The motion experienced helps to stimulate the baby's vestibular system, encourages the baby to balance and strengthens their head control.

There are a number of different types of baby carriers on the market and the key is to find the one that works best for you and your baby.

Donation

Thank you to Mayor and Council of the City of Langley for their recent donation of \$10,000. The City's generous donations have assisted us with the construction of one of our Family Consultation Rooms.

Thank you for your continued support!



Upcoming Workshop

Living with Children with Disabilities

Presenter: Brenda Knight, Clinical Counselor and parent of a child with special needs. Topics include: Grief and Loss in having a child with special needs and Care for the Caregiver. Saturday, May 5, 2007, 9:00 am - 4:00 pm. \$25 per person. To register, contact Karen Came at 604-534-1155 ext 126.

Infant Development Programme Update

Thank you to all of the IDP families for their patience during our staffing changes.

- Kim Kendall now works closer to home for the Abbotsford Infant Development Programme (IDP).
- Dorothy Huston is expecting her first baby in May and will be going on Maternity leave starting in early May.
- Rebecca Prins, formerly from the Vancouver Children's Foundation, is our new Aboriginal IDP Consultant.
- Kiren Klair, who worked as an Activity Worker at a Family Resource Program, has joined us as an IDP Consultant.
- Torie Rehman, formerly working for Trinity Western University, starts April 30th as a new IDP Consultant.



LANGLEY Child Development Centre

#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



LANGLEY Child Development Centre

"Partners in Developing Potential"

VOLUME 1, ISSUE 2

SPRING 2007

Save the Date...

- Annual General Meeting and Family Picnic—
June 28, 2007
- Living with Children with Disabilities Workshop—
May 5, 2007
- Langley Community Living Day—
September 29, 2007
- Annual Toy and Product Fair—
November 28, 2007

Inside this issue:

- Carrying your Baby 2
- Challenging Behaviours 3
- Family Gatherings 4
- Kindergarten Readiness 5
- Recipe of the Month 6
- Society Development 7
- Bulletin Board 8

A Parent's Story...

Wearing my Baby

I was always interested in wearing my babies. When I was pregnant with my eldest son in 1999 I got a Baby Bjorn from a friend. It was kind of confusing to put on and it worked ok, but not for long. I really wanted to carry him, but I found it hurt my back after just a short time. I tried a few other carriers but never really loved any of them. I remember my baby screaming and me swinging him in his car seat (bucket) until he quieted down.

It wasn't until my third child did I truly find the baby wearing love. My oldest was in school and my younger two were only 18 months apart. My baby needed to be held all the time, and I was getting nothing accomplished. I loved feeling him against my chest and it seemed to calm us both down almost instantly. I started to look for a new way to carry him. Soon after I tried my first wrap - a stretchy jersey wrap that I found locally. It made my life so much easier, I actually could do dishes and my baby was so much

happier. Since then I began researching attachment parenting and baby wearing, I now have many different carriers that I have been using daily. Here are some photos of me and my family wearing our children.

~ Donna ~

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



"Donna and her children!"

Please refer to the Infant Development Programme - Baby Steps page for more information about the benefits of using baby carriers.

Notice of Annual General Meeting and Family Picnic

The Board of Directors, Langley Children's Society cordially invites you to the Annual General Meeting (AGM) of the Society.

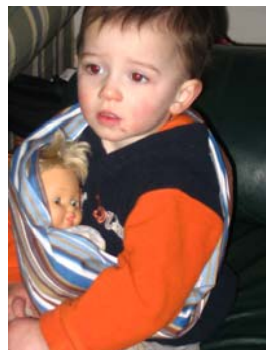
It will be held on Thursday, June 28, 2007 at 5:00 pm at the Langley Child Development

Centre (#103-5171 221A Street, Langley, BC V2Y 0A2). 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.

Our Annual Family Picnic will follow the AGM at 5:30 pm at the park across the street from our building (located on the corner of 52 Ave and 221A St). Both are excellent opportunities to network with other families!

Baby Steps—Infant Development Programme

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



“Even toddlers can wear their baby dolls!”

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

“Your children need your presence more than your presents”

~ Jesse Jackson

Websites of interest:

- www.thebabywearer.com
- www.thebabyslshop.com
- www.gorgeousbaby.ca

The ABC’s of Carrying your Baby—To use A Baby carrier or a Car seat when not in the car?

Even when not in the car, the modern family seems to be constantly “on the go”. Car seat manufacturers have responded by creating a very convenient way for babies to be “on the go” with you. Car seats have been designed to snap in and out of their bases and onto strollers. Car seats and other modern conveniences such as battery operated swings and bouncy seats are resulting in a generation of babies who move from one piece of equipment into another, often falling asleep while they are in them. With this convenience comes a price. Babies are spending extended periods of time in a position that does not promote development and can actually hinder it.

What are the concerns?
It’s not good for baby....

- Time spent in car seats, swings, exersaucers and bouncy seats means that less time is being spent on the floor strengthening the muscles required to roll, sit, creep and later crawl. Babies sitting in car seats and swings often tilt their heads to one side which can cause misalignment of their spine.
- Sitting for extended periods of time in equipment can

place pressure on the soft bones of a baby’s head. Medical professionals have noticed an alarming increase in the number of babies with flattening on the side or back of their heads due to their head resting against the hard surface of the car seat or swing. The flattening (also known as plagiocephaly), seen as a result of extended use of baby equipment is much more severe and complex than the flattening that is sometimes seen from babies sleeping on their backs. Parents have an important role in preventing or minimizing plagiocephaly. Tummy time and the use of baby carriers (i.e. sling, snuggli) can help take the pressure off of a baby’s head and prevent or improve any flattening that may be seen. Please remember that placing your baby on their back to sleep is crucial as this position significantly reduces the risk of Sudden Infant Death Syndrome. **“Back to sleep and tummy for play”** is the key.

- Babies who fall asleep in swings and car seats may have a hard time learning to fall or stay asleep in bassinets or cribs. We all wake up frequently throughout the

night but can usually fall back asleep on our own if the surrounding environment is the same as it was when we first fell asleep. If something is different (i.e. no longer moving in the swing or sitting in the car seat), your baby is more likely to fully wake up and need that same movement or position to fall asleep again.

- The more time spent in baby equipment means the less time you and your baby get to enjoy the benefits of touch. Holding a baby allows for increased touch, eye contact and stimulation – all of which have significant benefits for a baby’s developing brain.

It’s not good for you either...

We have all seen parents awkwardly carrying car seats through the mall. The combined weight of the seat and baby can be hard on anyone’s back but especially a new mother who maintains the hormone “relaxin” in her system for approximately nine months after birth. This hormone, which relaxes joints, has obvious benefits for the birthing process but can be problematic if there is heavy lifting after birth.

continued on page 8...

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

Partners In Developing Potential

Annual Family Picnic

It’s that time of year again—dust off your lawn chairs and shake out your blankets—picnic season is upon us!

Langley Child Development Centre’s Annual Family Picnic is going to be held on Thursday, June 28, 2007 at 5:30 pm (follows our Annual General Meeting at 5:00 pm). Come and join us at the park across



the street from our new building (located on the corner of 52 Ave and 221A St).

There will be plenty of fun activities, including:

- Bouncy Castle
- Infant-Toddler play area
- Face painting
- Arts and crafts and much more!



We will also have some yummy food available:

- Hot dog, pop and chips (\$2)
- Free Freezies

Parking is available at our building: 5171 221A Street. We will have volunteers to direct you to all the fun!

We hope you can join us... come rain or shine!



“Imagine a community that dreams and plans together to put children first.”

Community Development

H.A.N.D.S. Together

The H.A.N.D.S. Together project has completed all of the Developmental Stage Wheels to include from birth to Kindergarten entry. The next step for the H.A.N.D.S. Developmental Wheels is to have them translated into two languages: Chinese and Vietnamese.

Kits for Kids

Remember: Storytime Kits for Kids are available for you to borrow from the following Fraser Valley Regional Library locations: Aldergrove, City of Langley, Murrayville and Walnut Grove.

Upcoming Community Events:

- CHILD Day (Children’s Health, Information, Learning and Development Day)—May 3, 9 am-12 pm, at Shortreed Elementary School.
- Langley Community Parade and Celebration—June 16; visit: www.city.langley.ca.

Upcoming Events

Langley Community Living Day

September 29, 2007, 11 am—3 pm
Douglas Park, Langley

There will be activities for children and youth, ongoing stage entertainment, hotdogs, candy floss, an art display and an exciting Hay Ride! The day concludes with a baseball game between RCMP, Media and Special Olympic athletes!

For information, contact Joy Wilson at 604-534-1155 ext 103 or jwilson@langleycdc.com



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

<p><small>For office use only.</small></p> <p>Date Received: _____ Payment Method: _____</p>
--

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

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

Summer Day Camp

The 2007 Summer Day Camp registration brochures have been mailed out by Community Living BC to the families who are initially eligible for the Camp. As the Camp is partially funded and referred by Community Living BC, those families are able to pre-register. Families will be contacted by June 1st with their child's placement.

Langley Support Group for Parents of Children and Youth with Special Needs

When:
2nd Tuesday of every month

Where:
Walnut Grove Secondary School, Room #229

Time:
7:00-9:00 pm

Contact:
Daile at 604-882-8816

“All children are artists. The problem is how to remain an artist once they grow up.”

~ Pablo Picasso

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: Mini-Personal Pizza's—Entrée

Preparation Time: 20-25 Minutes

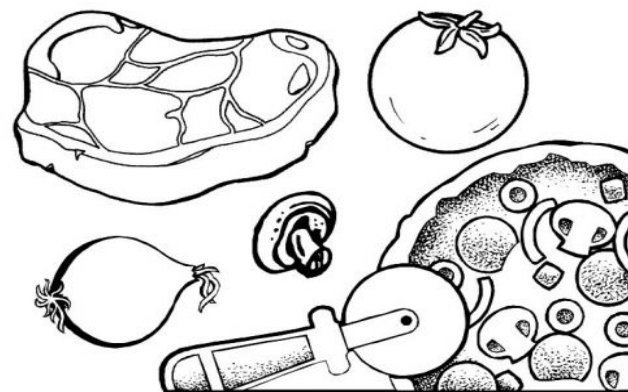
Bake Time: 14-16 Minutes at 400° F

Ingredients and Utensils:

- Large Baking Pan
- Nonstick Cooking Spray
- Vegetable/Cookie Cutters
- 1 Package of Pizza Dough (Pillsbury Pizza crust)
- 1 Tin of pizza sauce
- Shredded Mozzarella Cheese
- 1 Green, Yellow, Red Pepper
- Mushrooms
- Zucchini
- Pineapple
- Ham
- Pepperoni

Preparation Steps:

1. Roll out Pizza Dough and place each circle on a greased baking sheet.
2. Spread Pizza sauce on dough.
3. Wash and prepare vegetable toppings.
4. Grate Cheese.
5. Top pizza with preferred toppings, use cookie cutters to make decorative shapes with the meat and other toppings.
6. Bake for approximately 14 minutes or until golden brown....cool and serve!!!



Farmers grow the ingredients for your favorite foods!

Taking Steps Together—Supported Child Development Programme

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

Seven Tips for Managing Challenging Behaviours

1. Check yourself:

Before you approach a child, consider your own emotions. Make sure that you are calm and are in control of yourself before attempting to deal with the child.

2. Check the child:

Is there a reason for the child's behaviour? Is the child tired, hungry, in pain or not feeling well? Often children are not aware of these issues, or are not able to tell you, and this will affect their ability to understand you.

3. Get down to the child's level:

The child will be able to understand you better if you are at eye level with them. That way the child can see your face and read your emotions.

4. Offer choices.

Offering children simple choices helps them feel that they have some control over

their lives. An example is “Apple or banana.” Make sure that the choices you offer are appropriate to the child's level of understanding and that they are acceptable to you. For example, if you have to go out “Do you want to go in the car?” may not be a real choice (the child has to go with you).

5. Clear, consistent expectations.

Be clear in your own mind about what your expectations are. Make sure that they are appropriate to the child's level of development. Your expectations should stay the same so that the child is able to learn them. Use pictures where appropriate to help the child understand.

6. Follow through. Be consistent. Do what you say you are going to do!

Children should be able to rely on what you say. If it's time to

put the toys away, then the toys need to go away. If it's “No candy before dinner” then you can't give in.

7. Enjoy the child and have lot of fun together!

Whether you're dealing with your own child or working with someone else's child, it is important that you like each other and enjoy spending time together. Children respond positively to people who like them, and will try to please them. Sit on the floor together to enjoy a favourite activity. Cuddle in a chair and share a book. Setting aside daily time to spend together will make a huge difference in the child's behaviour.

~ Taken from a presentation given to a parent group by Tina Thomlinson and Karen Came, Supported Child Development Programme.



“The child will be able to understand you better if you are at eye level with them.”

You Asked... What about Turn-Taking?

Question:

My child has difficulty waiting for a turn. How can I help with this?

Answer:

Practicing turn-taking at home with your child is a good way to start. Roll a ball back and forth, labeling “My turn,”

“Your turn.” You can make this more clear by placing your hand on your chest, then your child's chest to indicate the turns.

For an older child, you can try a simple board game such as “Tic, Tac, Toe” or a game like “I

Spy.” Keep the turns short and frequent. Once your child is able to handle turn-taking with you, try adding one more player, or give your child the opportunity to turn-take with another child, with you there to help it go smoothly.

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.*

A Parent’s Story...

If you are wondering what to do in the middle of the week (Wednesday Nights) you would very much benefit coming out and joining in on the wonderful Aboriginal Family Nights hosted by Tina, Joyce and Rebecca from the Child Development Centre.

Our family personally enjoyed every aspect of the program. The drumming circle led by Phillip and Betty Gladeau brought out feelings that were buried deep inside our children. Just the fact that we were all

encouraged to share our cultural backgrounds with pride and importance made their self esteem soar.

The sharing of friendships old and new gave us all a real sense of kinship and how important everyone’s own culture and background is.

Our children, ages 3 ½ - 22 years old, all had a wonderful time and were very sad to leave when the program finished its 6 wonderful weeks.

We have since heard with great

pleasure that we have another program to look forward to. I know our family will be attending with great anticipation for whatever will be offered.

So if you and your family would like to have a very meaningful night out in the middle of the week (supper included, with kid friendly menus) come and make a connection and new friendships.

Thank you so much for the wonderful program.

~ Darlene Dew and family

Family Gathering Evenings

Aboriginal Infant and Supported Child Development will be hosting another Family Gathering Evening series for families in our programmes.

Due to the positive feedback we are proud to run this event for

five consecutive nights starting Wednesday, May 16, 2007.

The evening will be hosted by Phil and Gisele L’Hirondelle, Elders from Métis Family Services in Surrey BC. Each evening will start with a meal

blessed by the Elders.

Traditional music, drumming, arts and crafts will also be presented. The evening will end with a gathering and a thank you.

Community Activities and Resources

Cedar Cottage Pow Wow - Mother’s Day Traditional Pow Wow, Trout Lake Community Centre, May 11th to 13th. For more information, please call 604-874-4321.

Aboriginal Day Celebration - June 21st 5-8 pm at Aldergrove Lake Park (272nd Street and 8th Avenue). Contact Brenda Matthews at 605-632-9372 for more information.

Circle of Youth - Drop in programs for youth ages 10 – 24 years. Contact Brenda at 778-772-6570. (Information provided by Xyolhemeylh Child and Family Services.)

Stepping Out—Developmental Preschool

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

Kindergarten Readiness—Social Emotional Development

Try to remember that each child is unique and develops differently from others. Your child will not be the same as your neighbour’s child. Most kindergarten teachers will look for a good (not perfect) performance in each area.

The social and emotional development of your child plays an important role in their confidence and ability to learn, comprehend and develop academically.

- Empathy - Understands that others have needs, thoughts and feelings too; is not completely self-centered.
- Makes friends and shares with others during cooperative play.
- Follows simple rules and etiquette.
- Is beginning to understand, identify and respect their own needs, thoughts and feelings; is able to express their emotions in words rather than actions.

- Plays cooperatively and maintains a role in ongoing play.
- Maintains an appropriate distance when talking to others; understands simple body language.

- Waits for attention in a group situation and can remain quiet while others are talking.

- Feels self confident and willing to try to do new things; self motivation.

- Can transition from one task to another with ease.

- Pays attention and can follow three step directions without needing reminders.

- Stays with the group and refrains from following unknown people.

- Accepts an altered routine when requested.

- Independently tries out new activities, remains calm and will try again if unsuccessful; will ask for assistance from

peers or adults when required.

- Can follow simple rules, wait their turn during group games and can display good sportsmanship - Win or Lose!

SELF HELP SKILLS

- Can manage on their own: zipping, snapping, buttoning and buckling.

- Take care of their own bathroom needs.

- Can wash their own hands properly.

- Can put on own coat.

- Can manage to eat independently in a safe and clean manner.

At preschool we base our curriculum on helping your child to develop these skills. If you have noticed your child struggling in any of these areas, we have many resources to assist you in fostering the development of these skills at home.



*“Remember the
teacher will look
for these skills to be
present (not perfect)
in your child.”*

