

Bulletin Board

Thank you to...

- **Sarah's family** for donating batteries for our toys.
- **Madison's family** for donating the jungle gym and activity playmat.
- **Aidan's family** for donating the climbing centre.
- **Adam's family** for donating the Baby Einstein – My First Signs DVD for our library collection!!
- **Dr. Sass, Insight Developmental Learning,** for his donation of books to our Community Resource Library. Ask your consultant if you are interested in checking out the following: The Well Balanced Child: Movement & Early Learning, Your Child's Vision, Amazing Babies: Essential Movement for Your Baby in the First Year.
- **Emma's family** for the Jolly Jumper.

Annual Toy and Product Fair

The Lower Mainland Annual Toy and Product Fair, benefiting the Langley Child Development Centre successfully raised over \$3,000, received \$900 worth of toys donated, had a new website developed by a sponsor as well as numerous other in-kind contributions (i.e. advertising, use of banquet hall).

The Toy and Product Fair was held on November 28, 2007 and brought more than 375 adults and 46 children, who had fun in child minding, to enjoy the event.

Thank you to the volunteers who donated more than 90 hours to make sure the Fair was a success!

2007 Event Sponsors:



with: Insight Developmental Learning, Plato Games, Mini Miracles, Clearstream Premium Water, Inspirus and Costco.

2nd Annual Breakfast with Santa

Langley Child Development held their 2nd Annual Breakfast with Santa on Saturday December 1, 2007. More than 45 families (approx. 100 children and 104 adults) attended, with 35 volunteers helping throughout the event with flipping pancakes, serving juice and coffee and helping Santa!

Thank you to the families who participated and our event sponsors: The Langley Times, Langley Evangelical Free Church, Freybe Gourmet Foods, Otter Co-op and Langley Volkswagen who helped raise over \$1,300.

2007 Event Sponsors:



with: Therese Koster and Langley Volkswagen.

Local Advisory Committee

PARENTS!

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

We meet three times per year at the Langley Child Development Centre. Next meeting is on Thursday, Feb 28, 2008, 5-7:30 pm (dinner and child care provided). 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, what is need in our community. It's a great place to network—we want to hear your ideas and thoughts regarding your family.

To participate, please contact Krista at 604-534-1155 ext 121.



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



The views, opinions or advertisements expressed in this newsletter are not necessarily those of the Langley Child Development Centre.



LANGLEY Child Development Centre

"Partners in Developing Potential"

VOLUME II, ISSUE I

WINTER 2008

Save the Date...

- *Safeway We Care Fundraising Campaign—January to March, 2008*
- *CHILD Day—March 4, 2008*
- *3rd Annual Wine Tasting—April 2008*
- *Annual Family Picnic—June 19, 2008*
- *National Aboriginal Day—June 21, 2008*

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Roots and Seeds of Empathy



ROOTS OF EMPATHY

Langley Child Development Centre is proud to be involved in two groundbreaking programs, developed by Mary Gordon, shown to reduce levels of aggression and violence while raising social/emotional competence and increasing empathy in classrooms.

Roots of Empathy (ROE) is an award winning program that reaches children from Kindergarten to grade 8 across Canada, in English and French, in rural, urban, remote and Aboriginal communities both on and off reserve and internationally in Australia, New Zealand, and the United States.

Currently, Cora Boecker, Supervisor of the Infant Development Programme visits a grade one class at Nicomekl Elementary School to deliver the Roots of Empathy Program. This involves three visits a month, from October to June. Each month addresses a different theme related to empathy and involves one visit with a Mom (Dorothy, IDP consultant on mat leave) and her baby (Kyren), one visit before the family visit and one visit after the family visit. The classroom gets to watch Kyren grow and develop while learning about his feelings and needs and how Dorothy responds to those needs. Mrs. O'Sullivan, Grade one teacher, reports that she sees the effects of the program daily as the children are more open with their feelings and responsive to the feelings of their fellow classmates.

~ For more information visit: www.rootsofempathy.org



SEEDS OF EMPATHY

The Preschool Programme at Langley Child Development

Centre is a pilot site for the newer **Seeds of Empathy Program**. "Seeds of Empathy is designed for Early Childhood settings to foster social and emotional competence and early literacy skills and attitudes in children 3-5 years of age while providing professional development for their educators. (Early Childhood settings are referred to as 'Centres')"

A series of themes is taught, each on a three-week cycle. During the first and second weeks of each cycle, the preschool teachers Diane, Tanya and Kelly, who have been trained as Literacy Coaches, read and discuss books about the theme with small groups of children in the class. In the third week, Karen (SCD Consultant), who has been trained as a Family Guide, hosts a Family Visit, where a baby (2-4 months old at the beginning of the course) and her mother visit the children in the Centre for half an hour. "The Family Guide encourages the children to observe the baby's development, to label the baby's feelings, and to talk about their own feelings and those of others."

Our own preschool is one of only 26 child care settings in BC chosen to pilot this exciting new program. The baby wears a T-shirt with the Seeds of Empathy logo and the word "teacher" on the front during the visits, and watching the preschool children, it's easy to see how much she's teaching them. They are always asking "Is it baby day today?"

~ For more information visit: www.seedsofempathy.org

Roots of Empathy baby, Kyren, with children from a Grade One Class, Nicomekl Elementary School, who are participating in this program.

Baby Steps—Infant Development Programme

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



Dorothy Huston, IDP Consultant, with her new baby Kyren.

Send us a picture, we may include it in our next newsletter! Email to: choecker@langleycdc.com

“The best part of baby’s day, is when you take the time to play.”

Websites of interest:

www.healthy Canadians.gc.ca
Find the most recent recalls and toy safety tips.

www.healthytoys.org
Find tested toy results and get information on all toy safety hazards. Apply to have a toy not listed tested.

www.recalls.gov
Find all product recalls and sign up to receive emails on new recalls.

www.hc-sc.gc.ca
Find helpful publications and checklists to aid in safe product purchasing.

Safety in the Time of Product Recall

In the importance of child safety, parents and caregivers continually take on the intensive task of ‘child proofing’ their homes, but successfully actualizing this endeavor in the past year has proven to be both complicated and frustrating. This all stems from the overwhelmingly repetitive “recalls” performed by the toy and child product industries. Under the umbrella of the recall phenomenon, several questions arise.

WHY IS THIS HAPPENING?

The recall surge has been the result of intensified testing practices on toys and child products. Trips to the hospital by parents with children whose safety was comprised due to chemical reactions from products ingested, or physical injuries from product malfunction and choking forced government agencies like the CPSC (Consumer Product Safety Commission) to investigate and call for more stringent testing by suppliers and companies. Curious scientists and hobby researchers have also brought to light many potential hazards in commonly acquired toys and products that consumers would have no knowledge of otherwise, thus causing toy and product companies to take a closer look at the products they sell.

WHO IS RESPONSIBLE?

Ultimate responsibility must be held by the toy and product companies themselves. Whether or not their suppliers overseas are to blame is not the issue. The suppliers are hired by the companies, and therefore the companies hold full responsibility once that contract is signed. But until the government enforces regulations and standards on toy and product safety, the companies can shirk responsibility by a mere definition of terms.

WHAT HAZARDS ARE WE LOOKING AT?

The most common recall has been for lead contents in excess of 600ppm (parts per million), the federal standard imposed by both Canadian and US governments. Most lead content has been found in the paint used on products.

There have also been several recalls made for toys with magnets and small parts. Magnets, when ingested can either pose a choking hazard or when swallowed in multiples, can cause internal injuries when the magnets connect.

Some recalls have been less common, but quite severe. Like the recall of Spin Master’s Aqua Dots in which the glue, once ingested, breaks down into a chemical toxin causing respira-

tory depression, seizures, and comatose reactions.

One must note that not all recalls are due to product safety failure. Products like the Bumbo Baby Sitter have taken a bad rap for consumer’s misreading of the product safety instructions and misinterpretations of the play on the word ‘sitter’. This type of product recalls the instructions, not the product itself. Still, it is a painful reminder to carefully read instructions and never leave a child unattended.

WHAT CAN BE DONE?

The most important thing you can do is to be informed. Know the product, read the safety instructions, bring a safety checklist when shopping, and keep up to date on recalls. Recalls should include the product information, dates it was sold, where it was sold, reason for the recall, and any injuries or incidents related. If this information is not included, contact the manufacturer or your government consumer product agency.

Second to this is being active. Remove all potential hazards from a child’s grasp, never leave a child unattended, support groups like healthytoys.org who are testing our products, and put pressure on governments and companies to make safe products.

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

Partners In Developing Potential

We Care Campaign benefits Langley Child Development Centre

2008 Safeway We Care Campaign

Langley Child Development Centre (LCDC) is Willowbrook Safeway’s charity of choice for their 2008 We Care fundraising campaign.

The Safeway We Care program “... continues to be one of the most unique and successful grassroots employee fundraising programs in Canada. It effectively merges the commitment of the company with the efforts of employees and charity volunteers at store level.”

Join us at the following events:

- **Miles Bring Smiles Day – Saturday January 26, 2008**
LCDC Volunteers and staff will be at the Willowbrook Safeway sharing information about LCDC.
- **Charity Checkout Day – Saturday February 9, 2008**
Another awareness day will bring LCDC Volunteers and staff to the store again to chat with customers about LCDC.
- **Safeway We Care Day – Saturday March 1, 2008**
Volunteers will raise awareness and assist in selling

We Care Coupon books (\$3 each, \$100 worth of savings).

- **Safeway Customer Appreciation Day – Tuesday March 4, 2008**
LCDC Volunteers and staff with Safeway staff will participate in a Hotdog Sale, a bottle drive and more.
- **Safeway We Care Campaign wrap-up event – Saturday March 29, 2008**
Join us at Safeway, 6153 200 Street, buy a hotdog, get your picture taken with a Police Dog, and much more!



Willowbrook Safeway’s 2008 We Care Campaign benefits the Langley Child Development Centre. Please visit and show your support: 6153 - 200 Street.

Community Development

Upcoming Workshops

The Sensitive Side of Autism:
Saturday, March 8, 2008
10:00 am—3:00 pm
Cost: \$45.00

To register, contact Karen
Came at 604-534-1155 ext 126

Free Breastfeeding Workshop
for Expecting Mothers:
January 22, 2008, 7-9:00 pm
Aldergrove Kinsmen Commu-

nity Centre (26770 29 Ave)

March 10, 2008, 7-9:00 pm
Douglas Recreation Centre
(20550 Douglas Cres)

Contact Best Babies of the
Langleys Program to register at
604-530-2772

CHILD Day Events
Children’s Health Information
and Development Day—gather

information, talk to community
professionals about your child!
January 24, 2008, 9am-12pm
Gordon Greenwood Elem.
9175 206 Street, Langley

March 4, 2008, 9am-12pm
North Otter Elementary
5370 248 Street, Langley

April 22, 2008, 9am-12pm
Shortreed Elementary
27330 28 Avenue, Langley



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: _____

Notice of Annual General Meeting

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

Thursday January 24, 2008
at 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.

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

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

Spring Break Day Camp

For children and youth who require extra support, we offer day camps during Spring Break.

This Camp offers a variety of activities, both indoor and outdoor, to children & youth in

elementary & high school. Trained facilitators offer and assist in activities such as arts and crafts, music and drama, badminton, soccer, and basketball.

The Spring Day Camp will be running from March 17-20, 2008.

This programme is partially funded and referred through Community Living BC.

WORKSHOP

Supporting Your Child's Special Education – A one day workshop for Parents and Caregivers of children with Learning Disabilities and/or Attention Deficit Disorder. Feb 9, 2008 9:00-3:00 pm Surrey Conference Centre. To register call LDAFS at 604-591-5156.

“If we don't stand up for children, then we don't stand for much.”

~ Marian Wright Edelman

Call to Volunteers

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

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

C&Y Gourmet Club Recipe of the month: Sunomono (Japanese Noodle And Cucumber Salad)

INGREDIENTS:

- 5 oz vermicelli; to 6 oz, or bean (thread n)
- 6 tablespoons rice wine vinegar
- 4 tablespoons sugar
- 2 teaspoon low sodium soy sauce *(see note)*
- 1 teaspoon salt
- 1 medium cucumber
- 1 tablespoons thin sliced scallion greens *(optional)*
- 1 1/2 teaspoon sesame seeds; for garnish *(optional)*
- fresh frozen shrimp *(optional)*

PREPARATION STEPS:

NOTE: Original recipe used soy sauce, not the low sodium.

1. Everything except the cucumber and toppings can be combined several days ahead of time. The cucumbers can be prepared ahead also and kept separate until serving.
2. Cook the noodles in boiling water until just tender. Drain and rinse in cold water. Drain thoroughly and transfer to a med-sized bowl.

3. Add vinegar, sugar, soy sauce and salt. Mix well. Cover and chill until cold.
4. Peel and seed the cucumber. Cut into quarters lengthwise, then into thin pieces. If not serving right away, wrap the cucumber pieces in a plastic bag or plastic wrap and refrigerate.
5. To serve, divide noodles into 4 serving bowls. Top with a small handful of cucumber slices and, if desired, a few very thin slices of scallion greens and some sesame seeds. Serve cold.

This salad is subtle and very refreshing. There is a variety of textures—chewy cold noodles, crunchy sesame seeds and smooth cucumber slices.

Sweet, salt and vinegar combine harmoniously, each understated but very much present.

Makes 4 servings

Serving Size: 1 C

Cal 201; Fat 1.9g; Sat fat 0.3g; Cholesterol 0mg

~ Recipe by Mollie Katzen

Taking Steps Together—Supported Child Development Programme

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

Toilet Training

Some children take a longer time to toilet train than others. Be aware that there are many different toilet training methods to try and not all children will respond the same way. It is important to be patient and not to start too early, as this could result in a frustrating power struggle and make your child anxious about toileting.

CHECKLIST: IS YOUR CHILD READY FOR TOILET TRAINING?

Y N

- Is your child between 2-5 years old?
- Does your child know when he/she is urinating?
- Does your child show a change in behavior or move away from an activity when he/she is having a bowel movement? (ex. Hide behind a curtain or furniture)
- Can he/she hold urine or does his/her diaper stay dry for up to 2 hours?
- Does your child show discomfort after wetting or soiling a diaper?
- Can your child understand simple (one or two step) instructions?
- Does your child show an interest in learning new skills and being independent?

If you answered YES to all the above questions, then your child should be ready for toilet training. However if you answered NO to any of the questions then it may be too soon for your child to start. Many children need more structure and visual cues to help succeed in toilet training.



IMPORTANT:

When you decide to toilet train...

- Be **consistent** and **patient!** Understand that toileting is a new skill that **takes lots of practice**, so accidents will happen.
- **Praise attempts**, but never punish, scold, or shame your child for toileting accidents.
- Be aware that many children are scared of the toilet flushing, so wait until he/she is off the seat/left the room, or if possible let him/her flush.
- Understand that this is a natural time for children to be curious about their genitals; respond with openness and use correct names for body parts.
- Always try to remain calm (take him/her to the toilet matter-of-factly and avoid rushing him/her impatiently). Toileting is a very challenging skill for your child to learn, no matter how stressed you feel as a parent do not let your child feel your stress.



“...this could result in a frustrating power struggle... Be consistent and patient!”

You Asked... Toileting Practices in the Preschool

Does my child need to be toilet trained before he/she can begin preschool?

Talk to the preschool teacher. Ask them about their toileting policy. Toileting routine is usually a part of the 2 1/2 hour preschool schedule. Since it is not uncommon for preschoolers to have accidents, find out what

steps are in place if there is an accident and if the child needs to be changed. Usually the issue is not the changing of the child but the need for one teacher to be out of the room.

Many preschoolers wear pull-ups. Centres may have toilets in the room or down the hall.

Their classes may be full or small. Some preschools will change a child while others may phone the parent and ask them to come and assist their child.

Talk to the preschool teachers – very often a solution is met and your child can have a wonderful preschool experience!

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



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

Where families,
professionals and
community come
together.

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 IDP and SCD—about the logos



“Cherishing Each and Every Gift”

Every child is a unique gift from the Creator: Aboriginal Infant Development Programs’ (AIDP) Mission is to honour this gift by supporting the development of Aboriginal children within the context of the family, community and culture and by offering access to culturally appropriate early intervention support programs.



A provincial logo for Aboriginal Supported Child Development (ASCD) was developed by the artist John Powell.

John created a beautiful logo representing the generations travelling together, carried by a juvenile eagle feather, crossing four bands of colour representing the four directions.

John was born in Alert Bay, and is a member of the Mamalilikulla Band. He has been making his living as an artist since 1991. As a designer, he works primarily in fashion and interior design. He currently lives in Comox Valley.

Aboriginal Family Nights Recipe—Bannock

INGREDIENTS:

- 6 cups Flour
- 1 tablespoon (heaping) Baking Powder
- 1 tablespoon Salt
- 1 tablespoon Sugar
- 3 cups Water

PREPARATION STEPS:

1. Mix ingredients and add water until you have a doughy consistency. Knead approximately 10 mins.
2. You can add cinnamon/brown sugar for a different taste.
3. Grease and heat a frying pan. Form the dough into cakes about 1/2 inch thick and dust lightly with flour.
4. Lay the bannock in the frying pan.
5. Wiggle the pan every so often to keep bannock from sticking.
6. Once a bottom crust has formed and the dough has hardened enough to hold together, turn them.
7. Cooking takes 12-15 minutes.



Bannock—derived from a Scottish word, Native peoples of Canada borrowed the European method of making biscuits or scones and began making their own rustic form of bread known as bannock. This hearty bread was very popular with early voyageurs, hunters, trappers and traders because it was very filling and easy to pack on expeditions. Today bannock and its cousin fry-bread continue to be popular in Aboriginal communities.

~ source: Art Napoleon’s official website

Stepping Out—Preschool Programmes

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

Indoor Activities

This time of year is a great opportunity to play indoors when the weather is bad. Playing with your child will create closeness and trust that will extend beyond your home. Teaching your child to play with you will also teach your child to trust other adults in their lives. Teaching your child to play games will teach your child there are rules in the world and that sometimes these rules mean we cannot do something. For instance we cannot move ahead 5 spaces when we rolled a 3 in the game; but also it means we cannot cross the street without permission.

Play is a great tool for teaching and learning and well, just play.

Games to teach listening skills and body awareness:

MONKEY SEE MONKEY DO

Recite the poem and ask your child to copy what you do...
The monkey stamps his feet (stamp your feet)
The monkey stamps his feet (child stamps his/her feet)
Monkey see and monkey do
The monkey does the same as you

HOPPING RABBITS

I saw a little rabbit come hop, hop, hop, (hop around the room)
I saw his little ears go flop, flop, flop, (pretend to flop bunny ears)
I saw his little nose go twink, twink, twink, (wiggle your nose)
I saw his little eyes go wink, wink, wink, (wink your eyes)
I said “Little Rabbit, won’t you stay?”
He looked at me and hopped away. (hop around the room)

Games or activities to teach eye-hand coordination

Items around the home to encourage these skills are:

- Beads and string
- Placing nuts and washers on bolts
- Braiding or twisting laces or pipe cleaners
- Sewing on old greeting cards with holes punched in them
- Peeling stickers and placing on paper
- Placing items into a container; cut a hole in the lid of a coffee can or jar.

Play with language and words

Be animated in your use of language around your home; use playful words, create rhymes when there is an opportunity. Show your child how to play with words, recite nursery rhymes and make up fun songs. Have fun with language, laugh and play.



“Remember: Love
grows brains.”

~ Mary Gordon

