

# Bulletin Board

## Thank you...

- Edison's family for their generous donation of \$1,500, raised at the First Annual E Chu Charity Play Day.
- to the following families for their toy and equipment donations: Jacob and Josiah's, Madison's, Reese's, Selena's, Emma's, Romienne's, Makariy's, Megan's, Taiya's and Sharon's.
- Diane Wind at Building Blocks Preschool for donating two bowling sets.
- Dr. Parm Rai and the staff and patients of Insight Chirocare at #6 – 19950 Willowbrook Drive for choosing Langley Child Development Centre for their Christmas Toy Drive. We received a generous donation of toys, books and games for our equipment library which will benefit the hundreds of families that receive service from LCDC.

...cont'd from page 1

### Leah's Story...

It is very exciting that she has learned to read as that supports so many life-skills.

When people that don't know Leah see her in our community they would think she is a slight, short, shy girl. What they may not realize is that Leah has worked so hard since her two diagnoses to overcome many obstacles. Her positive and brave attitude has brought her through countless medical appointments and tests that most people don't have to endure in a life-time. We are so proud of her ability to keep pushing through the difficult times and come out smiling on the other side. Those smiles keep us moving forward each day.

~ Daile Hawley, originally published in Langley's Community Living "The Unfinished Journey" booklet ~

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

## Infant Development Programme Grows...

Congratulations to Torie Rehman (IDP Consultant) and her husband Sam as they welcomed their beautiful baby girl, **Addison Grace**, into the world on November 21, 2008!



## Upcoming Workshops

### 12th Annual Children the Heart of the Matter Child Care Conference—still space available at Keynote workshop

Barbara Coloroso, author, will speak on Kids are Worth It! Parenting with Wit and Wisdom.

When: Friday February 13, 2009 from 7–9:00 pm

Where: The Bell Performing Arts Centre  
Sullivan Heights Secondary (6250 144 St, Surrey)

Cost: \$10.00

Info or to register : 604-572-8032 or [www.childcareoptions.ca](http://www.childcareoptions.ca).

### Parent Education Session—ADHD

Presentation about Attention Deficit Hyperactivity Disorder (ADHD) and the treatment of ADHD through the lifespan. Treatment of ADHD encompasses parent education/support, adult education, medications, diet and sleep and alternative therapies.

When: Wednesday—April 1, 2009 from 7-9:00 pm

Where: Langley Child Development Centre, room#103

Cost: \$15

To register: please contact Krista at 604-534-1155 ext 121 or [khannan@langleycdc.com](mailto:khannan@langleycdc.com).

## The FIT Network

The FIT Network is keeping special needs "Families In Touch" and they want you to join! They meet in Harley-Davidson Dealership's community meeting room (88 Ave & 200 St, Langley) at 7:00 pm on the first Wednesday of the month. For more information, contact Hayley Nimmo at [fitnetwork@live.ca](mailto:fitnetwork@live.ca).



**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

CARF Accredited service provider since December 2004.



# LANGLEY Child Development Centre

"Partners in Developing Potential"

VOLUME III, ISSUE I

WINTER 2009

### Save the Date...

- Annual General Meeting—  
January 29, 2009
- Annual Wine Tasting—  
April 24, 2009
- Annual Family Picnic—  
June 18, 2009
- Community Living Day—  
September 26, 2009
- Annual Toy and Product  
Fair—October 23, 2009
- Breakfast with Santa—  
December 5, 2009

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## A Parent's Story...

### Leah's Story

Leah is an 11 year old girl that people describe as always having a big smile on her face, especially when she is talking about the Canucks! She is shy but social once she gets comfortable with you. She loves to be with friends, reading books, writing stories; especially about Elmo, and she loves being outside. She has a brother two years younger than her who has been a very positive influence in her life, and she has pushed her boundaries and learned so much from him.

Leah had a shaky start from the beginning. As in infant she was thin, petite, and slow to develop skills and labeled "Failure to Thrive." She wasn't meeting any of the usual milestones and we felt there could be a reason. We went from doctor to doctor and each one said they couldn't put their finger on it, but something "wasn't quite right". When she was three years old a Doctor from the Genetic Department at BCCH recognized quite quickly that she had "Noonan Syndrome", a genetic disorder diagnosed by a list of physical characteristics that she fit like a puzzle. This explained her global delays and it was such a relief to get some answers. Now we felt we could move forward, armed with informa-

tion, educate ourselves and continue the speech, occupational and physical therapies.

During this difficult period of time Leah's pediatrician set us up with an Infant Development Consultant from the Langley Child Development Center (LCDC). It was a lifesaving support system at a time when we felt the rest of the world was moving forward but our families life was revolving around a special needs child and her doctor and therapy appointments. I would look forward to the weekly playgroups to connect with other families in similar situations, and appointments when our consultant would come into our home and offer suggestions, bring toys to stimulate our daughter and offer encouragement and support. They celebrated with us the small achievements that a delayed child has, knowing and understanding where we were coming from.

Later Leah enjoyed attending a local daycare part-time and had a Supported Child Development (SCD) Consultant from LCDC attend the daycare to adapt the program and surroundings to her needs. A few months after Leah turned 5 her energy deteriorated to the point where she



Leah with her family!

could no longer walk. A two week stay in BCCH diagnosed her as having Systemic Lupus Erythmatosis, a life-long chronic health diagnosis, which is very rare in children. Once again, we leaned on the support of all of her health care workers, the SCD Consultant, our family and friends. With heavy medication and very unstable health it was a difficult couple of years where her skills all backslid. We held her back from starting Kindergarten for one year. She was able to start school the next year and made a slow recovery to regain her health. It was such a relief when her health stabilized and looking back, we saw how it impacted the whole family and we felt fortunate to have weathered the storm. Leah has continued to learn new skills and get stronger and more confident each year. In Grade 5 now, the Resource Room staff at her school has been very encouraging and supportive in her modified program.

...cont'd on page 8

## Baby Steps—Infant Development Programme

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

### The Power of Story Time



Kathy Finley, AIDP Consultant, sharing a book at the 2008 Annual Toy and Product Fair.

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

Reading with your child creates a bond filled with long lasting memories. The closeness experienced when a parent and child cuddle up to share a story will stay with him/her for life. Reading together is not only a social experience, but one that also fosters literacy.

Creating a culture of reading takes time out of our days, but it is a critical time in your child's development and it is time more than well spent.

Never underestimate the power of story time.

Over the years, storytelling has evolved from generation to generation. If we stop and ask others about their personal recollections of story time, many will recall how words and imaginations come together. There weren't colourful books, playful props, or the numerous media influences our children are exposed to today. Story time was

simply that; a time to tell and listen to stories.

Storytelling can start in the infant years. The closeness experienced as you take time to look through picture books with your young child will foster a love for reading. As we know, young children are very observant; they watch and listen to the happenings in their world. Our children see that most of us read on a daily basis. When we stop to think about our busy days, almost all of us spend a significant amount of time reading. We live in a culture where reading is a regular activity. Adults read at work, children read during school times and all of us will often realize that we are constantly reading the numerous signs, slogans and messages found out about in our communities. Our children are learning that reading is a normal activity from a very young age.

When you are reading to your child, show delight and enthusiasm as you read. By changing your vocal tone, facial expressions and increasing and/or decreasing your volume when reading through a book, your child will stay engaged throughout the duration of this wonderful activity. Let your child participate in story time by encouraging him/her to turn the pages, point to the pictures, and fill in blanks of familiar stories. The bond of books can bring a positive and close relationship established likely before your child will even have memories of learning to read. What a great way to have an impact on your child and on your family.

With every positive feeling associated with reading, a child will want to read more and more. Take the time – make the time – and you will be making a difference in your child's life.

*"A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten and the future worth living for."*

~ anonymous

### Quick Tips When Choosing Books for Young Children

Some of the best books for young children are:

- Books with collections of pictures
- Books with repetitive themes and "fun-sounding" words

- Theme books on topics such as zoo animals, babies, toys etc.
- Short stories with a very simple plot and story line
- Classics: "Good Night Moon"

- by Margaret Wise Brown
- Stories which are repetitive and predictable
- Collections of poems and nursery rhymes
- Participatory books

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

*Partners In Developing Potential*

### Upcoming Events and Resources

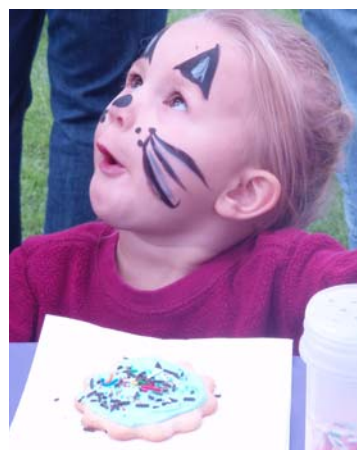
#### CHILD Day Events

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

Held on the following

Tuesday's, 9-11:00 am:

- Jan 27, 2009 — Alex Hope Elementary, 21150-85 Ave
- Mar 10, 2009 — North Otter Elementary, 5370-248 St
- May 12, 2009 — Shortreed Elementary, 27330-28 Ave



Making cookies at Langley Community Living Day, held September 26, 2008.

#### Parent Resource

Langley's Continuing Education offers a parent resource page in their course catalogue and online:

[www.langleycontinuingeducation.com](http://www.langleycontinuingeducation.com), General Interest section, Help and Information Sessions for Parents of Children 0-6 years Winter Spring 2009 (p. 39 in the catalogue).

#### The Unfinished Journey...

This booklet, published by Community Living Day Committee, is a snapshot of the journey towards community living in Langley. It celebrates the 10th anniversary of Community Living Day and includes many wonderful stories from families and community members who have participated as well as information about its history and many valuable resources. If you would like more information, please contact Joy Wilson, ECD Coordinator at 604-534-1155 ext 103 or [jwilson@langleycdc.com](mailto:jwilson@langleycdc.com).

#### Early Childhood Developmental Calendar—2009

A wonderful, interactive and colourful calendar that contains many valuable resources and helpful information. If you would like one of these free calendars, please contact Joy Wilson, ECD Coordinator at 604-534-1155 ext 103 or [jwilson@langleycdc.com](mailto:jwilson@langleycdc.com). This calendar is funded by the United Way of the Lower Mainland's Success By 6 Initiative.

#### Is your child 3 years old?

Fraser Health has a new health screening program for 3 year olds. Public health, in your community, is providing the following:

- Vision screening
- Dental screening and fluoride treatment as required
- Developmental screening
- Immunization review

#### 4<sup>th</sup> Annual Wine Tasting



Friday April 24, 2009  
7-9:00 pm

Redwoods Golf Course  
22011-88 Avenue, Langley

- \* Silent Auction \*
- \* Entertainment \*
- \* Door Prizes \*

Tickets: \$55.00 each.  
Tickets must be purchased in advance. Tax receipts issued.  
Attire: Business Casual.

Proceeds benefit the programs and services of the Langley Child Development Centre.

To purchase tickets, contact: Krista at 604-534-1155 ext 121 or [khannan@langleycdc.com](mailto:khannan@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

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

### Spring Break Social Day Camp

Spring Break Social Day Camp registration is now taking place.

This programme offers children and youth in grades K-12, who require extra support, the opportunity to participate in a

variety of activities, both indoor and outdoor.

**Spring Break Social Day Camp dates:**  
March 16-20, 2009  
Monday—Friday

9:00 am - 3:00 pm  
LCDC, Suite #103

For more information, please contact Rudy Mallari at 604-534-1155 ext 117 or [rmallari@langleycdc.com](mailto:rmallari@langleycdc.com).

#### A great handbook...

Produced by MCFD for parents of children with Autism. The handbook is entitled A Parent's Handbook: Your Guide to Autism Programs. It is available online at [www.mcf.gov.bc.ca/spec\\_needs](http://www.mcf.gov.bc.ca/spec_needs); click on publications listed on the left hand side.

### C&Y Gourmet Club Recipe of the month: —Tortilla Soup

Makes 6 servings

Ingredients:

- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon lime juice
- 1 teaspoon salt
- 1 cup diced yellow onion
- 1 cup chopped green onion
- 2 tablespoons pure olive oil or butter
- 2 cloves garlic, minced
- 1 cup diced celery
- 1 cup diced red bell pepper
- 1 16-ounce bag frozen corn kernels
- 1 quart chicken broth, preferably natural
- 1 cup cream
- ½ teaspoon ground black pepper
- 1 teaspoon cornstarch
- ¼ cup chopped fresh cilantro

Optional ingredients

- 1 or 2 jalapeños, seeded and chopped fine
- 1 4-ounce can green chilies, diced
- 1 cup grated potato, preferably Yukon Gold, grated just before using



Preparation Steps:

1. Marinate chicken in lime juice and ¼ teaspoon salt. Set aside.
2. In soup pot, sauté yellow and green onions in olive oil over medium-high heat until soft, approximately 4 to 5 minutes. Add garlic and sauté an additional minute.
3. Add celery, bell pepper, jalapeño, corn, green chilies, chicken broth, remaining salt, cream and black pepper.
4. Bring soup to a simmer. As soon as soup starts to simmer, grate potato and add directly to pot.
5. Mix cornstarch with 2 tablespoons water and add to pot. Continue to simmer for 20 minutes.
6. Add chicken and juice to the pot and simmer for an additional 10 minutes. Stir in cilantro. Serve hot.

*Nutrition Information:* 358 calories, 16 g fat, 27 g protein, 31 g carbohydrate, 4 g dietary fiber, 70 mg cholesterol, 870 mg sodium.

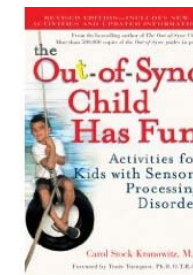
## Taking Steps Together—Supported Child Development Programme

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

### Resource Lending Library

#### Did you know... we have a Resource Lending Library?

The two books reviewed below are just a sampling of the resources we have purchased through community donations.



**The Out-of-Sync Child has Fun**  
by Carol Stock Kranowitz

The revised edition- includes new activities and updated information on activities for kids with Sensory Processing Disorder. We have multiple copies available.



**Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges!**  
by Lori Ernspenger with the foreword by Temple Grandin.

An excellent resource for the fussy eaters in your home.

You Asked...  
about  
educational  
websites

My time to seek new information is late at night when all is quiet! Do you know of any websites where I can seek general information?

The early learning website is an excellent website for libraries, community professionals, general parenting information, as well as resources and materials that can be ordered on-line and delivered to your home.

[www.earlylearning.ubc.ca/SDPP/generalresources.htm](http://www.earlylearning.ubc.ca/SDPP/generalresources.htm)

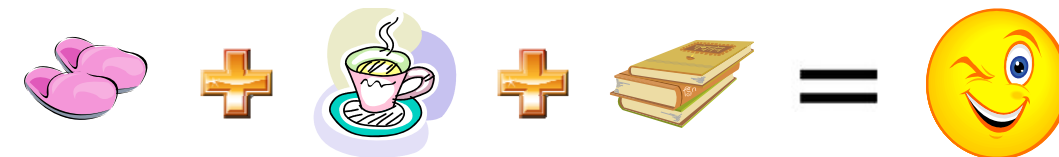
Our lending library is open during office hours ( 8:30am-4:00pm) for your use.

#### New arrivals in our Resource Library.....

From A to Z we have books, videos, magazines that are available on a lending basis.

Some of the topics include:

- Aboriginal
- Adoption
- Behaviour
- Autism
- Speech/Language/Sign Language
- Brain Injury
- Diagnosis Specific
- Deaf Children's Society
- Grief/Death
- Health and Nutrition
- Sensory
- Medical Reference
- Parenting
- Play
- Sleep Issues
- Visual Impairments
- Down Syndrome Society
- FAS - Iceberg
- Abilities magazine
- Spina Bifida
- Family Support Institute



#### Website of interest:

For an up to date list of childcare facilities check out the Fraser Health website:

[www.healthspace.ca/fha](http://www.healthspace.ca/fha)

## 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

### Books of interest

#### Where the Pavement Ends

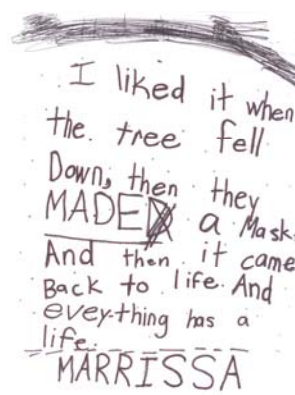
Author: Marie Wadden

The Ottawa Citizen, September 13, 2008 review states; “Where the Pavement Ends is filled with inspiring stories gathered from journalist Marie Wadden’s discussions with activist across Canada who are involved in the Aboriginal healing movement. But the book is also a passionate

wake-up call aimed at All Canadians.”

Tina Thomlinson, October 30, 2008, Aboriginal Supported Child Development Supervisor read it and reports, “It was a remarkable read that enabled me to tie the scattered bits of information I had into a clearer understanding of issues. The story is full of strength and hope. I

highly recommend this book.”

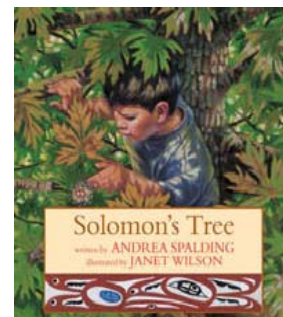


Both books “Where the pavement ends” and “Solomon’s Tree” are available through your Regional Library in your community.

#### Solomon’s Tree

Author: Andrea Spalding

Book reviewed by Marrison, Kyle and Glen. The children reported the following:



Where families, professionals and community come together.

### Community Activities and Resources

**AIDP to ASCD Transition Evening**  
Families with children who will be eligible for preschool/daycare commencing September 2009 can attend an informational evening scheduled for February 4, 2009. Please watch or connect with your consultant for further information.

**Heart of the Matter Child Care Conference**  
12<sup>th</sup> Annual children the heart of the matter Child Care Conference February 14, 2009.

Aboriginal workshop available at the conference “Aboriginal Cultural Awareness” presented by Tom Oleman, Aboriginal Elder.

For more information check out [www.childcareoptions.ca](http://www.childcareoptions.ca) or call 604-572-8032.

## Stepping Out—Preschool Services

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

### Humorous stories heard by the teacher...

One afternoon one of the teachers went around the class with a very scary troll hidden in a bag, She went up to each of the teachers allowing them to peek into the bag as she asked the teachers if the troll was too scary; the troll was not, of course.

The Three Billy Goats Gruff was the game of the day.

With much drama the teachers decided the troll was very scary but determined the children would be safe. By now all of the children were curious and were following the teacher with the bag around, waiting to see what was so scary.

The children gathered around the bridge (our upturned wooden rocking boat), to begin the story. The teacher kept the

troll in the bag until the first of the Three Billy Goats Gruff was crossing the bridge. The troll crept slowly out of the bag, and in a deep voice (the Teacher) said “Who’s that going across my bridge?”

...One of the boys jumped up with wide eyes and yelled “RUN FOR YOUR LIFE GOAT, RUN!”

“Run for your life Goat, Run!”



Cut out and colour these pictures to create your own story!

#### Another Story...

At the end of snack all the children cleaned up their areas and put their food away. One boy walked over to the sink with his glass of unfinished water and poured it out into the sink. He heard something unusual and

looked in. He approached a teacher and told her what he had just done.

“I poured out the water and heard something different; when I looked in I saw a piece of paper. There was writing on the

paper—what did it say?”

“Oh that paper was a note that says Out Of Order,” said the teacher.

“Oh, I was afraid of that, you know I can’t read yet don’t you?”