

# Kitimat Child Development Centre

Winter 2014

Volume 1, Issue 3

## Playgroups at the Centre:

"Toddler" Time Drop In  
Tuesdays  
10:30am-12:00pm  
12 Months-3 Years  
No Charge

Family Fun Spot  
Monday & Wednesday:  
10:00am-12:00pm  
Friday:  
1:00pm-3:00pm  
Birth-5 Years of age  
\$2.00 donation suggested

Healthy Babies Drop In  
Thursday  
10:30am-12:00pm  
Birth-1 year  
No Charge

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## What is LINK?? -Vanessa Silva, Melissa Lopes, & Gillian Venman

Community Link program runs in Kildala and Nechako Elementary Schools, Mount Elizabeth Middle and Secondary School. The role of a community Link worker in the school is to work with students who may need support emotionally, behaviourally and socially. Every Link worker has their own way of connecting with students. Some examples of how Link workers support students in school is by running a variety of groups that address specific issues such as anger management and/or social

skills as well as many other groups. Students enjoy the time with their link worker and although they are still doing important work often feel as if they are missing their dreaded class work!

Link workers provide support to parents if they choose to stay connected. Supports include introducing and connecting parents with outside agencies in the community and advocating for them in and out of school. Parents are al-

ways encouraged to call or come in to find out about the work we are doing with their children! The community Link worker is an important role as it "links" school staff/faculty, community agencies and families together.

## Note from the Executive Director –Margaret Warcup

**H**appy New Year. 2014 will bring another exciting year for the Centre.

In 2014 we will have provided 40 years of services in our community. Our incorporation date is June 1<sup>st</sup> 1974. We will be planning our celebration for the coming year, stay posted for more details.

We are pleased to announce we received an-

other three year accreditation. Accreditation means we have passed an in depth review of services. This endorsement demonstrates how we meet internationally recognized service standards and is focused on delivering the quality services for those we serve. We received an exemplary recognition for our commitment to continuous quality improvements. Our full report

can be reviewed on our web site- [www.kitimatcdc.ca](http://www.kitimatcdc.ca) - One of the many things we will celebrate in 2014 is the dedication of our staff. Do you know who our longest term employee is? We have a number of employees who have been providing services for over 15 years. Watch for and participate in our celebrations.

## Play- Brittney Mallioux

**Play is an effective way for children to develop skills:**

Language skills when they play name games, sing songs, and read books

Thinking skills when they construct block towers, follow direction games, and complete a puzzle

Fine motor skills (small muscle) when they string beads, play with play dough, and cut with scissors.

Gross motor skills (large muscle) when they play ball, swim, or play on park equipment.

Creative Skills when they make up stories, play with puppets, or play with dress up clothes.

Social skills when they pretend play with peers, complete an activity with peers, or work together to decide each peer's job during play.

### Family Fun Spot -Jessica Mayer

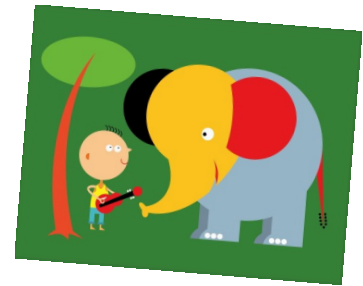
My name is Jessica, and I am the facilitator for The Family Fun Spot here in Kitimat B.C located in the Child Development Centre building at 1515 Kingfisher. I am currently working on furthering my education and becoming a qualified Early Childhood Educator .

Family Fun Spot is a drop-in program that the CDC offers to children ages 0-5 along side their parents/guardians. Children have the chance to play with others in a friendly comfortable environment, while their parents can enjoy a hot cup of coffee and discuss day to day experiences, achievements or even challenges they are having with their child, keeping in mind

**It is important to remove barriers to play such as:**

**Too much structured activity:** when children are overscheduled with activities like sports and lessons, they do not have time for unstructured play.

**Too much television:** Often children who watch too much television role play the shows they watch. Television distracts children from valuable play time.



Life's a  
dance, you  
learn as you  
go.  
Sometimes  
you lead,  
sometimes  
you follow.

–Unknown

that every child is different and what may work for one child won't necessarily work for another.

Family Fun Spot is offered three days a week, Monday and Wednesday mornings from 10:00am-12:00pm, and Friday afternoons from 1:00pm-3:00pm. We offer helpful resources for parents and their children whether you're looking for information on Potty training, teething, or even just meal ideas. We welcome all families to come and join us for a play date. If you have any questions regarding Family Fun Spot please don't hesitate to call at 250-632-3144.

## Achieving your family's fitness goals for 2014 –Carolyn Watt

Did you know? Children and youth should be active for 60 minutes per day!

One of the most popular New Year's resolutions is to "get more exercise". As the CDC physiotherapist, I am often encouraging children (and their families) to be more active.

How can we help our children (and ourselves) achieve this goal?

1. Be more active yourself. Your children look up to you as a role model. If you are active, they will tend to be as well.
2. Be active as a family. Kitimat offers plenty of recreational opportunities, both indoors

and out. Dress for the weather and get outside (rain or snow or shine).

3. Help your children set SMART fitness goals for the new year.

S=specific

M=measureable

A=achievable

R=relevant (Is the goal important to your child?)

T=timely

Examples of SMART goals:

"I will walk 20 minutes three times per week"

"I will take the kids to the swimming pool once a week for an hour"

Examples of not-so-SMART goals:

"I will get more exercise"

"I will lose weight"

"I will exercise every day for two hours (even though I don't exercise at all right now!)"

Mark your goals on a calendar and reward yourself when you do well!

Happy 2014 and good luck with your family fitness goals!

If you have any questions please contact me at [cwatt@kitimatcdc.ca](mailto:cwatt@kitimatcdc.ca).

How do you keep from getting cold feet?

*Don't go around BRRRfooted!*

## Housing Resource Worker-Anne Moyls

The Kitimat Housing Resource Project, under the direction of the Kitimat Housing Advisory Committee, began last summer thanks to a generous grant from the Government of Canada as part of their Homelessness Partnering Strategy Initiative. Our Housing Resource Worker, Anne Moyls, has been offering support and advocacy services to the homeless and those at-risk of homelessness through her storefront location at Northwest Community College (courtesy of NWCC). She has also been facilitating partnership-building between non-profit service providers, businesses, industries, developers and land-owners, as well as all levels of govern-

ment, strategizing effective ways to remedy Kitimat's housing challenges. The Kitimat Housing Resource Project is an eight-month contract with funding in place until April. The Kitimat Housing Advisory Committee is assessing whether this outreach service will be an ongoing need, and if so, how to support its continuance. For further information, Anne can be reached @ 250 639 6065 or [amoyls@kitimatcdc.ca](mailto:amoyls@kitimatcdc.ca).



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**"To support children, youth, and  
families."**



The Kitimat Child Development Centre is a non-profit organization that began operating in the district of Kitimat in 1974. Over the years the Kitimat Child Development Centre has evolved into a fully inclusive, family centered, community driven organization. Our programs and services include; Family Programs, Early Intervention Programs, Behaviour & Development Services, Child & Youth Mental Health, Preschool & Child Care Programs, and Community Programs.

For more information about our programs please contact the centre at 250 632-3144

**Family Movie Night!!**

Jen Bergen our new Building Blocks /Infant Development Worker is organizing a Family Movie Night Thursday February 6th at c'imo'ca Head Start. Event starts at 6pm, movie – **"Planes"** will begin at 7pm! Join for a fun night of family bonding, social interaction and fun!



No cost to attend but please RSVP to attend at : 250-632-3144 ext 210 or jbergen@kitimatcdc.ca

Stay tuned for more events and groups coming this year!!!