



Fall 2013

Volume 1, Issue 2

## 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

## Inside this issue:

Preschool 2

Speech & Language 3

Family 3 & 4

Communication

CCRR 5

## Leaf FUN– Cheryl Lippert

As the weather gets wetter and darker it may be less appealing to go outside with your kids. Suggest a walk outside to collect fall leaves and don't forget to bring a bag to keep your leaves in. You can talk about the different size, shape and color of the leaves you find. When kids have a purpose they often will love going out for walks. Once you have collected your leaves spread them out inside until they are almost dry (but not crumbly). Once they are almost dry your kids can use the leaves to glue onto

paper, trace the shape onto paper or crumple to make little leaf pieces to glue.

Here is a leaf song you can sing with your kids as you all hold the leaves you have collected.



### Autumn leaves are falling down

Autumn leaves are falling down  
Autumn leaves are falling down  
Autumn leaves are falling down  
Yellow, Red and Brown

## Note from the Executive Director

The centre will have our CARF surveyors with us on November 21st and 22nd. Accreditation is our way of looking at our business and services practices and showing our commitment to continually enhancing the quality of our services. Thank you all for showing off the valuable services we provide.

On our last survey we received three years of accreditation. We wel-

come the opportunity for the surveyors who are our colleagues to come and look at our services and share the expertise with us.

Parents, those served, other service providers and community members are invited to share how they feel the centre does in the provision of our services.

As part of our commitment to health and safety the Centre is encouraging

all staff to get their flu shots. When these are available will be posted.

This coming year the Centre will be 40 years old and we are starting to think on how to celebrate this great accomplishment. If anyone has any ideas please share them with me. We have sorted a lot of the historical pictures and the plan is to put them and some of the stories into a permanent book.

## **Kid's Place Preschool –Christine Doherty-Maggs,**

Kid's Place is located in the Child Development Centre building at 1515 Kingfisher. When you are at the CDC, if you hear the pitter-patter of little feet and the melodious sounds of children at play that is probably our program you hear!

At Kid's Place, we believe that "Play is vital to young children's daily lives and promotes healthy physical and intellectual development in ways that cannot be achieved by focusing on narrow pre-academics." (p 12 BC Early Learning Framework). With this belief in mind, we call our program a "play based" program. The children in our program learn as they play and share experiences with other children in an environment that has been set up to encourage children's exploration.

We have classes for 3 year old children which run on Tuesdays and Thursdays, either morning (9 to 11:30) or afternoon (1 to 3:30) and we also run classes for 4 year old (children eligible for Kindergarten entry the following September) on Monday-Wednesday and Friday, either mornings or afternoons.

I would like to take this chance to introduce the team at Kid's Pace Preschool. The Kid's Place supervisor is Christine Doherty-Maggs. Christine is a long-time employee of

the CDC; she is a fully qualified Early Childhood Educator and Special Needs Educator. The co-teacher in Kid's Place is Chigusa Dodd. Chigusa has worked with us for a few years and she is also a fully qualified Early Childhood Educator. In addition to the two preschool teachers, Deanna Teves also works in our program as our program support person. Kid's Place also has Sharon Young, Ilanna Hamilton and Sheila Hamilton as part of our preschool team to help include all children. These vital staff members come from diverse educational and experiential backgrounds. In addition to these staff members we have the pleasure of assisting Mount Elizabeth Middle/Secondary School meet the educational goals of some of their students. We welcome the students into our classroom and provide opportunities for them to learn about working in an early education environment.

Should you have any questions about Kid's Place Preschool, please give our supervisor a call at 250-632-3144 ext 29 or [cdoherly@kitimatcdc.ca](mailto:cdoherly@kitimatcdc.ca)

"Our thoughts  
create our  
reality —  
where we pu  
tour focus is  
the direction  
we tend to go.  
Peter  
McWilliams



## Alyssa Dixon –Speech & Language Therapy

As this is my first entry in the KCDC Newsletter, I would like to introduce myself as the new Speech-Language Pathologist for the Early Intervention Program. As a new resident of Kitimat I've certainly enjoyed getting to know the friendly members of the community and waking up to mountains every morning!

As we settle into Fall we can begin to plan new language and literacy activities that allow us to enjoy the new season. Examples of these activities include:

**Letter Leaves:** While on a hike, collect different types of leaves that have fallen. Then you can help your child build letters, and especially the first letter in their name, out of the different leaves.

When you're ready to warm up inside, you can also try such as;

**Raindrop Rhymes:** using cut out raindrops hanging from a string come up with new rhyming words that rhyme with words such as "rain" "wet" "boot". Remember, rhyming words can be made up too!

**Foolish Fog:** have your

child colour or draw a picture, then cover the picture with stretched out cotton or cotton balls. Then play 20 Questions (Is it an animal? Is it big? Does it live in the water?). Your child will have fun having you guess what's behind their "fog".

Finally, after your bellies are full of your favourite Fall treat (maybe pumpkin pie!), curl up with your little ones for a favourite Fall story. Reading your child's favourite stories many times over help them become familiar with story structure and begin to learn to expect and retell their favourite parts.

**What dog can jump higher than a building??**

*Any dog, buildings can't jump!*

## Family Communication : Reach for a Sunbeam Luiza Couto

Fall is well underway and we are into the swing of work, school routines and juggling extra curricular activities. In the midst of all this busyness it is easy to let important things slide. One of the things that binds families and creates cohesion and understanding is communication. Good communication is vital to creating and sustaining strong relationships in families.

When we are busy it is easy to fall into some communication traps, like expecting our children to know how we feel, what need or want without telling them. We presume that they can read our minds and sometimes we believe that we know what they feel, need or want without asking them. Sometimes we are not engaging in meaningful conversations with our children unless problems arise. Then we get put off by our children when we hear the standard responses of "I don't know, yes/no, nothing

or leave me alone." Don't let these pitfalls stop you from communicating with your child whatever their age.

Children want to express and share their experiences with us but first they need to know it is safe and that we will accept them. I don't know who coined the phrase "Children don't care how much you know until they know how much you care," this is true for kids and it is true for us.

***Please continue reading on page 4***

(continued )

Communication has as much to do with listening as with talking. Doing more listening than talking is important for understanding and validating our child's experience. This shows caring. We have all had experiences where we have felt heard and understood and experiences where we haven't felt understood. The ingredients for listening well and understanding are the same for an adult or child. You are actively listening when you:

- Show respect
- Listen without judgment
- Use open ended questions – example: what is that like, what bothers you the most about... how would you like it to be?
- Name and validate feelings – example: You are frustrated because you don't understand your homework.
- Respond only to what you hear
- Offer solutions only if you are asked. Then pose your solutions or suggestions in what if... format. Allow the child to explore how the solution might work for them.
- Take responsibility for what you say, use statements like I feel, I think, I like

Take opportunities that are available to talk like meal time, bedtime, driving them to practice or create your own opportunities. You may want to set up a date with your child once a week when you can engage in one on one quality time. Whichever way you do it you will get to know your child in a very exceptional way. Sometimes a

child might not be ready to talk but letting them know you are available and are interested in hearing what they have say keeps the door open for further communication.

One communication tool that is effective is the Ungame. This game allows people to practice sharing, listening and interacting in significant ways. Rhea Zakich the woman who developed the card game stated "we all spend so much time talking but never really communicate." The game comes for all ages, kids, teens and couples it can be purchased in some book stores or online. Good communication creates strong family bonds making it easier to guide children, to solve problems and to have good parent child relationships that are satisfying.



## **Kitimat Child Development Centre**

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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

## **Skeena Child Care Resource & Referral**

Skeena child care Resource and Referral will be at the CDC the first Wednesday of the month from 10:00am-11:30 am to assist families with child care Subsidy forms and applications.

If you have question regarding applications for subsidy, need assistance filling out paperwork or would like to know more about daycare/preschool options in town please stop by the centre to talk with Tara.

**November 6th**

**December 4th**

**\*\*January 8th \*\*\***

**February 5th**

**March 5th**

**No appointments necessary.**

**CCRR will be moving their office in town to be out of the Northwest College Space across from the court house.**

**They will be running in their new location Wednesday's from Noon till 3pm starting November 27th. Please visit them then :)**

