



Spring 2014

## 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

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## Children’s First

Over the past 15 years, research has increasingly pointed to the importance of children’s early year experiences, and that their future health and wellbeing are inextricably linked to experiences in younger years. Quality early learning opportunities have the potential to improve overall health for a lifetime.

In partnership with the federal government, the Government of BC has invested in many early years initiatives and programs over the past decade, including research, public education, and expansion and enhancement in the quality of early years programs. An abundance of great work has been accomplished through these initiatives, but there remains a need to better integrate our efforts and to collaborate on delivering a more coordinated system.

This is where the Children’s First Initiative fits in! Providing high qual-

ity early learning experiences for young children depends on strong partnerships between different levels of government, provincial ministries and community-based service agencies that provide early learning programs & services. At Children’s First, we are dedicated to facilitating this collective work as it is vital to maintaining and strengthening the infrastructure for high quality early learning and child care experiences. Our work currently includes facilitating a Community Table Coalition, developing a State of the Child report for Kitimat, and facilitating cross-sectoral collaborations and knowledge translation.

If you are interested in learning more about Children’s First, please feel free to contact Megan Smith at [msmith@kitimatcdc.ca](mailto:msmith@kitimatcdc.ca).

## Note from the Executive Director –Margaret Warcup

April showers are upon us and we are starting to plan summer events. We are looking to see if we can do summer camp again. We have received approval for funding for one summer student and will start the process of hiring someone soon.

Congratulations to all staff who completed the online training from provincial health on indigenous cultural competency. As a centre we are committed to being culturally sensitive, welcoming and respectful.

Our annual meeting for the Centre is currently scheduled for June 2nd . We welcome new society members and new members to join our board of directors. If anyone is interested have them contact myself or our Board President Jo Ann

Hildebrandt.

At the time of our annual meeting we complete for every program of the Centre an annual outcomes report. Satisfaction survey will be going out to those we serve for feedback on how we are doing. These are really helpful for us as we strive to continually improve services. But we welcome feedback at any time not just on our surveys. If you have a concern or complaint bring it forth. This is how we improve.

The Centre is applying for funding to upgrade both our 1515 and Cormorant playgrounds. If successful in our funding applications look for the work to be done this summer.

Respectfully submitted -Margaret

## Miriam –Pain Free Grocery Shopping

Grocery shopping is one of those things that must be done and many of us find that this can be very stressful when we need to bring our child with us, who does not want to be there or who wants everything in the store to the point of having a tantrum.

If a child doesn't want to go shopping, visuals (pictures, or written words if the child is older) would be helpful to show him what comes first and next making sure that something he likes to do comes after shopping. This would not be an "if..... then", as what comes after would **not** be dependent on behaviour. Think about how much easier this is than having to tell a child that they will not get the reward at the end of the shopping trip as they did not behave well, or to just give in because it is too embarrassing to have a child tantruming at the checkout.

The key is to reinforce a child for positive behaviour you will need something that he/she likes that can be divided into about 20 pieces so that it could be used every few minutes as a reward for appropriate behaviour along the way.

You may need to collect a little data first to find out how often you need to reward the positive behaviour. It may be 2 minutes or 10 depending on how many minutes your child goes between behaviours. Over the course of time you will be able to increase the number of minutes between reinforcers.

Some children like fish crackers so carrying a small bag and giving one every few minutes with the social reinforcement of "You are doing a great job of listening in the store today!" reinforces at a rate that encourages good behaviour. Instead of food, other types of reinforcers, such as bubbles or anything a child enjoys that can be given or done( tickles) every few minutes, can be used. If social reinforcement alone works then just telling a child every few minutes how great he is doing may be enough.

I encourage you to give it a try. You could be pleasantly surprised!

***Every Child is a  
different kind  
of Flower and  
all together  
make this  
world A  
Beautiful  
Garden.  
-unknown***

## Lori Ferreira: Family Support Section

**Hello!** My name is Lori Ferreira and I am the Family Support Worker at the Child Development Centre. My program provides information, screening, behavioral counseling, coordination of services, and support with advocacy to families of children age birth to five years.

As we move into Spring and the days get longer, it may feel as though we are getting "Spring Fever". Playing outside can be a good stress reliever and a great way to connect with our children. It can be difficult to compete with the excitement computer and video games can bring, so here are 5 activities that you can do together.

1. Go out for a walk and explore your neighborhood. We have many back sidewalks that can lead you to new and exciting places. Maybe even a playground that you did not know was there!
2. Play some of the games that you used to play as a child such as marbles, jacks, sidewalk chalk, hopscotch or even tag!
3. Go for a family bike ride
4. Pack for a picnic... in your back yard, the park or at the beach!
5. Play a board game or complete a puzzle!

## Kildala Preschool and Kildala Out of School Care

**Kildala Preschool** operates out of Kildala Elementary School on the lower floor making it accessible to families. Families are an important part of the preschool program and this year a morning program was added. The hours of operation are, 9:00 am to 11:30 am and 12:30 pm to 3:00 pm for 4 year olds on Monday, Wednesday and Friday and for the 3 year olds, 12:30 pm to 3:00 pm on Tuesday and Thursdays. If you cannot find us in the classroom, then we are either on a field trip or outside exploring. When following the child's lead, one never knows where it will take you; many of our field trips are places that the children have wanted to visit, often siblings, parents and grandparents come along for the fun, or join in our fun in the classroom. Not only do families share in classroom activities, but several times throughout the school year, families are invited in to play games and interact with their child in play, participation is voluntary and often there are more family than children as grandparents, parents, siblings, aunts/uncles and care providers who attend.



Respectfully Submitted,

Debra Canil

The **Kildala Out -Of- School Care Programs** runs from Monday-Friday 7-9am and after school until 6pm. We are open on Non-Instructional days and over both Christmas and Spring Breaks. So far we have had quite a busy year. We are now using our room as well as the preschool room to accommodate our growing numbers.

We continue to share our B.A.F. (be a friend) message throughout the school. This year we made paper fortune cookies with B.A.F. messages inside. These were handed out to all the children in the school on Chinese New Year.

Recently we have been working on a recycled art project. We are making a wishing well which will be covered in pop tabs and hopefully we will be lining it with pennies.

Thanks to the RBC Grant we were awarded we were once again able to sponsor some children. I have heard from the children and parents how happy they are and how much they appreciate this opportunity for their children.

With Earth day coming up we have a planting project that we will be starting. These will be given to Moms (Aunt/Grandmas) at our Mother's Day tea. Father's Day will be a game and a snack to be shared with the Dads (Uncles/Grandpas)

It has been a great year so far and I believe we will have another busy year next year as we already starting to receive registrations for September.

Respectfully Submitted,

Janet Hoover

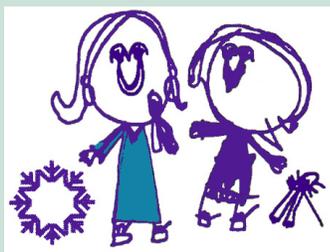
**What do  
you call a  
pig that  
knows  
karate?**

*A pork chop!!*

**Kitimat Child  
Development Centre**

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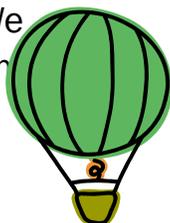


The Kitimat Child Development Centre is a non-profit organization that began operating in the district of Kitimat in 1974. Over the years the Kitimat Child Development Centre has evolved into a fully inclusive, family centered, community driven organization. Our programs and services include; Family 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

**Super Family FUN Day**

Come join us for an afternoon of fun recreation activities in a supported environment to play together as a family. We will have different activities varying from physical to creative games, with light refreshments provided.



Sunday's:

May 11th @ Kildala School

June 15th @ Nechako School

1:00– 3:00

Children must be accompanied by an adult.

Look for update's on our website:  
[www.kitimatcdc.ca](http://www.kitimatcdc.ca)

For more information contact

Michelle Torman 250-632-3144  
ex.205 or [mtorman@kitimatcdc.ca](mailto:mtorman@kitimatcdc.ca)

**We hope your whole family can join us!**