



Summer 2013

Volume 1, Issue 1

Playgroups at the Centre:

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

Family Fun Spot
Monday & Friday
1:00pm-3:00pm
Wednesday
10:30am-12:30pm
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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Centre Highlights– Audriana Monteiro Summer Student

The Kitimat Child Development Centre has many exciting activities and additions this summer! As the summer student for The Centre, I have been introduced to the drop in activities and programs offered at the Centre, and believe them to be a welcoming and refreshing way to spend time with your children this summer. Information on the drop in groups can be found to the left of this article. We will also be holding a "Getting to Know Your Community Neighbour" Party on August 20th from 11:00am-1:00pm at the Child Development Centre. Come out and bring your children for some fun and games, and introduce yourself to people in your neighbourhood.

I am pleased to introduce a few new employees to The Centre! Salim Ana-Gholi is our new Occupational Therapist. He began working here in June and will be replacing our current Occupational Therapist, Sheila Hamilton come September. As well, we have a new full time Speech Language Pathologist, Alyssa Dixon who has just moved here from Ontario. Lastly, Anne Moyls has joined our team in a new Kitimat housing resource project. This project provides advocacy and support services for the homeless and those at risk of homelessness, while collaborating with community partners to establish and expand housing resources for those in need. Anne will be working through her office

located at the North West Community College downtown.

If you are interested in any of our drop-in groups, finding out more information about our Centre, or meeting new employees, feel free to stop by between 8:30-4:30 Monday-Friday



Note from the Executive Director

In our first newsletter for August/September 2013 I would like to take the opportunity to introduce our Board of Directors. The Centre is non-profit service organization that is governed by volunteers from our community. This year at our June Annual General meeting our new board was elected. President is Jo Ann Hildebrandt, Vice President is Angela Eastman, Treasurer is Cliff Yolland,

Secretary is Michele Frater, Board members are David Mills and Louise Avery. Board members dedicate their time to assist the Centre in providing our services. If other parents or community members wish to help, please contact the Centre or any of our Board members.

This fall in October or November the Centre will have our CARF accreditation surveyors visit us and

review if we are meeting program and administration standards of how we do our business and services. On our last accreditation 3 years ago we received the highest award possible – three years and no recommendations. We welcome at any time input from those we serve as to how we can improve our services.

Occupational Therapy –Salim Ana-Ghoil

Potty Training

Potty training is an important developmental milestone. The start time depends greatly on cultural factors and in some cultures, it even starts from birth, but usually parents start the training sometime between 12 to 36 months. Boys normally start and finish later and bowel control is achieved earlier than bladder control.

There are a few things to keep in mind before starting the toilet training:

- Don't feel pushed into potty training your child too soon because of pressure from others
- By 18 months, your toddler has the muscles to control his bladder and his bowel movements, but may not be ready psychologically
- Talk to your toddler about what you are going to do
- A potty is probably easiest to start with, rather than a toilet
- Absorbent disposable pull-up trainer pants are especially easy to pull up and down
- He'll need to be told to go to

the toilet at first

-If he doesn't want to sit on it, try later or at a different time of the day

-After this step, encourage your toddler to sit on the potty once a day

-Finally, develop a routine. Start putting your child on the potty at specific times of day

-Make sure the potty is always in a convenient place.

It can be used in the yard, or whichever room you're in

-Demonstrate how it is done. Children learn by copying and watching. Seeing someone use the toilet will help your toddler to understand the purpose

-Never get angry or punish your child

-Wearing real underwear may encourage your toddler to use his potty

Even when your child is consistently clean and dry all day, it may take your kid several more months or years to master being dry at night

Source: Baby Center Canada, <http://www.babycenter.ca>

“Our thoughts create our reality-where we put our focus is the direction we tend to go”.
-Peter McWilliams

Summer Community Party—August 20th at CDC

On August 20th from 11-1pm we will be having a Community Party at the CDC.

Families with children 12 and under are welcome to attend!

There will be food , fun and games for

caregivers to participate with their children.

If you have any questions please call at 250-632-3144

We hope to see you all there!



Stepping Stones Cormorant Childcare Centre - Liz Carrita

Day Care Manger

We would like to introduce the staff of Stepping Stones Cormorant Childcare Centre. The staff consists of Liz Carrita, Christine Abram, Tania Pigeon, Amanda Carpino, Sandi Dielschneider, Krystal McCarthy, Jamie Hansen and Jennifer Fray. We would also like

to welcome Sonny Green and Lindsey Nunes to our centre, which have started with us in July. Both Sonny and Linsey are fully qualified. We have Deanna Teves working with us too. Deanna has been with us for a few months, she helps out during lunch time. Having Deanna with us

has been very helpful to our centre. It is such a pleasure to have Deanna here with us. We are all a great team of people who are very dedicated to our work. We look forward to each day spending time with the children.

What do you get when you cross a fish with an elephant??

Swimming trunks!

Lifeskills– Geoff Anderson

My name is Geoff Anderson. In June of this year I joined the Life Skills program, which supports the parent-child relationship through a variety of services. In most cases, I visit a person's home where I may help to organize or develop a routine. Sometimes, I transport people to access banking, leisure services, purchase groceries or attend medical appointments. Another helping hand with basic life needs is what the Life Skills program offers. Much of any day is filled with activities. And scheduling some activities in advance can make life easier. Breaking down the day into small chunks makes life easier: write out all the activities you would like to do in one day; allow enough time for each activity. With a to-do project, write out the problem. Then write out what you would like to see happen. Break down the goal into small, do-able steps. Make a list of your resources: Child Development Centre, friend, family, counselor. A plan that is written on paper is a good way to reach your goal.

Building Blocks—Michelle Torman

As we are beginning to think about schools starting up this is a good time to think about applying for subsidy if you are needing assistance with the cost of day-care or preschool.

Tara from Child Care Resource & Referral will be at the CDC **Wednesday August 21st from 10:30-12pm** to help fill out subsidy paperwork. Come with yours, your spouse (if applicable) and your child's ID (birth certificate, care care or BC ID), proof of income and Tara can

help you out. Family Fun spot will be going on as well so you and your child can play before or after filling out paperwork. CCRR office is above constant cravings and the office is open on Thursdays from 12-4pm if you have any further subsidy questions.



It's back to school time!

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

Kitimat Summer Activities for Kids

Riverlodge Programs :

Riverlodge offers programs for children aged 3-6 & 6-12

For more information call:
250 632-8970

Museum Programs:

Ages 3-5 10:00-11:30am
Ages 6-9 1:30-3:30pm
Non Member Price: \$6.25
Member Price: \$5.30
Call: 250 632-8950 to Register

Swimming Pool Hours:

Fun Swim:
Monday-Friday
1:00pm-3:00pm &
6:00pm-8:00pm
Saturday & Sunday
1:30pm-4:00pm &
6:00pm-8:00pm

Library Programs:

Summer Reading Club
6-12 years:
Monday-Wednesday
1:00pm-2:30pm
Under 6 years:
Friday 10:30am-11:10am
Call: 250 632-8985 to register

