



# The Child Care Professional

Winter 2012

**ccrr**

Child Care Resource & Referral  
www.ccrr.bc.ca



*It's hard to believe that fall is almost behind us and we are only a month away from 2012! As is customary, we like to take this opportunity to reflect on the past year and make plans for the year ahead.*

During 2011 training remained one of our most sought after services. We wish to express our appreciation for the feedback participants provided us with – your input is invaluable in helping us to develop training opportunities that are relevant to the work that you do. Training was provided on a wide variety of topics and, as in past years, registration continued to be brisk. To increase capacity we partnered with some of our local early childhood and middle-childhood development committees to offer additional training opportunities off-site.

In May 2011, the third annual child care appreciation events took place. A number of local community development committees collaborate in the planning and delivery of these events and we are happy to say that these events will be occurring again in 2012. If you have any suggestions regarding what you'd like to see at these events please, contact one of our Outreach Consultants and we'll be sure to pass your feedback onto our community partners.

CCRR staff continued to increase awareness of child care in the community through a variety of promotional activities, including advertising, forwarding letters/brochures to community service providers, attending community events, and numerous visits to programs in the community visited by young families.

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## YMCA Child Care Resource & Referral

**WWW.VANYMCA.ORG**

### Tri-Cities

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Coquitlam, B.C. V3K 3P5  
P: 604.931.3400 F: 604.931.3440  
E: tricccrr@vanymca.org

### Burnaby / New Westminster

Unit 161 5172 Kingsway  
Burnaby, B.C. V5H 2E8  
P: 604.294.1109 F: 604.294.6278  
E: bnwccrr@vanymca.org

Please see the calendar insert for statutory holiday closures, late nights and Saturday openings

## "Circle of Friends" Family Resource Program

### James Park Elementary

1730 Coquitlam Avenue, Port Coquitlam  
P: 604.931.3400  
Tuesdays & Thursdays, 9:00 a.m.–12:00 p.m.

### Central Elementary

2260 Central Avenue, Port Coquitlam  
P: 604.931.3400  
Mondays, Wednesdays & Fridays,  
9:00 a.m.–12:00 p.m.

**Please note:** Circle of Friends Family Resource Program operates on the school calendar.

*Continued from front page...*

We'd like to take this opportunity to remind our members of the services and supports that are available to you at the CCRR. The CCRR has an extensive resource lending library—filled with circle time activities, big books, toys, resource books and activity boxes. If you have not had an opportunity to check out our libraries, be sure to do so on your next visit! If you wish to preview the materials in the library beforehand, our catalogue can be viewed online at [www.vanymca.org](http://www.vanymca.org). Our laminators and photocopiers are also available for your use.

Visiting our office is a great opportunity to connect with one of our Outreach Consultants. Our ECE qualified consultants have a wealth of knowledge on child care related issues. Be sure to take advantage of this resource on your next visit, or, if more convenient, phone or email our office and a Consultant would be happy to assist you in any way possible. The YMCA CCRR also maintains up to date community resource lists. If you or the families you work with are looking for information on what is available in your community please let your consultant know and they will be happy to forward this information to you.

This issue of the *Child Care Professional* includes a new feature entitled *Caregiver Corner*. Here you will find a profile of a local child care provider. If you are interested in being included in this feature please contact Catherine Bunce @ 604.937.1239. We'd love the chance to tell other child care providers about you and your program!

The YMCA CCRR will be celebrating 20 years of providing CCRR services in the 2012! We are planning a special celebration to commemorate this occasion—be sure to watch for details in the New Year!

The staff of the YMCA CCRR wish you and your family a happy new year and we look forward to seeing you all in the coming year.

~ Diane

**SAVE THE DATE!**

**YMCA CCRR**

**20th Anniversary Celebrations!**

**Wednesday, March 28, 2012.**

**Mark your calendar, and watch for  
details in the New Year!**



## Bullying Prevention For Young Children

### Bullying and negative patterns of behaviours

Creating a bullying free environment in our communities is an important task for care providers and parents. Every child has the right to feel safe, engage in enriching experiences and participate in on-going secure social interactions without encountering acts of bullying.

A common misconception is that bullying behaviours begin in middle childhood or adolescence. Research tells us that negative patterns of behaviour that can lead to bullying may be identified as early as the preschool years and in some cases even in toddlers. If these behaviours are unchallenged by significant adults, children learn poor social skills that they will carry with them for their whole lifetime.

Bullying is not a behaviour that children grow out of. Behavioural outcomes of children who bully can lead to delinquency and criminality, moral disengagement and anti-social behaviour. Victims of this negative behaviour suffer from a number of consequences including isolation, depression, and in the most severe cases, suicide. Evidence shows that bullying is very common among both boys and girls.

Research tells us that, "early intervention should not wait until the start of school. School communities must reach out to families even before kindergarten...Children with poor social behavioural skills can be identified as early as three years of age, and the earlier these children receive intervention the more successful these efforts will be". (Dwyer, Osher, and Hoffman, 2000)

### What is bullying?

It is natural for children to be aggressive sometimes. An aggressive action once in a while does not mean that a child is a bully or a victim of bullying. But when a child hits, kicks, or pushes others frequently, or is repeatedly picked on by others, it is a worry. Bullying occurs when an individual or a group is repeatedly aggressive towards others. There are four classic types of bullying:

- **Physical:** the least sophisticated type of bullying, this is action-oriented and may involve hitting or kicking victims, and taking and damaging their property.
- **Verbal:** Uses name-calling, insults, racist comments and constant teasing.
- **Emotional:** Attempts to ostracize victims by convincing peers through threats or hurtful gossip, to exclude or reject a certain person or group of people. More common among girls.
- **Reactive:** Engage in bullying and provoke bullies into attacking them by taunting. Most conflicts are physical.

*"in conclusion, there is no conclusion to what children who are bullied live with. They take it home at night. It lives inside them and eats away at them. It never ends. So neither should our struggle to end it."*

*~Sarah, aged 17*

### Ways to help prevent bullying

We help prevent bullying when we teach pro-social behaviour. This includes behaviour that is kind, helpful, cooperative and respectful. It is never too soon to begin teaching bullying prevention. The skills that children need in order to resist bullying and develop pro-social behaviour are reflected in anti-bias education.

Louise Derman-Sparks, an expert in anti-bias education for young children, has identified four factors that help children develop positive relationships with others.

1. **Positive Self-Esteem** Feeling good about who you are, having a strong sense of belonging and feeling confident in your relationships with others. Children with strong self-esteem are more likely to stand up for themselves and others.
2. **Empathy** Understanding and caring about the feelings of others. Recognizing the basic emotions in themselves and others. Children can learn to recognize similarities and differences and understand that unkindness hurts. Children who bully are often not

*Continued...*

able to recognize and care about the feelings of others.

3. **Critical thinking** Be able to tell the difference between fair and unfair words and actions, and know what actions can help solve problems.
4. **An ability to take action.** Knowing what to do when you see something unfair. Most bullying happens in front of children who are not directly involved. When young children see something unfair and take action, they reduce the power of the bully.

### Activities that promote pro-social behaviour

#### To Develop a Strong Sense of Self:

- Identify own physical features during group activity.
- Make a chart showing the diversity of features in the group.
- Sing hello songs in different languages.
- Invite families to include family traditions during times of celebrations.

#### To Develop Empathy:

- Talk to children about feelings, their own feelings and the feelings of others.
- Help children identify ways in which people are the same and how people are different, ie. sizes, skin colours, types of food and traditions. Always emphasize ways that we are also the same.
- Focus on everyday experiences from the perspectives of children and their families.

#### To Think Critically:

- Help children explore how they might respond to people who are different.
- Talk to the children about issues as they come up and ask, “Is it okay to exclude others from the group because they are different?” How do you think they feel? How would you feel?
- Read books such as *This is our House, That Toad is Mine* or *I Miss Franklin P. Shuckles*. These stories offer opportunities for children to talk about these issues. Contact the Westcoast Child Care Resource Centre Library for a list of books for children that are related to bullying.

#### To Take Action:

- Talk to children about what they can do when they see something that is not fair. Read stories like “Is it right to fight?”
- Talk to children about conflict resolution.
- During any story that you are reading you can facilitate discussion about fair and not fair, and how to solve problems in ways that are fair for everyone.



#### The Adult Role

Children are more likely to develop these characteristics and skills when the adults who care for them use pro-social behaviour themselves. This includes behaviour that is kind, helpful, cooperative and respectful. Children are more likely to behave in a positive manner when adults give them positive attention when they are behaving in desirable ways.

Adults influence how children view the world around them. If children see the world as a positive place, they are more likely to act in positive ways towards others. If adults frequently say negative things, children come to think that the world is more negative than positive. Good adult supervision is important to prevent bullying. Adults must be available to step in when a child needs help. Sometimes children learn bullying from other children. They might see that aggression sometimes gets others their own ways, and “try it out.” Sometimes they might think they need to be aggressive to fit in with their friends.

#### How you can help

Help children feel valued and self-confident. Show children that the world is a positive place. Help children identify their own feelings and the feelings of others.

Continued...

Teach children to express their feelings in appropriate ways.  
Let children know when they are behaving in socially acceptable ways.  
Correct children's behaviour if they act aggressively towards others.  
Make sure an adult is ready to step in when a child needs help.

**Sources**

Craig, Wendy et al, (1988) *Bullying and Victimization Among Canadian School Children*, Human Resources Development Canada.

Derman-Sparks, L., (1992) *Anti-Bias Curriculum: Tools for Empowering Young Children*.

Olweus, D. (2000) *Bullying at School: What We Know and What We Can Do*.

More resources are available from the Westcoast Child Care Resource Centre Library. Phone 604.709.5661 or toll-free 1.877.262.0022 or visit our website at: [www.wstcoast.org](http://www.wstcoast.org) to search our on-line catalogue.



*The information presented in this document is for reference use only. Westcoast Child Care Resource Centre does not assume any responsibility for actions taken based on any of the information provided in this document.*

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## Congratulations to Jai Kyung Lee of Kids Village Preschool!

Jai Kyung Lee has recently received the Prime Minister's Award for Excellence in Early Childhood Education Certificate of Achievement. The award is in recognition of outstanding support for excellence in early childhood education and in this instance for educators who foster the early development and socialization of young children. Jai is proud to have received the award and represent the dedication of early childhood educators in our community.

Jai's Philosophy of Care is that she has special ears that can both listen to a child speak and hear the language in their hearts. Language for Jai is not a barrier. Once an immigrant herself, and now the owner of Kids Village, a bilingual Korean-English preschool, she has become a leading example in the Korean community in Coquitlam.



*Photo: Jai and her staff Nidal and Mona at Kids Village Preschool proudly displaying her Certificate and accompanying letter from the Prime Minister.*

To support child development she provides a bilingual and active learning environment where the children can learn English without losing touch with their Korean background. Jai takes the children on exciting field trips to places like the zoo, a farm, or an insect museum. Before each trip children observe and learn about the place they're going to visit.

Jai also facilitates a *Nobody's Perfect* program for Korean immigrants who need a hand adapting to a new lifestyle. Through a *Mother Goose* program, Jai provides stories in both Korean and English.

Jai first joined the YMCA CCRR program as a licensed family child care provider in March 1999. In December 1999 Jai opened Kids Village Preschool and rejoined the CCRR in August 2002 as one of our first licensed group facility members.

ECEBC's 41st annual conference

## Playing it Forward: Discovering the Wonder and Value of Authentic Play

May 3 to 5, 2012

Radisson Vancouver Airport Hotel

Online registration begins mid-February 2012!

**Photo Contest!** ECE's are invited to submit photos of children and educators engaged in authentic play, to be produced as a poster for Conference 2012.

**Please note:** Contest opens November 1, 2011 and closes January 15, 2012.

For complete details please visit [www.ecebc.ca](http://www.ecebc.ca).

The Early Years Conference 2012

## The Development of Children's Mental Health: How Do We Become Who We Are?

February 2-4, 2012

Hyatt, Vancouver

Our early relationships and experiences shape all aspects of physical and mental health, and are pivotal to who we become and how we function throughout life. The behaviour of young children is meaningful, and understanding this concept is vital for all involved with children.

Visit [interprofessional.ubc.ca/Early\\_Years.htm](http://interprofessional.ubc.ca/Early_Years.htm) for additional information.

Family Services of Greater Vancouver presents

## Lighten-Up: Alternative Approaches to Dealing with Stress in the Work Place Session

Friday April 6, 2012

9:30 am to 12:30 pm

201-1638 E. Broadway

Dealing with stress determines how successful you are in life and in your profession. In this workshop **Gary Bello, MA**, will help you learn how to use your body to recognize and release stress. Learn simple tracking techniques to defuse stressful situations and effective methods to transform negative reactions into positive responses. Cost: \$55.00

## Good Beginnings

It has been a long-term goal of British Columbia Family Child Care Association (BCFCCA) to make quality training accessible to all family child care providers in the province of BC. They sincerely believe, and research has shown, that training directly correlates to quality child care.

For additional information and 'Good Beginnings' training in your area, please visit [www.bcfcca.ca](http://www.bcfcca.ca).

## The Early Childhood Educators of BC Leadership Initiative

Fourth Round of Applications are now  
available for submission

ECEBC is entering the fourth year of our exciting Leadership Initiative. The initiative is designed to support ECEs across BC develop their capacity to take on a leadership role in the broader community. ECEBC and the Leadership Initiative Advisory Committee will select the 2012/2013 Communities of Innovation based on the following criteria:

1. Diverse geographic and cultural communities are involved.
2. The Project builds the leadership capacity of ECEs to raise the profile of their work and value.
3. Two or three licensed-to-practice ECEs are actively involved in the development of the proposal, are able to attend all three Leadership Institutes and understand they will play a leadership role in implementing the project.
4. The sponsoring society is a non-profit society AND holds charitable tax status.

For more information, and to download the 2012/2013 Communities of Innovation application, please visit [www.ecebc.ca](http://www.ecebc.ca)

*Child Care Options presents their 15th Annual Early  
Care and Learning Conference*

## Children the Heart of the Matter

February 3 & 4, 2012  
Bell Performing Arts Centre  
6250 144 Street, Surrey

Keynote speakers are Gordon Neufeld on Friday evening and Charlotte Diamond on Saturday morning. Early bird price is \$75.00 if you register before December 16th!

For additional information visit  
[www.childcareoptions.ca](http://www.childcareoptions.ca) or call 604.572.8032

## Wonders of Learning: The Hundred Languages of Children

The travelling exhibition—The Wonder of Learning: The Hundred Languages of Children—is coming to Vancouver July–December 2012! This exhibit recounts experience from infant toddler centres, preschools and primary schools in the city of Reggio Emilia.

A special workshop series is being offered locally and the proceeds from these workshops will support the cost of bringing this exhibit to Vancouver.

Please visit The Wonder of Learning website at <http://wonderoflearningvancouver.com/index2.php?v=v1#/info3/3/> to see a complete list of upcoming workshops. Register early, as workshops have a limited number of seats available.

*Westcoast Child Care Resource Centre presents*

## Responsible Adult in Child Care Settings (20 hours)

4 sessions on Saturdays  
(Jan 21, Feb 4, Feb 18 & Mar 3)  
10:00 am–3:30 pm  
Cost: \$160

Register online at <http://www.wstcoast.org/training/westcoast/120121.html>

*University of Victoria, Unit for Early Years Research &  
Development presents*

## International Innovations in ECE

A Canadian Forum on Early Childhood Frameworks  
July 13–15, 2012  
Victoria, BC

Register now to take advantage of Early Bird fees.  
For details visit  
<http://uvicearlyyears.ca/main.cfm?cid=2529>



# Caregiver Corner



Welcome to our newest feature, a profile of a local child care professional!

Beginning with this issue we will be publishing photos and interviews with child care providers who will share their stories and ideas about what makes their programs work. If you would like to be featured in an upcoming issue please contact us. Our first profile is with **Sheila Hallam**, owner and operator of **Little Sunflowers Family Day Care** in New Westminster. Sheila believes that child care is an essential service. She wrote that *“Every child should have the right to affordable, quality child care and parents should be able to work knowing their child is being cared for in a safe, loving, nurturing, learning, stimulating and fun environment”*.

Sheila was recently nominated for a Celebration of Business Excellence Award in the Home Based Business category for the New Westminster Chamber of Commerce, an award affectionately

referred to as the “Oscars for Business.” Congratulations, Sheila!

Please tell us about yourself and your centre.

I am a mother of 3 children, a daughter aged 14 and twin boys who are 12. I set up my daycare business 12 years ago when I couldn't find affordable, quality childcare in my neighbourhood. I wanted to create a child care that had a home like environment, but also one that offered children a preschool type program.

What made you want to become a child care provider?

I worked as a nanny in Spain when I was in my early 20's and have always loved children. However, when I returned to England and then moved to Canada, I pursued a career in marketing and communications. I had my own children and after my twin boys were born, I couldn't find quality,

affordable childcare so I set up my own business. The professional business background has certainly helped me with the child care operations.

Describe a typical day in your centre.

We have a schedule that works very well for the children and caregivers. Children arrive between 7:45 and 9 am – we have free play followed by Circle Time. At Circle Time we always sing songs together and read stories. We also include dancing to music, or we act out a story, or we do Show and Tell. We have theme months and circle time is a great opportunity to learn about our themes through songs, activities and of course, crafts. After Circle time we have a snack and then create a craft. The craft is usually to do with the theme we are learning about and is either an individual project or a group project. We have outdoor play every day, rain or shine. I love

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being outside and the fresh air and exercise is a big part of our child care program. After outdoor play we have lunch followed by stories and Quiet Time. Quiet Time is a chance for children and staff to recharge and relax. Quiet time is followed by more outdoor play then indoor free play or a group game/activity before home time.

### *What are some of your favourite activities to do with children?*

I love dress up story time. We read a story and the children dress up and act out the characters. I also love outdoor play – playing the classic games such as *What’s the Time Mr Wolf?*, *Tag*, *British Bulldog* – even the 3 year olds pick up the games quickly.

### *What are some of the challenges you face as a family child care provider?*

Licensing regulations are the same for all Family Child Care regardless of staff. We have always had two staff members which means less income for the business, but better quality care for the children. I would love to see regulations allow for an extra child if two providers are present full time – this would help to offset some of our costs and still allow for quality care.

### *What do you find most rewarding as a child care provider?*

Sounds cliché, but to see the kids grow and learn through our program is really special. I love it when I hear a parent saying “Johnny told us all about dinosaurs at the dinner table last night, we can’t believe how much he knows!”

The hugs, thanks, we get at the end of the day is important. Child care is demanding, exhausting, but can be extremely rewarding.

### *What does quality child care look like to you?*

Children learning, growing and having fun in a safe, warm, stimulating and educational environment.

### *Do you know of any resources in your community that would benefit child care providers?*

Strong Start – drop in program for children aged 0-5 years and located in community schools.

YMCA CCRR – workshops, networking and lending library.

Library – local libraries offer story time and circle time

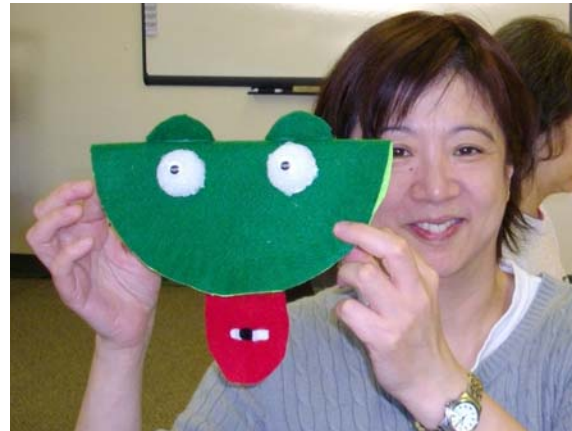
### *Do you have any advice for someone new to the child care field?*

The City of New Westminster has a great website that has a Step By Step Guide to setting up child care in the community (I actually created this document with the Senior City Planner.) Do your research, child care is not just babysitting. Educate yourself, take the Good Beginnings course or ECE certificate or Family Childcare Courses – all are extremely valuable. Continually upgrade your education as methods of child care practices are constantly changing.

*\*\*The opinions expressed in this profile do not necessarily reflect those of the YMCA CCRR.\*\**

*We want to hear from you! If you are a child care provider working in a group, licensed family or Registered Licence Not Required centre in the Tri-Cities, Burnaby or New Westminster and would like to be profiled in an upcoming issue, please contact us at 604-931-3400 or email: [triccrr@vanymca.org](mailto:triccrr@vanymca.org).*

# Networking Corner



Child care providers had a great time making story props at our September networking event. Pictured is Millie with her Wide-Mouthed Frog puppet. Please see the enclosed flyer for more networking opportunities.



## FOR SALE

- Valco Twin Stroller with Toddler Seat ~ \$400  
Little Tykes indoor kitchen with kitchen toys ~ \$100  
If you're interested in the above items, please call Nancy at 604.479.1746.

- Assorted items available, including a library bookstand, books, puppets, foam mattresses, crib with bedding & much more!

For additional information please contact Jolanta at 604.941.1293 or email Jolanta@shaw.ca

- Cubbies, shelves, changing table with stairs, high chairs, double strollers, playpen, cribs, playhouse & large outdoor toys.

Please email Shalimar at shalimarabbas@shaw.ca or call 604.779.9437

**When purchasing used toys/equipment please be sure to check the Health Canada Recall Website at <http://hc-sc.gc.ca/cps-spc/child-enfant/index-eng.php>**

# Resource Lending Library News

Looking for new ways to involve the children in your circle time?  
Stop by our lending library and check out our great selection of Big Books.

## Big Books are great for:

- extending existing interests or adding to an interest table
- creating opportunities for child/adult interaction
- large or small groups of children
- promoting literacy
- supporting children's understanding of letters and words through predictable word patterns
- encouraging children to read along
- introducing concepts such as beginning, end, front and back

## How to use a Big Book:

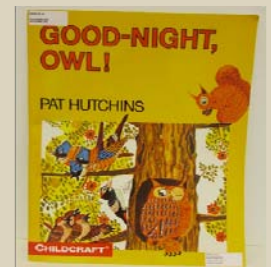
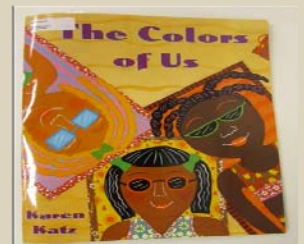
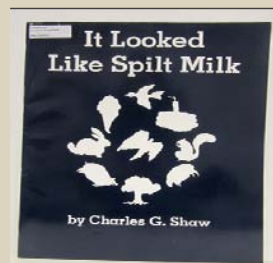
- Create a comfortable space for you and the children
- Invite the children to come and look at the book
- Involve the children in the story, ask them to point out things in the story or help turn the pages.

## Ask questions:

- What do you see?
- What do you think this book is about?
- What do you think will happen next?

Record their responses and revisit them at the end of the story.

A sample of some of the Big Books available in our Lending Library:



Thank you to presenter  
George Melzer for his creative  
donations to our resource library.

Continued...

# Activity Page

*Do you ever wonder exactly what you can do with all of those odds and ends you have collected, with children in mind? Before it all finds its way into the recycle bin, take a minute to re-consider the value of found objects! Children will find ways to use those materials that we grown-ups would have never dreamed of! All of this found 'stuff' opens doors to the expression of children's feelings and experiences, and allows others into their unique world views. It may look like not much to the rest of us, but to children it looks like a world of play!*

## Exploring with materials:

Materials can be almost anything! You can use feathers, string, ribbon, rocks, shells, fabric, tissue and gift wrap paper, wool and so much more. Here are some things to think about as you gather:

- ◆ Provide materials that are open-ended. Open-ended materials can be easily combined.
- ◆ Materials represent children's thinking. Observe! Practice enjoying the process for its own sake. Children tell their own stories with their creations, making their ideas visible.
- ◆ Provide materials that are simple. Feelings of accomplishment happen when children do not have to struggle with objects that are complex or must be carefully handled.
- ◆ Use materials that provide a sense of mystery for children. Unusual shapes and textures from nature open conversations between children. It is a lot of fun to hear what children imagine any object might be!

*Note: Be aware of choke hazards and toxic materials.*

## How can you collect materials with children?

- ◆ Take nature walks! You do not have to go far to find leaves, twigs, feathers, seed pods, acorns and more.
- ◆ Involve parents! Ask them to help their child collect useful materials. Provide a list of possibilities. This allows for relationship building between the childcare program and families, too.
- ◆ Visit local businesses to see if they have any materials to donate.
- ◆ Collect recycled materials in your child care facility, and have everyone contribute and sort.

## Children enjoy sorting materials!

- ◆ Encourage children to participate in sorting the materials. Have shallow trays with different sections or small baskets available to store the materials.
- ◆ Create opportunities for exploring and organizing. This hands-on experience plants the seed for children's ideas about how to use materials.

## Create a space:

- ◆ Provide a space for children to explore and manipulate their collected material. This may be a low table in a cozy corner. Set up the area so that the group size remains small. This allows children to communicate and relax as they create.
- ◆ Provide individual trays for children to place their creations on. Arrange a low shelf for storing the children's creations. This will encourage children to re-visit their projects. The shelf is also a great way for children to see each other's creations, get to know each other through their work and share their ideas.

## Creating with materials:

Encourage children to discover the potential of the materials. Learning happens in discovery! Allow time for children to construct and build with their materials.

Allow for opportunities for children to revisit their creations and tell a story.

Document the experience! Take photos as you go, and display them for families to enjoy.



**"Children possess a natural openness to the potential of materials."**  
(Taken from: [Introduction, Beautiful Things](#), Cathy Weisman Topal and Lella Gandini)