



YMCA

# The Parent Page

*"Your community's best source of child care information and resources"*

**Spring 2009**

## The Great Diaper Debate: are cloth or disposable diapers better for the environment?

**T**here's no clear-cut winner when it comes to whether cloth or disposable diapers are the more responsible environmental choice. Disposable diapers are a burden to municipal landfills and deplete the natural resources that are needed to make them. At the same time, reusable cloth diapers create air and water pollution as a result of the energy and water resources that are used to wash and dry diapers. The answer to this question actually depends on the resources in your community. For the "greenest" choice, Canadians should inform themselves about the resources and waste facilities in their communities before choosing one type over another. If landfill space is an issue in your community, it may be better to wash cloth diapers. Disposable diapers may be a better choice in communities where water quality and quantity is a concern.



*Here are some other factors to consider when making your decision:*

  
Child Care Resources & Referrals

**Burnaby/New Westminster 604-294-1109**  
**email: [bnwccrr@vanymca.org](mailto:bnwccrr@vanymca.org)**

**Tri-Cities 604-931-3400**  
**email: [triccrr@vanymca.org](mailto:triccrr@vanymca.org)**

### Diaper Usage

- In the first two years, the average baby will require between 5000 to 7000 diaper changes.
- As of 2004, approximately 1.7 billion disposable diapers were used each year in Canada, accounting for 85 per cent of the diaper market.
- Before disposable diapers were introduced, all babies in North America were diapered in cloth. Within 10 years of the arrival of disposable diapers on the market, the number of cloth diaper users quickly dwindled to 10 per cent.

### Disposable Diapers

- Over 4,000,000 disposable diapers are discarded per day in Canada.
- Approximately 250,000 tones of disposable diapers are sent for disposal each year in Canada, according to 2004 figures.
- Disposable diapers represent approximately 3 percent of the total quantity of residential waste for disposal in Canada.
- Effluents from the disposable diaper manufacturing process (plastic, pulp and bleached paper) are more damaging to the environment than the cotton and hemp growing and manufacturing process used for cloth diapers.

### Cloth Diapers

- Cloth diapers are related to water and air pollution because of the water and energy used to wash and dry them. This is particularly important in areas with water shortages.
- Another concern is the higher level of wastewater particulates associated with flushing away the contents of cloth diapers.
- Home laundering of cloth diapers produces greenhouse gas and other emissions from energy consumption in the dryer. Line-drying diapers when possible can reduce these emissions.
- Cloth diapers may encourage babies to potty train faster than disposables, because with disposable diapers, the babies seldom feel any wetness or discomfort.

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Be sure to check with your municipality for local programs or policies on waste disposal and diapers. Your provincial government may also have more detailed statistics and information on landfills and wastewater treatment systems. Ultimately, parents must choose a diapering system that is best suited for their baby, their lifestyle, their financial situation and their environmental concerns. In some cases, a combination of cloth and disposable diapers may be the best approach.

<http://www.ec.gc.ca/EnviroZine/default.asp?lang=250EEDD7-1>

### Port Coquitlam Healthy Kids Fair

Community organizations will be available to provide parents of tots and preschoolers with information on safety, health, literacy awareness, recreation and other community programs.



**When:** Thursday, April 23

**Time:** 9:00 a.m. to 12:30 p.m.

**Location:** Hyde Creek Recreation Centre, 1379 Laurier Avenue, Port Coquitlam

**Phone:** 604-927-SWIM (7946) or 604-927-7970

### Healthy Kids Preschool Fair @ Bonsor

A fun and informative morning for you and your child. Health professionals available, displays and opportunities to play!

**When:** Thursday, April 23

**Time:** 9:30 a.m. to 12:00 p.m.

**Location:** Bonsor Recreation Centre, 6550 Bonsor Avenue, Burnaby

Call 604-439-1860 for more information.  
[www.city.burnaby.bc.ca](http://www.city.burnaby.bc.ca)

### Rental Assistance Program

The Rental Assistance Program provides eligible low-income, working families with cash assistance to help with their monthly rent payments.

To qualify, families must have a gross household income of \$35,000 or less, have at least one dependent child, and have been employed at some point over the last year.

For more information, call BC Housing at 604-433-2218, or visit [www.bchousing.org](http://www.bchousing.org).



### Eat Together, Eat Better [www.EatTogether.net](http://www.EatTogether.net)

How often does your family eat meals together?

Eating together provides an opportunity for parents and children to communicate. Studies show kids who regularly eat dinner together with their family are:

- Half as likely to smoke cigarettes and marijuana,
- More likely to score higher marks in school, and
- Less likely to suffer from depression or become overweight or obese

Simply put, families who eat together at mealtimes tend to have children and teens that are healthier, better adjusted and happier.

Getting meals on the table isn't always easy. Being organized helps.

- **Plan a weekly dinner menu and post it on the fridge**
- **Create a shopping list from your menu plan**
- **Cut-up vegetables the night before**

Want more help getting meals on the table? Go to [www.EatTogether.net](http://www.EatTogether.net) for easy recipes, meal planners and more.

### Food Recalls and Allergy Alerts

- Keep yourself informed. For a complete list of food product recalls, visit the Canadian Food Inspection Agency website at <http://www.inspection.gc.ca/english/corpaffr/recarapp/recaltoce.shtml>

### Tri-City Women's Resource Society

#### Cell Phones for Safety Initiative

The Tri-City Women's Resource Society is offering women in need an emergency-use cell phone.

This initiative aims to increase the safety of women by providing cell phones that can be used to dial 911 in case of an emergency.

Cell phone donations can be dropped off at:  
**CarTunes Telus Mobility** at 2700 Barnet Highway, Coquitlam or **Tri-City Women's Resource Society** at 200-2540 Shaughnessy Street, Port Coquitlam.

To receive a cell phone please contact Victim Assistance at 604-941-7111.

**Tri-City Men's Resource Centre**

**Secrets to Fatherhood**

Calling all Dads! Be a part of this exciting new parenting program. This 6 week program is designed especially for dads who have experienced some form of family conflict.

**When:** Monday, April 20–June 15, 2009

**Time:** 7:00 p.m. to 8:30 p.m.

**Location:** 200–2540 Shaughnessy St., Port Coquitlam

**To register and for more information, please call Kathy at 604-941-7111 Ext. 106**

**Tri-City Women's Resource Society**

**Empowering Mother's Program**

This creative parenting program is free and is designed especially for women to share their experiences and learn more about their unique parenting concerns in a supportive environment.

**When:** April 2–May 21, 2009

**Time:** 6:30 p.m. to 8:30 p.m.

**Location:** 2420 Mary Hill Road, Port Coquitlam

**For more information, please call Kathy at 604-941-7111 ext. 106**

**Spirit Of The Children Society**

**Woman's Support Circle**

*A woman is the full circle.  
Within her is the power to  
create, nurture and transform.*

~Diane Mariechild



The Women's Support Circle is safe, respectful, and offers a place for women to connect in a supportive social network.

The program is open to all Aboriginal women who live in New Westminster, Burnaby, or the Tri-Cities.

**When:** Every Monday evening

**Time:** 6:00 p.m. to 8:00 p.m.

**Location:** 201–768 Columbia St., New Westminster

**For more information, call Glenda Morin at 604-524-9113 [www.spiritofthechildren.ca](http://www.spiritofthechildren.ca)**

**City of Port Moody Library**

**Read Today, Lead Tomorrow  
Speaker Series**

The Port Moody Public Library is committed to supporting literacy in the community. Join us for a fascinating series of free lectures, as expert speakers discuss a variety of topics.

**March 25:** *How to Get Better Grades in School*, with Terry Small

**April 1:** *Parents, Literacy and ADHD*, with Dr. Gabor Maté

All lectures will be held in the Inlet Theatre, Port Moody Civic Complex 100 Newport Drive from 7:00 p.m.–8:30 p.m. No registration is required. Please arrive early to ensure a seat.

**For more information please call 604-469-4577 or visit <http://library.portmoody.ca>**

**Burnaby Family Life**

**Anger Management for Parents**

Do you find yourself reacting to your children in a way that damages your relationship? Would you like to respond to your children in more assertive ways? Come and learn new skills and strategies. Free child care if pre-registered.

**When:** Tuesdays, Starting April 21, 2009 (6 sessions)

**Time:** 6:30 p.m. to 8:30 p.m.

**Location:** Metrotown

**To register call 604-659-2205 (\$30.00 to be paid in advance)**

**S.U.C.C.E.S.S. Family and Youth Services Clinical  
Counselling Program**

**Play Therapy**

Play Therapy is to children what counseling is to adults. Play Therapy is the most appropriate method of treatment for children who have difficulty coping with life situations. Play Therapy utilizes play, children's natural medium of expression, to help them express their feelings more easily through toys instead of words.



**To speak with an intake counselor, please call 604-408-1266**



# Family Fun!

## Festival du Bois

Mackin Park  
1046 Brunette Avenue, Coquitlam  
March 7, 11:00 am-4:30 pm & 8:00 pm-11:30 pm  
March 8, 10:00 am-4:30 pm

The Festival du Bois will chase away the last grey days of winter with a splash of "joie de vivre" and great entertainment for the whole family.

For more information, call 604-936-0039  
[www.festivaldubois.ca](http://www.festivaldubois.ca)

## SuperSunday: Art for Families

The Vancouver Art Gallery  
750 Hornby Street, Vancouver  
Sunday, March 15, April 19 & May 17  
12:00 pm-5:00 pm



The Vancouver Art Gallery's Family Programs spark curiosity and creativity, inviting children and adults to explore art and the people who create it through hands-on activities, games, and exercises.

Call 604-662-4719 for more information.  
[www.vanartgallery.bc.ca](http://www.vanartgallery.bc.ca)

## Family Fun Night

Port Moody Library  
100 Newport Drive  
Tuesday, March 31 & May 26  
6:30 pm-7:30 pm

Help your child get ready for kindergarten! Build important pre-reading skills with stories, alphabet crafts, and take home activities.

Call 604-469-4577 for more information.  
Email: [askthelibrary@cityofportmoody.com](mailto:askthelibrary@cityofportmoody.com)

## Easter Egg Hunt

Place Maillardville  
1200 Cartier Avenue, Coquitlam  
Saturday, April 11  
12:00 pm-3:00 pm

Children up to 8 years old can participate in an Easter egg hunt, play egg games, decorate eggs and make Easter crafts. Tickets must be purchased in advance.

For more information, call 604-933-6166.  
[www.placemaillardville.ca](http://www.placemaillardville.ca)



## Kidstuff Swap Meets



Gleneagle Secondary School Gym  
1195 Lansdowne Drive, Coquitlam

Saturday, March 28  
10:00 am-2:00 pm  
604-461-1240 or [rosecare@telus.net](mailto:rosecare@telus.net)

Eagle Ridge Elementary School Gym

1215 Falcon Drive, Coquitlam  
Saturday, April 4  
9:00 am-1:00 pm  
604-942-1937 or [laconfidential@shaw.ca](mailto:laconfidential@shaw.ca)

Bonsor Recreation Centre

6550 Bonsor Avenue, Burnaby  
Sunday, April 26  
10:00 am-2:00 pm  
604-439-1860 or [www.city.burnaby.bc.ca](http://www.city.burnaby.bc.ca)

## Earth Day for the Whole Family

Lower Seymour Conservation Reserve (Rice Lake Gate)  
Located about 3 Km north of Capilano University  
on Lillooet Road in North Vancouver



Saturday, April 25  
10:00 am-2:00 pm

Celebrate International Earth Day by participating in stewardship activities at the LSCR.

Engage in activities that work to free the natural ecosystem from the influence of invasive plants, and establish habitat for native wildlife.

Call 604-451-6506 for more information

## Kwikwetlem First Nation Canoe Project

Colony Farm Road, Coquitlam  
Kwikwetlem First Nations Land

You can watch master carver Mark Point, shape a ceremonial war canoe from a salvaged cedar that was pulled from the Coquitlam watershed. Witness history as the Kwikwetlem's first traditional canoe in over 100 years emerges.

Call 604-540-0680 to find out which weekends carving is taking place: [www.kwikwetlem.com](http://www.kwikwetlem.com)