



The Cove



Sooke / Westshore Child Care Resource and Referral



Winter 2011/2012

Special events in the New Year:

- *Family Child Care Course. Begins January 7, 2012*
- *Guiding Children's Behavior Workshop January 18, 2012*
- *Kids Have Stress Too!™ Workshop January 25, 2012*
- *StoryYoga Workshop February 22, 2012*
- *Vancouver Island CCRR Mini - Conference March 17, 2012*

The Great Outdoors!

The news has been released. Beginning in September 2012 the Sooke School District is going to offer an outdoor Kindergarten. Rain or shine they will spend the morning outside exploring the various habitats surrounding them. What an experience they will have!

All too often we forget that children are not made of sugar and therefore they will not melt in the rain. It is easy to stay inside on a rainy day, but think of the fun children get from simply exploring the wilderness. Invest in a magnificent pair of gum boots and a warm rain coat and relive

the magic of puddle jumping.

Do you remember wondering as a child, "Do birds fly in the rain?" Go outside and see! You don't have to go far to be able to find sticks, leaves, pine cones and a myriad of other items that you can take back inside and use to create a very tactile nature collage. Add new items to your own nature museum.

These are some of our favorite places to walk with children in the rain.

- Whiffen Spit** **Thetis Lake trails**
- Langford Lake** **Frances King Park**
- The Board Walk at Ed McGregor Park**

How about you?



HOURS:

Consultants

Westshore: Monday- Friday
8:30-4:30

Sooke: Mon, Wed, & Friday
9:00-2:30

Coordinator

Sooke: Monday-Friday
8:30-4:30

The Sooke/ Westshore CCRR Team

Consultants:

Sharon McIntosh
Westshore

Erin Holler
Sooke

Reception:

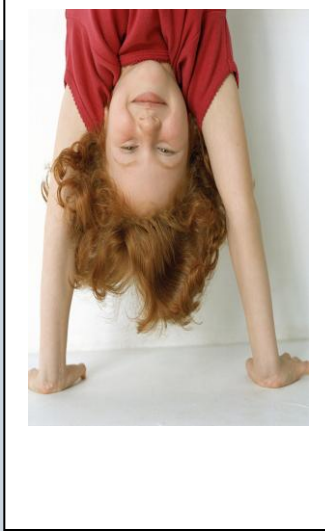
Lauren Anderson

Coordinator:

Daphne Raymond



New Year, New Programming



Same great spaces,
same smiling faces!

Beginning in January 2012, the CCRR Playgroup in the Westshore will be provided with the following schedule:

9:30-11:00 am

1st Thursday of the Month—Licensed Day Care Providers

**3rd Thursday of the Month—
Registered License Not Required Day Care Providers**

The Playgroup is great way for your daycare children to enjoy the play-based activity centres in the CCRR's Westshore early-years room with art/craft activities, snack time, and circle time. Care Providers can connect with the CCRR Consultant to receive information and ideas.

If you have any questions regarding this change in Playgroup scheduling, please contact: Daphne Raymond, Sooke/Westshore CCRR Coordinator at 250-642-5152; draymond@sfrs.ca



Working Together - Positive Cooperation in Tough Times

Children do not arrive at your door prepared to get into trouble. Yet sometimes, for what ever reason, there are rough days. Maybe... they haven't been eating properly, too many late nights, cutting a tooth perhaps, how about the beginnings of an ear infection?

Here are some tips to help teach children cooperation, or to do as they are asked, as taught using the *Positive Parenting Program* "Triple P" method.

- Think about your instructions/requests
 - Only give instructions/requests that are necessary and that you can back up.
- Get close and gain children's attention before a request.
- Tell the child what is expected – be specific – "It is snack time now, wash your hands please."
- Give children time to understand your request and cooperate
 - around 5 seconds.
- Praise them for cooperating.
- Repeat your instruction if necessary and then move to a quiet time if they are not cooperating.



Winter 2011-2012

Sooke/Westshore CCRR

Sooke/ Westshore
Child Care
Resource and Referral

Sooke Office

#105-2145 Townsend Rd.
Sooke, BC
V9Z 0H3
Phone: (250) 642-5152
Fax: (250) 642-7663

Westshore Office

#2203-345 Wale Road
Victoria (Colwood), BC
V9B 6X2
Phone: 250-381-4324
Fax: 250-642-7662

SFRS Web Site:

www.sfrs.ca

Additional CCRR
information can be found
at: www.islandfamilyinfo.ca
and www.crr.bc.ca



Your Community's Best
Source for Child Care
Information and
Resources

The Sooke/Westshore Child
Care Resource and Referral,
in partnership with the
community, strives to
enhance the availability and
accessibility of a range of
quality child care options
and services to meet the
needs of children, families,
and child care providers.

Toy and Equipment Lending Library Update

As mentioned in the last newsletter, we are putting the final touches on the Toy and Equipment Lending Library catalogue before we launch it on our website.

We are waiting for a few more items that are still out with care providers/families to be returned so that we can photograph them for the inventory/catalogue. If you have items that you have borrowed from the Lending Library (either from the Westshore or Sooke), please return them promptly.

Once the inventory is complete the catalogue will be placed on our website where you can browse through it at your leisure.



If you find items that you would like to borrow, just let us know and we can arrange to get the items to you.



Craft Corner

Knitty Gritty

Young artists can explore texture, line, and color with this no-mess creative project.

Materials

- fuzzy yarn
- 40-grit sandpaper

Instructions

1. Cut fuzzy yarn into various lengths, from one inch to two feet.
2. Have your child use the yarn to "draw" on a sheet of 40-grit sandpaper. He'll be able to move the lines of yarn wherever he pleases, and thanks to the paper's rough surface, the pieces will stay put.



What you put out, is what you get back

**“Optimist:
someone who figures that taking a step backward
after taking a step forward
is not a disaster, it's a cha-cha. ~
Robert Brault.**

Some days do you reflect and feel like all you said that day was “don’t” and “no”? How would it be if you could take that out of the equation and operate your child care setting as the optimal optimist?

Changing the language you use with the people you encounter every day can have a profound impact on your own physical and emotional health *and* the health of those around you. It takes a lot of practice and being really aware of your words. The language used with children throughout their day can support, guide, and model with optimism.

Children’s daily activities, routines, and tasks can be communicated in a “what you can do” rather than “what you can’t do” manner.

What sounds more helpful and positive to you?

“John STOP running in the house!” OR, “John, walking in the house please.”

Take a moment and think about the last time you used “stop” or “don’t.” How could you rephrase that to make it more positively impactful? Try it out for a week and see how the children in your care react. Don’t forget the adults that you are in contact with as well. It can be hard, but optimism can be learned, practiced, and has fantastic benefits - What you put out, is what you’ll get back.

Optimism Resources:

Positive Behavior Support Resources

<http://csefel.vanderbilt.edu/resources/family.html>

The Optimistic Child

Martin E.P.Seligman, Ph.D

Learned Optimism, How to Change Your Mind and Your Life

Martin E.P.Seligman, Ph.D

Brain Wellness

Gary Anaka - <http://www.braincoach.ca/>

**If you would like to borrow any of the books lists above,
they are available for check-out through our resource library .**



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is funded by the Province of British Columbia**