

BC Family Child Care Association



Summer 2015

Caregiver E Connection

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**Renew your membership
for the 2015/2016 year**

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A Big Thank You to Southern Vancouver Island Family Child Care Association !



It is with much gratitude that the Board of BCFCCA extends their sincere thanks to the Board of SVIFCCA for their hard work, dedication and assistance in making "A day with Jeff" conference such a huge success.

It takes many hours and many hands of dedicated people to pull off such a big event with such success and being able to attract such a high number of attendees. We could not have done it without YOU!

Looking forward to our next conference in 2016 and working with another dedicated group of child care professionals!



**Jeff was very dynamic and a great speaker.
LOVED IT! OPENED THE IMAGINATION.**

JEFF JOHNSON WAS ASTOUNDING AND GAVE LOTS OF FOOD FOR THOUGHT.

Jeff is a great speaker, awesome information. .

*...very interesting ideas I can take back to my centre.
HE MADE THE WORKSHOP FLY BECAUSE HE WAS SO INTERESTING.*

His enthusiasm is contagious.

FANTASTIC

I learned so much.

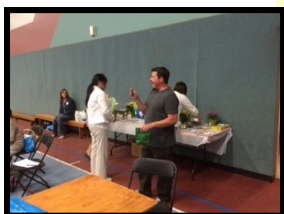
HE WAS HILARIOUS TO LISTEN TO BUT HE ALSO HAD SO MANY GREAT IDEAS.

Very knowledgeable.

Fun and informative

Amazing, totally informative.

Thank you, thank you, thank you.



BCFCCA 2015 ANNUAL CONFERENCE & AGM





BCFCCA Conference & AGM 2015



The BC Family Child Care Association, in partnership with Southern Vancouver Island Family Child Care Association were pleased to host the BCFCCA Conference and AGM in Victoria, BC on June 13, 2015.

Jeff Johnson's presentation generated energy and enthusiasm throughout the room. He challenged us to think about ourselves and our comfort levels with different types of play. He got us thinking more about the activities and materials we provide, and how they could be used by the children in our care. His humour and wit kept us entertained throughout the entire workshop and I'm sure we all went home with some new play ideas.

The lunch, provided by Today's Lunch Company was well received among the attendees. All the hard work Southern Vancouver Island Family Child Care Association contributed as co-host was evident and appreciated. Thank you, also to the members of the BCFCCA who contributed their time and effort into making the conference a success.

Most of all, thank you to those of you who made time to further their education and skills in offering care to children by attending this conference. Your dedication is commendable and we look forward to seeing you again soon.

For more in formation on **Jeff Johnson** and his presentations, follow some of the links below.

Website: <http://www.explorationsearlylearning.com/>

Facebook: <https://www.facebook.com/ExplorationsEarlyLearning>

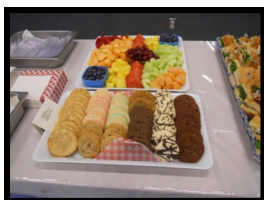
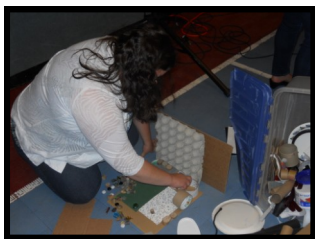
Pinterest: <https://www.pinterest.com/exearlylearning/>

Youtube: <https://www.youtube.com/user/ExplorationsLLC>

Twitter: <https://twitter.com/ExEarlyLearning>

Instagram: https://instagram.com/explorations_early_learning/

Amazon Booklist: <http://www.amazon.com/Jeff-A.-Johnson/e/B001JP1HN4>





BCFCCA Board

BCFCCA Chair Report Annual General Meeting 2015 June 13th, 2015

Your BCFCCA Board 2015 / 2016



**Rena
Laberge**

Well it's hard to believe another year has passed since the last Annual General Meeting. This is BCFCCA's 34th year. Who would have thought in 1981 that this association would have grown so large and accomplished so many amazing projects in support of child care in the Province throughout these years?



**Joanne
Cruickshank**

It has been an honour for the board to be working with Southern Vancouver Island Family Child Care Association on planning today's event and their hard work and dedication to child care and our Association is very much appreciated by the whole board.



**Carmen
Barclay**

BC Family Child Care Association (BCFCCA) is always looking for more member groups from around the Province. If you belong to a group with a vested interest in child care in the Province of BC, please contact us for more information on how your member group can join BCFCCA. If you would like to start a member group in your area, we can help you with that also. Please contact us at chair@bcfcca.ca or office@bcfcca.ca



**Shannon
Castano**

As you can see by the different reports attached, we have different committees hard at work. BCFCCA is continually looking for volunteers to help us on these committees - you never know what you have to contribute until you talk to the people working on these committees - if you want to know more, feel free to contact me at chair@bcfcca.ca and I can pass along your email or phone number.



**Wilma
Enders**

BCFCCA implemented sending out the Newsletter electronically and this has been received well by the membership. This has saved the association valuable time and resources plus keeps with our "green" policy and we thank you for your support with this.



**Suzanne
Schlechte**

BCFCCA continues to reach out to both long-time members as well as gaining new partnerships and expanding the awareness of the association to those who may not have previously been members. We represent 275 members at this time, but we need to continue to grow and reach even more child care providers, as we move forward to sustain the organization and support child care throughout the Province. Everyone here can help us build the association by spreading the word on how amazing this workshop is today and how it would not have been possible if it was not for BCFCCA.



**Shauna
Lockhart**

With the \$10 a day plan being present in the media with the pending elections, BCFCCA is sending out a survey monkey to you all so that we can hear from you, the members, what you're feelings and knowledge is on this plan. Once we have heard from you the members we can put together a plan on how you would like BCFCCA to move forward on this topic.

Lastly, we are saddened to say that Vicki Lepper has stepped down from her position as Co-Chair in March 2015. We are however blessed to have the continued support of Joanne Cruickshank and Carmen Barclay and we are very pleased to introduce to you our four new board members, Shannon Castano from Maple Ridge, BC, Shauna Lockhart from Langley, BC, Suzanne Schlechte from Richmond, BC and Wilma Enders from Richmond, BC.

Rena Laberge Chair, BCFCCA



Social Media Committee

BCFCCA 2016 CALENDAR PHOTO CONTEST

What makes your community special?

We are looking for 12 photographs that highlight unique aspects of our beautiful provincial towns and cities.

Post and share your special BC photos in our contest album on the BCFCCA Facebook page, and have the chance to be featured in the 2016 Record Keeping Calendar for Child Care Professionals.

THE PHOTOS WITH THE MOST 'LIKES' WIN!

Submit your photos by: FRIDAY JULY 31st !

Photo Contest Guidelines:

- Photo should capture a unique shot of a special place in a BC community.
- Photos should include a caption (100 words or less) to describe the photo and go alongside the winning photos in our calendar.
- Photos that include people will need to have photo-consent in order to be chosen for the calendar.
- All entries become property of the BCFCCA

WINNERS WILL EARN A SPOT IN OUR BEAUTIFUL CALENDAR, & GET A FREE 2016 CALENDAR TO KEEP.



BC Family Child Care Association now has a Pinterest page.
Have a look <https://www.pinterest.com/bcfcca/>



Calendar Survey

We are looking for feedback on our popular Record Keeping Calendar for Child Care Professionals and would appreciate a moment of your time to complete the following survey,
<https://www.surveymonkey.com/r/DSKQKJ8>



“Joining the Conversation”

Don't miss out on the opportunity for great conversations and interactions with other Child Care Providers on our

Members only page

Remember to “Like us” on Facebook

Canadian Child Care Federation



CANADIAN
CHILD CARE
FEDERATION

FÉDÉRATION
CANADIENNE DES
SERVICES DE GARDE
À L'ENFANCE



CANADIAN
CHILD CARE
FEDERATION

FÉDÉRATION
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SERVICES DE GARDE
À L'ENFANCE

WE VALUE CHILDREN

NOS ENFANTS : NOTRE RICHESSE

June 1, 2015

To: The Members of BCFCCA

Across Canada, there is a renewed passion rising. A passion for the importance of early learning and child care and its importance for children, families and strong communities. A passion for affordable fees for families while still ensuring worthy wages for everyone who works with children. A passion that comes from the fact that families in Quebec have access to the most affordable fees in all of Canada along with quality spaces in both family child care homes and child care centres and the question as to why all Canadian provinces and territories do not offer the same.

Your work—our work—is part of this greater collective, recognizing that the care and education of Canada's youngest citizens is a critically important service for Canadian families. It is not to be left to chance, but rather, purposefully planned and designed for the betterment of children, families and society. Everyone across Canada working together for this makes each one of us better. If you believe in a better Canada, if you believe that the work that you do is important, then your voice is an important piece of the conversation.

As we move forward in 2015 and the upcoming federal election, I urge you to pay attention to what is being said about child care. There are many options and views being discussed and I can promise you that child care will be hot topic. Ask yourself, which plan do you think will make for a better Canada for children and their families and which one will enhance and create quality spaces? They are critical questions for the future of your work and that of the children and families in your care.

The CCCF will be doing what it can to educate and help you understand what is being said and what you need to know. Check out the CCCF website frequently and follow us on social media so you are in the know.

Yours' Truly,

Don Giesbrecht
CEO



CCCF Call for Nominations

The Nominating Committee of the Canadian Child Care Federation is pleased to invite all CCCF members to submit an application for nomination to serve on the CCCF Board of Directors, based on the following criteria:

Must be 18 years old

Must be a CCCF member in good standing

Must have demonstrated leadership and involvement in regional, provincial or national child care/early childhood organization(s)

For more information go to <http://www.cccf-fcsge.ca/>

DID YOU KNOW?



BC Family Child Care Association ("BCFCCA") members are found all over the province and share your commitment to excellence in early learning and child care.

Members of BC Family Child Care Association receive an affiliate membership with the Canadian Child Care Federation ("CCCF").

(Canada's largest early learning and child care organization, CCCF a federation of over 20 provincial/territorial organizations from across the country, representing 9,000 members~ practitioners, administrators, parents, academics, researchers and policy makers. CCCF is committed to excellence in early learning and child care through best and promising practice, capacity building, and collaborations,



We Value Children

Proud to be
an Affiliate
Fière d'être affiliée



CANADIAN
CHILD CARE
FEDERATION
FÉDÉRATION
CANADIENNE DES
SERVICES DE GARDE
À L'ENFANCE

Nos enfants : notre richesse

Are you ready to join us and make a difference?

BCFCCA's annual membership fee is only \$45.00

Membership details are available at www.bcfcca.ca

Register from our website via PayPal or mail in your cheque to:

BCFCCA
#100-6846 King George Blvd.
Surrey, BC V3W 4Z9





Membership.....Join, Renew and Benefit!

<h2 style="margin: 0;">BC Family Child Care Association</h2>	
Name: _____ Child Care/Organization: _____	
Address: _____	
City: _____	Postal Code: _____ Phone: (____) - _____
Fax (____) - _____	E-mail: _____ Member since: _____
<input type="checkbox"/> New Member <input type="checkbox"/> Renewal <input type="checkbox"/> Recognized Good Beginnings Facilitator	
Permission to publish name for membership list purpose: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Annual Membership Fee is \$45 (Includes membership with the Canadian Child Care Federation) Membership valid Sept. 1st.— Aug. 31st.	
Attention: Membership #100-6846 King George Blvd., Surrey, BC V3W 4Z9 <i>Please return this form with payment.</i>	
For Office Use Only Amount Received BCFCCA: _____ CCCF: _____ Date Received: _____ Expiry Date: _____ Authorized Signature: _____ Charitable Tax #0987099-21-RR0001	



BC Family Child Care Association's 2016 Record Keeping Calendar for Child Care Professionals

Item	Member Price	Non-member	Qty.	Total
BCFCCA Annual Record Keeping Calendar	\$20.00	\$25.00		
Early Bird Purchase				
Purchase your calendar by September 1 st , 2015 and receive an additional \$2.00 off each calendar	\$18.00	\$23.00		
	Sub-Total			
Shipping: Minimum charge: \$4.00 per calendar Larger orders should contact the office for an estimate	Add Shipping & Handling			
	Total Due			



Summer Safety

Look again! Does it look like another mosquito bite?

Many of you may have seen warnings on Facebook (and other social media sites) with pictures of children's arms and legs that have what looks like a **mosquito bite** and the parent later finds out it was a **tick bite**.



What is a tick?

Ticks are tiny bugs which are related to mites, spiders and scorpions. Ticks feed on the blood of animals and require blood meals at certain times in their development cycle. Feeding can last from hours to days depending on the type of tick.

There are many species of ticks but only a few are known to carry the bacterium responsible for causing Lyme disease. In BC, the most common one to transmit Lyme disease is the Western black-legged tick (*Ixodes pacificus*). What are we doing in BC to watch for and reduce the risk of Lyme disease? The BC Centre for Disease Control works in cooperation with local health authorities to monitor for Lyme disease.

- Children are particularly at risk of getting tick bites due to playing outdoors in grassy or wooded areas.
- Pets can bring ticks in from the outside and can get sick from Lyme disease too.

Optimal environmental conditions for ticks are in south coastal BC (i.e., Vancouver Island, Lower Mainland, and Sunshine Coast) and interior BC valley regions. The habitat in these areas is characterized by low-lying vegetation such as high grass and brush, with abundant leaf litter and a nearby water source.

What is Lyme disease?

Lyme disease ("LD") is caused by a bacterium (*Borrelia burgdorferi*) which can be transmitted to humans through the bite of an infected tick. If left untreated LD can affect the joints, the heart and the nervous system. Most cases of LD can be treated successfully with a few weeks of antibiotics. Early symptoms of LD include:

- A "bulls-eye" rash which spreads outward from the tick bite.
- General symptoms of fever, headache, muscle and joint pains.

If you are concerned about Lyme disease you should speak with a health care professional who can assess your symptoms and make sure you get any tests or treatment you may need.

Information above collected from the following website: <http://www.bccdc.ca/NR/rdonlyres/9F45908D-959A-442D-BB50-39897C53EF51/0/Lyme20110908.pdf>



Registration now open for the
North Shore Early Childhood
Conference:

To Learn, To Wonder

Saturday, September 26th, 2015
at Capilano University

<http://www.nsececonference.com>



Your Community's **Best** Source
for Child Care Resources and Referrals



JANUARY 15 & 16th, 2016
CHILDREN THE HEART OF THE MATTER
CONFERENCE

Bell Performing Arts Centre, Surrey, BC

Watch for our conference brochure in the fall.



www.childcareoptions.ca



Sunscreen

Apply and reapply for those kids over six months, most sunscreen wears off after three hours. Get parental permission on medical forms to use sunscreen prior to use.



Playground Equipment

Make sure that equipment surfaces are safe. Inspect equipment when you head to a playground. Slides and surfaces that face the sun can quickly heat up, wooden beams and boards can splinter, bolts and nails can loosen.



Water

Keep those kiddos hydrated. Summertime heat and running around can quickly land a little one into a danger zone of dehydration or heat exhaustion.

Keep fluids accessible and offer them regularly. Watch for warning signs (excessive sweating, muscle cramps, dizziness).



Dehydration and Heat-Related Illnesses

Keeping well hydrated is very important. Children (and adults) must remember to drink. Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards. Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am- 6 pm). Look for shade and take lots of breaks. Seek medical attention immediately for any signs of heat-related illness.



Stay cool in the summer heat with this delicious treat!

Magic Banana Ice Cream

Carmen Barclay Holistic Health Coach



Ingredients

2 – 8 ripe bananas, peeled, cut into chunks and frozen overnight (6 to 8 hours)

Remove bananas from the freezer and thaw 5-10 minutes. Place banana chunks in a food processor and puree until you achieve ice-cream consistency. That's it! Seriously! Serve immediately.

Toppings (It's always good to have options!)

- Top with crunchy Cacao nibs
- Top with ½ cup of roasted walnuts (heat in pan for about 5 - 10 minutes. Watch so they don't burn.)
- Sprinkle cinnamon
- Drizzle maple syrup
- Drizzle vanilla extract
- Add frozen blueberries/strawberries/raspberries/blackberries/fresh goji berries, or any kind of frozen fruit you like!

ENJOY!



BC Family Child Care Association

**#100-6846 King George Blvd.,
Surrey, BC V3W 4Z9**

BCFCCA 's AGM

Year end financials are now available
on our website, under the Members
Only tab.

www.bcfcca.ca

Phone: (604) 590-1497

Toll-Free: 1-800-686-6685

Fax: (604) 590-1427

Email: office@bcfcca.ca

Opinions expressed in this publication are those of the contributor, and do not necessarily reflect the views of the BC Family Child Care Association (BCFCCA).

The Caregiver Connection reserves the right to review and edit submitted material as necessary for inclusion in any issue.

Please direct all comments, submissions,

and inquiries to:

BCFCCA Newsletter

**#100-6846 King George Blvd.,
Surrey, BC V3W 4Z9**

Phone: (604) 590-1497

Toll-Free: 1-800-686-6685

Fax: (604) 590-1427

Email: office@bcfcca.ca

In order to best represent you, BC Family Child Care Association ("BCFCCA") needs members to promote and talk about the need for a strong voice in the field and to promote the unique and valuable contributions family child care providers make everyday. The more members we represent the more influence we'll have to ensure that family child care remains a viable option for parents and providers.

Visit us at: www.bcfcca.ca

MEMBER GROUPS



Southern Vancouver Island Family Child Care Association

Vancouver Family Child Care Association



North Fraser Child Care Association

Prince George Child Care Association

