

# The Bear Facts

Website: [www.svifcca.com](http://www.svifcca.com) - Contact Line #391-6556



Issue 122

Jan/Feb 2016



## From the Big Bear

Hi Everyone

Welcome to 2016—the year of the Red Monkey. Wishing everyone peace and prosperity.

I decided that making resolutions aren't my strong suit or should I say keeping them, so made none. However I am going to valiantly strive to keep my daycare up to date with everything that Licensing wants us to do and to try for a little bit more. This way when the "visit" comes I won't be behind the 8 ball.

We are going to have a Mini Half Day Workshop and are trying to decide on a topic/speaker. Does anyone have any ideas that you would like us to look into? In other words something that can't be done in an hour and a half but in 3 hours.

The BCFCCA Conference and Annual General meeting is JUNE 11th in Vancouver. Please, mark your calendars and more info to come shortly. The workshop and networking is phenomenal. Also if you have any ideas on speaker that you would like to hear, please let Rena know ASAP as they are finalizing details.

I was asked by some members to talk to Licensing about the length of Inspections and was told that they have the right to enter our facilities and conduct inspections as deemed appropriate. If anyone has a complaint about a particular officer, you are advised to phone the office and make a complaint. If you feel your questions/replies are not being heard, you can call the Grievance Committee who will review your inspection report and assist you in anyway that they can. If you are going out on a planned field trip, you do not have to cancel as we are paid by the parents to care for their children. However please give your LO times when you will be available for them to return to complete their job. Remember if you keep up to date on paperwork, yardwork and housekeeping, the "visit" will be shorter unless you talk a lot :)

*Leagh Lawrence*

In this issue:

1. From the Big Bear
2. On-line Submissions for Subsidy/ CCOF Photocopier/Laminator
3. Membership Report  
Field trips
4. Fundraising /Other workshops  
Executive /Standing Committees
5. SVIFCCA Workshops  
BCFCCA
6. Babies and Toddlers need Language  
Play Too!
7. Rhymes
8. Chinese New Year
9. Items of Interest
10. Helping Children Understand Death
11. Helping with Separation Anxiety  
for \$5 draw
12. Groundhog IdeasCraft Idea



Happy Family Day

# Norwex

Improving quality of life

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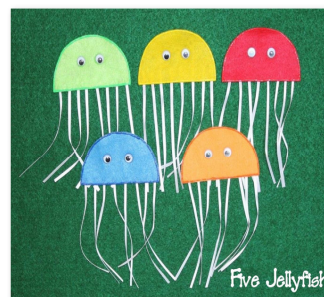
[www.facebook.com/terrikthomasnaturallyclean](http://www.facebook.com/terrikthomasnaturallyclean)

## RENA'S FELT STORIES

Please check out the NEW Facebook

page [www.facebook.com/feltstoriesbyrena](http://www.facebook.com/feltstoriesbyrena) where you will see the felt story

pictures posted and orders can be taken by PM (Private Message). Want to see the felt stories in person Rena and her felts will be at the Indoor Langford Legion Night Market every third Wednesday. Next date is February 17th 5:30 to 8:30pm.



## CCOF CLAIMS

Everyone **MUST** get a BCeID as soon as possible as you will NOT be able to fax these in any more. If you do not have one, go to [www.bceid.ca](http://www.bceid.ca), select Register and then choose Register for a Business BCeID and follow the instructions.

## Canadian Child Care Federation Launches New Website

Offering Early Childhood Education and Care Sector Direct Access to Resources and Community Dialogue .

Visit our new website at [www.cccf-fcsge.ca](http://www.cccf-fcsge.ca) and expand the national dialogue and voice of our early learning and childcare sector.

## ON-LINE SUBSIDY CLAIMS

In a few months, our Subsidy Claim forms will be able to be submitted on line

If you do not submit CCOF on line, now is the time to apply for your number so that you will be able to take part in this quicker way of submitting, tracking and seeing when you are paid for both Subsidy and CCOF.

## PHOTOCOPIER & LAMINATOR

These are located at **677 Kent Road** (Rena's house) ph 250-727-6176.

**PHOTOCOPIER:** The paper provided is 8 1/2 x 11 inches. It also does 8 1/2x14inches, white paper (you must provide) The fee charged is 5 cents/side/copy. It does double sided. You are able to email (preferably in a jpeg file) [childcare@svifcca.com](mailto:childcare@svifcca.com).

**LAMINATOR:** The laminator's charge is \$0.75 cents/foot and the film is 18 inches wide.

## Suggestions for Workshops

There will be a box at the meetings ~ a suggestion box ~ in which you can put ideas for workshops, speakers, etc. and all the contact information that you have on the speakers (if known).



**NOTE:** Please phone ahead and make an appointment to use these machines or Rena is willing to pick up any photocopying/laminating at one of our meetings and return it at the next. Please arrange for this first.

**Receipts are issued for both machines.**

# Membership Report

Hi Everyone

We are starting the new year off with 37 family child care providers and 4 group child care providers. We always welcome guests, childcare providers and parents, to our meetings.

Please help spread the word of our great organization.

Your family child care membership with SVIFCCA, offers you:

- \* the ability to attend our monthly workshops for free
- \* discounted or free SVIFCCA conferences
- \* subsidized Christmas party
- \* subsidized butterfly kits
- \* discount pricing on educational material sold at our fundraising table
- \* organized field trips with other family child care providers

Group membership offers:

- \* the ability to send up to 5 staff to each monthly meeting
- \* subsidized butterfly kits
- \* discount pricing on educational material sold at our fundraising table

Our online auction will open January 28th. Be sure to check your email for the reminder and link. Please pass on the email or link to others in the Greater Victoria Area that you think may be interested.

Happy 2016 everyone!

**Deb Housden**

Membership Director

For information on workshops, links, etc. check out our website at [www.svifcca.com](http://www.svifcca.com)

**Regular membership dues are paid yearly (\$75).**

**They include:**

- SVIFCCA membership (\$30)
- BCFCCA membership (\$20)
- CCCF "affiliate" membership (\$25)

**NOTE:** Group Member —please see [www.svifcca.com](http://www.svifcca.com) for rules pertaining to their membership

**And entitle members to:**

- Attend monthly meetings, workshops and socials
- Grievance Committee
- Access to a photocopier and laminator (fee)
- Receive copies of Newsletters (5)
- Field Trips and Special Events
- Parent Referrals (Contact Line)
- Website
- Hold a position on the Executive &/or on a committee
- A copy of the Association's Member Handbook
- Vote at a meeting
- Support and guidance from other members

## SCHOLASTIC BOOK ORDERS

We have Elf and See Saw Book Order Forms available. This is one of the ways we fundraise for new items for the Special Draws, workshops, etc. Please see Deb at the Membership table for your copy of order forms and to place your orders.



## JOB OPPORTUNITY

The Burnside Gorge Community Association (BGCA) is seeking a part-time Preschool Educator. The position is 14 hours/week, \$20/hour. Closing date is Wednesday, January 27th at 4pm. A full job description and application details are available on the BGCA's [Employment Opportunities](#) page.

## FIELD TRIPS

Does anyone have any ideas where an interesting place you would like to go for a field trip? Diane is trying to think of some new places to explore that are suitable for the ages of children that we have.

Contact Diane Townsend 250-717-2197 or [dtownendsmith@hotmail.com](mailto:dtownendsmith@hotmail.com)



## Fundraising Corner

Check out our interesting Fundraising Table and 50/50 prizes at our meetings. Inventory is always changing.

*Remember the sale of all items help our Association's ability to provide such things as the Workshops, Meeting Room, Special Days, etc.*



## S.V.I.F.C.C.A. Executive

<b>PRESIDENT</b>	
Leagh Lawrence	250-475-2217
<b>1ST VICE PRESIDENT</b>	
<b>VACANT</b>	
<b>2ND VICE PRESIDENT</b>	
Tara Bisgrove	250-381-0177
<b>MEMBERSHIP</b>	
Deb Housden	250-220-6804
<b>SECRETARY</b>	
Diana McKay	250-477-9766
<b>TREASURER</b>	
Rena Laberge	250-727-6176
<b>FUNDRAISING</b>	
Cindy MacCormack	250-383-3418

## ELECTIONS

There is STILL the following position available

### 1st VICE PRESIDENT

Please think about helping your Association and volunteering for this position.

Thank you

## Standing Committees

<b>GRIEVANCE:</b>	
Leagh Lawrence	250-475-2217
Rena Laberge	250-727-6176
<b>MEMBERSHIP:</b>	
Samantha Eckard (Phoning)	250-592-4277
<b>NEWSLETTER:</b>	
Leagh Lawrence	250-475-2217
<b>WEB PAGE:</b>	
Rena Laberge	250-727-6176
Sherry Thornhill (WebMaster)	1-250-743-7564
<b>SOCIAL:</b> Refreshments	
<b>FIELD TRIPS:</b>	
Diane Townsend	250-727-2197
<b>BCFCCA :</b>	
Rena Laberge (Chair)	250-727-6176
Diana McKay (Member Group Rep.)	250-477-9766

## Other Workshops

### VCCRR & WSCCRR

For information call:-

VCCRR	250-382-7000
Westshore-Sooke CCRR	250-391-8653

[www.islandfamilyinfo.ca](http://www.islandfamilyinfo.ca)

# SVIFCCA Speaker's Corner



General meetings are held on the **4th Thursday** of each month (excluding July and August and December). Doors open at 6:45 pm with a short business meeting at 7:15pm. Please note our meeting place: **North Douglas Pentecostal Church, 675 Jolly Place, Victoria** (near the intersection of Glanford and McKenzie Avenues (unless otherwise stated) Check [www.svifcca.com](http://www.svifcca.com) for more information on workshops.

**7:15 - 9:00p.m. Certificate provided. Meeting at North Douglas Pentecostal Church, 675 Jolly Place**

**February 25th, 2016(Thursday)**

**"Supporting Children Through Grief" ~ Presented by Deborah Caravitis**

*Debra currently works as a counselor with Victoria Hospice. In addition to her clinical social work experience, she has a background in Child Psychology and Early Childhood Special Education. Debra has worked with children, families, and caregivers throughout the lifespan in a variety of settings. Previous work experience in Victoria was with the Queen Alexandra Centre for Children's Health, serving in the community as a Supported Child Development Consultant. Throughout her work, Debra has particularly appreciated supporting others through periods of transition, loss, and grief.*

*The workshop will provide an overview of children's development levels and experiences of grief at different cognitive ages and stages. Stories and strategies will be offered suggesting ways that care providers, in collaboration with families, can support children in their care. The workshop will have some experiential components giving participants opportunities to explore their experiences with grief. Hospice services and bereavement programs will be highlighted. Written Hospice materials will be given and examples of materials to use in your work with children will be shared.*

**March 24th, 2016(Thursday)**

**"Supporting Children Through Separation and Divorce" ~ Presented by Zoe Eakle, RPC Registered Professional Councillor at Open Sky Counselling**

*Zoe is a Registered Professional Councillor, with the Canadian Professional Councillor's Association as well as a group facilitator and educator. She also works in collaboration with children, parents, and teachers as a Special Ed Assistant for the Victoria School Board. Zoe volunteers as a therapist with Citizen's Counselling Centre and has also volunteered with Family Roots, Victoria Boys and Girls Club and Power to Be through their outdoor family adventure therapy program.*

**April 28th, 2016(Thursday)**

**"Sung Fun Music" ~ Nancy Dobbs**

*On your marks, get set...go! Discover ways to weave music throughout your childcare program*

## BCFCCA

You can reach the Board at:-

**E-mail** - [office@bcfcca.ca](mailto:office@bcfcca.ca)

**Mailing Address:** 100-6846 King George Blvd., Surrey, B.C. V3W 4Z9

**Web** - [www.bcfcca.ca](http://www.bcfcca.ca)

**Phone** - 1-800-686-6685 or 1-604-592-1497

**Fax** 1-604-590-1427

### BCFCCA FUNDRAISING ITEMS

Please contact Diana at home or at a meeting as she may have items you wish to purchase or will be happy to place an order for you

**Emergency cards** \$ 9

**BCFCCA 2016 Record Keeping Calendars** \$20



# Babies and Toddlers Need Language Play Too!

Playing orally with nursery rhymes, both traditional and modern, is especially magical. From very early in infancy, babies respond to their rhythms and rhymes, tickles and bounces. It does not matter that babies cannot understand the words. When adults regularly do rhymes with babies, those babies are learning about much more than language. Through eye contact and mutually responsive interaction, they discover the delight of shared pleasure and the solid basis this brings to relationships. The gentle touch that many of the rhymes invites helps babies recognize their physical boundaries. Babies also become familiar with the rhythms, sounds and conventions of our language. They learn that if they listen and wait just a little, something pleasurable happens – the tickle or bounce at the end. Although they cannot articulate it, this is the beginning of knowing that rhymes have a structure that they can predict. Babies who have favourite rhymes anticipate their endings and crow with glee the moment you begin. As babies begin to understand the content of the rhymes, those rhymes also become their first stories, complete with characters and happenings that can be pictured in the mind. Not all rhymes are the same and some tend to appeal sooner than others:

- *For newborns and very young babies:* Rhymes that have a gentle physical element, working down the face, patting the feet, giving a little bounce and drop, such as *Shoe the Wild Horse*.

- *For older babies:* Rhymes with more elaborate language and often, though not always, more boisterous actions, such as *Father and Mother and Uncle John*.

- *1½ - 2 years:* Rhymes like *Dr. Foster Went to Gloucester* that rely less on a physical punchline and more on story.

- *2 - 2½ years:* Simple finger plays, such as *Put Your Finger in Foxy's Hole*, which they can do on their own or with an adult's help.

*2½ - 3 years:* More complex finger plays and rhymes that invite large miming actions, like *Up, Up the Candlestick*. Adult help may well still be needed. Also good are nonsense rhymes such as *Dilly Dilly Piccalilli* that are silly or whimsical, now that the children have a strong enough grasp of what's real to begin to enjoy spotting what's not. Children who have had rich language experience begin to enjoy listening to simple stories when they are about two years old. Now playing with rhymes complements listening to stories. Rhymes that preschoolers enjoyed in one way when they were smaller can now to be enjoyed in other ways. Bouncing rhymes like *Father and Mother and Uncle John* can be acted out. Touching rhymes like *Shoe the Wild Horse* can be done on a friend, parent or doll. As the children gain more ease with language and movement, they take possession of the material they like and use it actively in their own way in their play.

## GROUND HOG PUPPET

### Materials:

Paper tube  
wide craft stick  
large (1 1/2") brown pom-poms  
2 small brown pom-poms (ears)  
2 wiggle eyes  
small black craft foam nose  
red craft foam mouth  
white glue paint (see tip below) \*\*\*  
clear glitter  
black permanent marker  
craft glue  
paintbrush

### Directions:

Glue the large pom-pom to one end of the craft stick. Glue on the ears, eyes, nose, and mouth. To make a winter hole for the groundhog, paint the tube with the glue paint. Sprinkle glitter on the wet paint. When the paint is dry, use the marker to draw a groundhog shadow on the tube, as shown. Gently insert the puppet into the winter hole. To make the groundhog pop up, simply use the handle to push the puppet out of the hole.



## Rhymes and Actions to go with page 6

**Shoe the wild horse,** (make a fist and tap firmly on the ball of the foot)

**Shoe the mare** (tap on the heel)

**But let the little coltie**

**Go bare, bare, bare.** (stroke length of sole as you say “bare, bare, bare”)

**Father and Mother And Uncle John**

**Went to the market one by one** (bounce the baby on your knee, facing you, in time to the beat)

**Father fell off,** (tip the baby to one side gently)

**Mother fell off** (tip to the other side)

**But Uncle John went on and on and on and on...** (bounce baby in time for as long as you both feel inclined)

**Put your finger in Foxy’s hole** (make one hand into a loose fist, poke the index finger of your other hand in)

**Foxy’s not at home.** (wiggle finger around and shake your head)

**Foxy’s out the back door**

**Picking on a bone.** (poke the finger through so it sticks out the back side of your fist.)

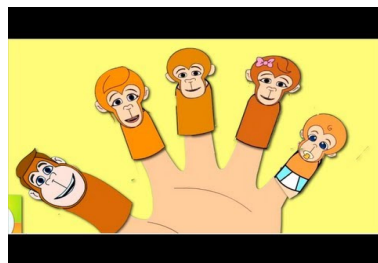
**Dr. Foster Went to Gloucester**

**In a shower of rain.**

**He stepped in a puddle**

**Right up to his middle**

**And never went there again.**



**Up, Up, the Candlestick** (hold one forearm up to make a candle)

**Went little mousy brown** (run the fingers of the other hand up to the top)

**She ate a bite of candle** (close fingers over top of candle)

**Then she couldn’t get back down.** (shake head)

**She cried out, “Grandma, Grandma!”** (cup hands and call )

**But Grandma was in town** (shake head)

**So she curled herself into a ball** (hunch shoulders, curl over)

**And rolled herself back down.** (roll hands over and over down to floor)

**Dilly Dilly piccalilli,**

**Tell me something very silly.**

**There was a chap,**

**His name was Bert,**

**He ate the buttons**

**Off his shirt.**



# Chinese New Year

2016 is year of the Red Monkey . The Chinese name of 2016 in the Chinese Horoscope calendar is 丙申. Chinese apply Five Elements (Metal, Water, Wood, Fire and Earth) into the Chinese Calendar. 丙 is in the Fire group. The color of Fire is connected to Red. 申 is the calendar character corresponding to Monkey. Therefore, 2016 is the Red Fire Monkey year.

2016 is the 4713th Chinese Year. According to Chinese Horoscope calendar, the first day of Red Monkey is on February 4, 2016. This day is not the Chinese New Year Day. Most of Internet Chinese horoscope sites use Chinese New Year Day to determine the Chinese zodiac sign, which is wrong. Chinese New Year Day of Red Monkey Year is on February 8, 2016. This is the reason that some people confuse their Chinese zodiac signs.

The first day of the Chinese astrological year is the first day of the **Tiger Month** (start of Spring). The **Tiger Month** begins around February 4, each year. If you were born before February 4, then you should check your Chinese Zodiac Sign first before reading your 2016 Chinese zodiac forecast. Monkey is the 9th animal in 12 zodiac signs. Monkey is after 8th Sheep and before 10th Chicken. Monkey is the animal in the first of Metal Cycle. Monkey, Chicken and Dog are in the cycle of Metal. Our Chinese horoscope prediction combines the theory of Five Elements, the relationships between animal signs and the image meaning of I-Ching hexagram.

The prediction for 2016 Year of Monkey is based on your birth year, the Chinese zodiac signs. We have different forecasting method for 2016 using your entire Chinese astrology birth chart, which is required your birthday and birth time. You can find the hyperlink in the end of the prediction. According to Chinese Five Elements Horoscopes, Monkey contains Metal and Water. Metal is connected to gold. Water is connected to wisdom and danger. Therefore, we will deal with more financial events in the year of the Monkey. Monkey is a smart, naughty, wily and vigilant animal. If you

want to have good return for your money investment, then you need to outsmart the Monkey. Metal is also connected to the Wind. That implies the status of events will be changing very quickly. Think twice before you leap when making changes for your finance, career, business relationship and people relationship.

## Your Sign      2016 Prediction



[Rat](#)

[The Blessing of God](#)



[Cow](#)

[Time for Performance](#)



[Tiger](#)

[Show Your Wisdom](#)



[Rabbit](#)

[Good People Relationship](#)



[Dragon](#)

[Good Reputation Coming](#)



[Snake](#)

[Caring And Yielding](#)



[Horse](#)

[Achievement After Hardship](#)



[Sheep](#)

[Ready for Action](#)



[Monkey](#)

[Competition And Challenge](#)



[Chicken](#)

[Worries Behind Happiness](#)



[Dog](#)

[Take Care People](#)



[Pig](#)

[Rain Storm Coming](#)

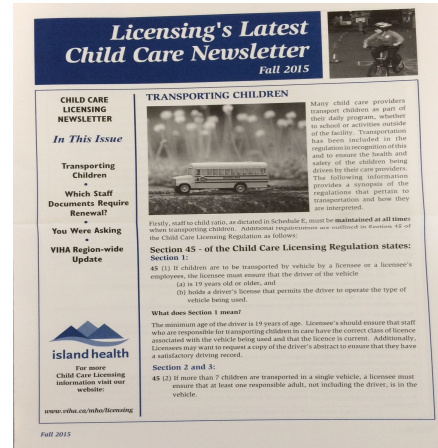




# Items of Interest



Rena was the lucky winner of Bert Bear and he came with tickets to see Mary Poppins production in April. He was one of the Bears from "Bear Wear" at the Grand Pacific Hotel at Christmas time. You get to donate and vote for your favourite Bear and sometimes even win him too. This is a fantastic fundraising event for the Children's Health Foundation of Vancouver Island. All monies raised go to help children on Vancouver Island. See their Facebook page.



Remember to read these when they come out as they do contain information pertaining to child care and changes to regulations, etc. They also provide conversation with your Licensing Officer during their "visits".

## CHRISTMAS PARTY REPORT

I would like to say Thank-you to everybody who attended the Christmas Party and brought Food to share. Also for cleaning up afterwards. I believe everyone had a great time, it sure looked like it.

Santa Brian was awesome, we will have him back next year as well as Maxine.

I would like to say thank-you to my hubby Gary and Arc Graphic Solutions for the Colouring books, they were well liked by my childcare as well as others I'm sure. Also I would like to thank Southern Vancouver Island Family Childcare Association for the goody bags and scholastic books!!!

Thank-you to North Douglas Church for the use of high chairs, Christmas tree and rocking chair.

I look forward to seeing everyone next year!!!  
Thank-you once again for a great Christmas Party!!!

Sincerely,

Cindy MacCormack



## FEEDING DUCKS

Please do not feed the ducks at Beacon Hill Park as there are signs up and they WILL take your food away. If you want to feed ducks try Kings Pond on Ascot Road of Cedar Hill X Road or Bow Park off Hopesmore off Cedar Hill Road. Always there is Swan Lake and you can purchase duck food at the nature house. Don't have food check out Buckerfields or Borden. Don't feed them bread!



# Helping Children Understand Death

The death of a family member, friend or pet is a very difficult time in the life of a child and his/her parents. Grief is a very painful process for everyone, but grieving should be encouraged. How a child grieves or reacts to death will depend on age, previous experience and preparedness for the event. Children will mourn differently from adults, but they do mourn. Our attitudes about death are formed at an early age and we need to help children understand this stage of life early too. Just as parents explain how life begins to their children, they must also be able to discuss its end. Here are some suggestions for helping children understand death.

1. Make the most of opportunities to introduce the concept of death to a young child. For example, finding a dead bird in the park or the death of a goldfish are good times to begin such discussions. If the child expresses sadness, encourage him/her to mourn and, if appropriate, consider helping the child to bury the animal.
2. Touring a neighbourhood funeral home and/or cemetery is an option that will give your child factual information about what happens to the body after death and about the funeral process. Funeral directors are often experienced in answering children's questions and often parents find such a tour informative and interesting as well.
3. When someone dies, be open and honest with your child. Don't try to protect the child from experiencing pain and grief. Keeping secrets from her/him is very difficult for the child, when s/he knows something is definitely wrong. Talking about it brings acceptance for both the adult and the child. Be prepared to repeat explanations and reassurances from time to time. If you don't know the answer to a question, say so.
4. Avoid euphemisms in explaining death such as "gone

on a trip," "lost" or "sleeping." Children take such terms literally and may become fearful of sleeping or going on trips. It is best to use the terms dead or died. Explain what these mean in a physical sense to the young child. For example, "Grandpa's heart is not beating anymore, he can't breathe."

5. Tell children what happens in your religious, social and family traditions when someone dies. If you have religious beliefs that explain life after death or what death means, this can be very helpful. However, avoid blaming God with explanations such as "God loved Mommy so much that He wanted her to be with Him." This will likely result in resentful feelings towards God who took the child's Mommy away.

6. Be alert to hidden fears. If grandma died in the hospital, the child may think he/she will die if hospitalized. Explain the circumstances of the death such as a serious illness, old age, a car accident, etc. Also children need information and reassurance on what would happen and who would care for them if their parents died.

7. Expect children to play-act death situations. This is natural and quite helpful for them, particularly after a death experience.

8. Children's storybooks about death can help both before and after a death experience. Ask your librarian to recommend age-appropriate ones. Be sure to read the book first to see if it is suitable for your child and for the situation.

## Children's Books about Death and Dying

The Dead Bird- Margaret Wise Brown  
The Fall of Freddie the Leaf – Leo Buscaglia  
Nana Upstairs and NanaDownstairs – Tomie de Paola  
My Grandpa Died Today- Joan Fassler  
The Tenth Good Thing About Barney- Judith Viorst  
Love You Forever- Robert Munsch

Annual BCFCCA AGM & Conference

Save the date

**JUNE 11, 2016**

If you have a suggestion of topic or speaker, please contact Rena Laberge

## SVIFCCA HALF DAY WORKSHOP/ MINI-CONFERENCE

We are looking for suggestions for a speaker or topic for a 3 hour workshop. If anyone has ideas, please contact one of the Executive

# Helping cope with Separation Anxiety

Entering into a new child care arrangement can be an emotional experience for both parent and child. However, careful planning, and the knowledge that some separation anxiety and tears are normal, can make the transition from parent to caregiver as pleasant as possible. How quickly the child adapts depends on a number of factors including: the child's age and stage of development; the child's past experiences in the care of others; the skills of the new caregiver and appropriateness of the new setting; and the adults' ability to prepare themselves and the child for the separation. Here are some strategies to help make the process go smoothly.

Parents should share their child's unique likes, dislikes, fears, eating/sleeping habits and anything else that will help you, the Caregiver, to understand the child, ease the transition and provide care that is reasonably consistent with the parents.

Show children where they will be eating, sleeping, playing and introduce yourself as their new caregiver. Familiarity will make the actual separation easier. Preschoolers may enjoy having a book read to them about going to child care.

Shorter visits will give the child more time to adjust and will allow him to learn by experience that the parent will return.

Let the child see parent and you, the caregiver, building a friendly relationship. Include the three of you in a brief conversation or play activity.

Children often use their parents as a "bridge" for developing a relationship of trust with a new adult.

An unhurried, pleasant start to the day is crucial to successful separations. Young children often use an object from home (such as a favourite teddy or blanket) to comfort themselves. Other children prefer to put a family photo or parent's familiar scarf or glove in their pocket or backpack. Eventually, the need for these "cosies" or transition objects diminishes.

Have a calm, positive attitude. Babies and toddlers are especially sensitive to parents' moods and are quick to pick up any tension in voices, face, touch or mannerisms.

Help the parent develop a "goodbye" ritual. Help them take time to say goodbye and avoid repeated goodbyes. Help parents accept and listen to negative feelings and reassure them that everything will be fine in the near future.

Perhaps suggest calling/texting them once the child is calm. Rituals are reassuring, especially during stressful times. Once the parent says "I'm leaving now" and goes through the established goodbye ritual, then help them leave as stalling can make the child more fearful and clingy.



The **3 for \$5.00 draw** for January to March will be "Tent Town" this includes these three tents and accessories - \$100 value





Groundhog day pancakes... Use a donut hole for head, Cherrios for ears, use white icing and mini chocolate chips for eyes, mini red M&M for nose



Wash the fruit and cut the top of the pear off. Place the pear cut side down on the plate. Cut the grapes in half. Place the dark grapes around the pear to look like a hole. Place the green grapes around the dark grapes to look like grass. Make the face details and ears using the pear scraps that you cut off. Everything will just stick on! Cut a slit for the mouth and pushed in the teeth.

