

The Bear Facts

Website: www.svifcca.com - Contact Line #391-6556



Issue 121

Nov/Dec 2015



From the Big Bear

Hi Everyone

My the year has flown by.—can't believe that Christmas/Hannukah/Kwaanza are around the corner and then 2016 will be with us.

Remember to check out the On-line Auction and see what is for sale. There are some good deals to be had and everything useful for your daycare.

We recently had a table in The North Douglas Church Craft Fair and sold quite a few craft items. Thank you to all who donated, and made crafts. Thank you Cindy for minding the table for us.

The Annual Christmas Party is coming up and sign up sheets will be at the meeting. It is well worth attending—the children love it and its' great to see all the Caregivers—bring your Xmas cards if you so wish and hand them out as there is no meeting in December.

Some of the daycares went to Butchart Gardens and had a lovely time. November is a great month to go as it is only \$20.50 for the Caregiver and children under 5 are free. They are busy putting up their 12 Days of Christmas decorations but there are plenty of Christmas themed spots for photographs. I know my children thoroughly enjoyed the walk around in such beautiful surroundings and the fresh air. We lucked out and had a super crisp sunny day.

Remember in December there are plenty of "Field Trips" Downtown—Christmas Trees, Teddy Bears and Ginger Bread Houses. You can do it all in one day or make it stretch out for 3.

The Executive are thinking about planning 1/2 day Saturday training/workshops for 2016. Any ideas for topics???

Have a safe and fun next couple of months. Merry Christmas to all!

Leagh Lawrence
President

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*Merry Christmas and
Happy New Year to
all!*

*Leagh, Cindy, Tara,
Rena, Deb & Diana*



Norwex

Improving quality of life

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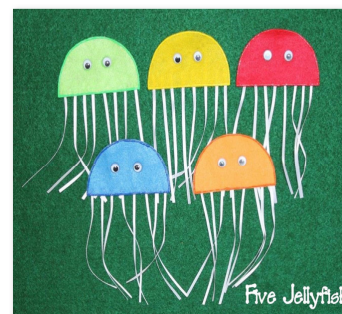
www.facebook.com/terrikthomasnaturallyclean

FELT STORIES BY RENA

Please check out the NEW Facebook page www.facebook.com/feltstoriesbyrena

Rena has pictures of all her felt stories posted and orders can be taken by Private Message or email renasfelts@gmail.com

If you "like" the Facebook page you will receive updates on upcoming events and new stories that are added.



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, 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 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.

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

To date we have 37 family child care providers and 4 group child care providers. A big welcome to our newest member: Melissa Parker.

We always welcome guests, childcare providers and parents, to our meetings. Please help spread the word of our great organization and the perks of being a member.

Your family child care membership with SVIFCCA, offers you:

- * the ability to attend our monthly workshops
- * subsidized Christmas party --- REMEMBER to sign up at November's meeting!!!
- * subsidized butterfly kits
- * discount pricing on educational material sold at our fundraising table
- * 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 restart in January with new items to bid on! Be sure to check your email for the reminder and link.

Thank you and have a Merry Christmas!

Deb Housden

Membership Director



For information on workshops, links, etc. check out our website at www.svifcca.com

Together bringing Quality Child Care to your area!

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



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 for rules pertaining to their membership

And entitle members to:

- Attend monthly meetings, workshops and socials
- Grievance Committee
- Theme Boxes
- 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.



MUSHROOMS

Thank you, Diane, for organizing this science project to share with our children. We sold over 20 kits the first time round and are busy with the second. She apologizes for anyone experiencing moldy ones—she has not had this happen before. Fingers crossed for the next batch.



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

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

GRIEVANCE:	
Leagh Lawrence	250-475-2217
Rena Laberge	250-727-6176
MEMBERSHIP:	
Samantha Eckard (Phoning)	250-592-4277
NEWSLETTER:	
Leagh Lawrence	250-475-2217
WEB PAGE:	
Rena Laberge	250-727-6176
Sherry Thornhill (WebMaster)	1-250-743-7564
SOCIAL: Refreshments	
Courtenay Bunce	250-589-4208
FIELD TRIPS:	
Diane Townsend	250-727-2197
BCFCCA :	
Rena Laberge (Chair)	250-727-6176
Diana McKay (Member Group Rep.)	250-477-9766

Other Workshops

VCCRR & WSCRR

For information call:-

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

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 for more information on workshops.

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

January 28th, 2016(Thursday)

"Questions about Taxes???" ~ Presented by Chris Hammond P.A. - Partner, Accountant at Padgett Business Services Victoria

Chris has been helping small businesses succeed in Victoria since joining Padgett Business Services in 1995. Chris is a member and director of the Canadian Institute of Professional Accountants and a member of The Canadian Payroll Association

February 25th, 2016(Thursday)

"Supporting Children Through Grief" ~ Presented by Deborah Caravitis

In addition to Debra's clinical social work back ground and work with Victoria Hospice, she has degrees in Child Psychology and Early Childhood Special Education. Previous work experience in Victoria was with Queen Alexandra Centre for Children's Health where she works in the community as a Supported Child Development consultation.

In this workshop Debra hopes to provide an overview of developmental levels and children's experiences of grief and how to interact at different cognitive stages (ages). She will also provide an overview of our hospice services and bereavement programs. We have some wonderful Hospice materials that address and hopefully she will be able to provide these for the participants.

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.

Information on this workshop is coming soon!

BCFCCA

You can reach the Board at:-

E-mail - office@bcfcca.ca **Web** - www.bcfcca.ca

Phone - 1-800-686-6685 or 1-604-592-1497 **Fax** 1-604-590-1427

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

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 \$25

Children with ADHD

Children with ADHD are just like every other child in this world, and they need to be treated as such. ADHD is the acronym for Attention Deficit Hyperactivity Disorder.

Notice that ADHD (Attention Deficit Hyperactivity Disorder) is not a disability, rather a disorder that affects the child's ability to pay attention and stay focused on tasks for sustained amounts of time. **Children with ADHD** should be treated accordingly and everyone involved with raising the child should understand that some of the behaviors that they see are not the result of the child misbehaving. The behaviors cannot be controlled so caregivers must understand this and be patient when disciplining children with the disorder.

The first part of ADHD is the attention deficit. This part of the disorder means that the child usually has trouble paying attention to any one thing for a long period of time. If the child enjoys what he or she is doing then they will stay on task longer, but the amount of time is much less than children without the disorder. The attention deficit can also be noticed when the child seems to be so easily distracted by common things in their environment. Parents and teachers need to know that they need to provide a low stimulus environment for the child if they are really focused on having the child learn. This does occur for all children at sometimes but children

with ADHD suffer from this many times each day and this behavior continues for an extended period of the child's life.

The second part of ADHD is the hyperactivity. This can often be the most difficult thing to deal with because the child just seems to be unable to sit still or do anything other than being extremely active. The biggest sign of hyperactivity is the constant need to be moving, especially during activities that the child truly enjoys. Children that are hyperactive simply cannot control what their brain is telling them to do, so you must be patient and understand this fact.

The best way to treat children with ADHD is by providing them with a very consistent schedule and a living environment that does not create too many distractions. You need to learn what the child loves to do or play and focus much of your child's attention toward that love that they have. As time goes on you should try to explore new opportunities for the child. Some medical professionals also recommend specific drugs that can help to combat the ADHD tendencies that many children have. **Putting a child on medication is a big step for the parent,** so make sure that you are comfortable with the idea and be there to offer support to them while remembering that the health and well being of the child comes first.



**Family Child Care
Association**

*Are you a parent
looking for care?*

Does your provider take on-going training?
Are you a provider looking for on-going training,
networking and support? Most research today
points towards the link between quality care and
on-going training. Check out our workshops on
www.svifcca.com.

Non-members (parents and care providers)
are always welcome to attend our workshops
for a minimal fee.



**Call our contact line at #250-391-6556
Or email childcare@svifcca.com**

We have an ad in the Saanich News advertising our Association and what we do and how we can help Caregivers and parents find quality care and continuing education.

Hopefully we will attract new members and be able to assist the public too.

If you have any spaces available, please let Leigh know so we can send queries your way when she gets calls.

Children with OCD

Obsessive Compulsive Disorder suffered by anyone is distressing and difficult to handle, but when the afflicted person is a child, the condition can be even more overwhelming and frightening.

Lacking the cognitive understanding adults have, it can lead the child to feel isolated, embarrassed, and misunderstood, with little help from parents who do not understand. Fortunately, there are treatments available for this notoriously debilitating disease.

Obsessive Compulsive Disorder, also known as **OCD**, affects about 1% of children between ages seven and 12, and will often persist into adulthood. **The cause is an imbalance of the neurotransmitter Serotonin**, a chemical responsible for reactions to emotional stimuli such as fear, happiness, sadness, or aggression. When the uptake of Serotonin is blocked the brain cannot appropriately translate impulses, resulting in an overreaction to the stimuli. With OCD, the stimulus is often the recurring distressing thought, or the obsession, that prompts the reaction, which becomes the compulsion.

Symptoms between children and adults are very similar, but with children the symptoms will often play out more in a family setting since the child's center is the family. Obsessions can include worrying about imminent death of one or all family members without cause and fears of life limiting illness. These will lead to the belief, however uncoordinated it may seem, that keeping the family with them always will keep them safe,

or that organizing obsessively will somehow avert the disaster. Often the child will wash frequently, not necessarily because they are dirty but because they fear contamination. It can be taxing for the family as a unit, both with management and self-esteem.

Treatment for a child with **OCD** is carefully monitored medication dosage and psychotherapy. The psychotherapy is especially important since a child's mind is still developing and a trained child psychologist can help the child break some of the obsessive compulsive thoughts or tendencies while helping the child to manage the symptoms of the disease the medication cannot stop. The common belief is that the brain is not fully formed until the age of 25 with a high induction of natural hormones occurring in adolescents, thereby requiring closer monitoring as this may prompt symptoms to become stronger or recur after remission.

Remembering that the condition can cause real terror and disruption in a child's life is crucial when it comes to understanding and tolerance.

While **OCD** in children is not a frequent occurrence, it is considerably difficult to manage. Emotional impacts of the condition and the condition itself can continue for a lifetime, so treatment is necessary to help maintain adequate self-esteem and worth. Helping the child in understanding the condition will lead to a greater chance at successful management and support.

PENGUIN CRAFT (on page 9)

Instead of the wings from the template you can use handprints of the child



SVIFCCA Christmas Party

Dear Members;

Every year SVIFCCA has an annual Christmas Party for our members and their child care children, this is a Great Event to attend!

We will have Maxine Fisher entertaining us again this year with singing and dancing she will start at 10-11am, then we will all sing Jingle Bells (please teach this song to your children) and our Special Visitor will arrive at 11am much to the delight of the children. Santa will then go sit in his chair and start receiving the children, I will have a list on each table as to when it is your turn to visit, please watch for your turn. You and your child care will be able to take individual and group photos with Santa but please be as quick as possible as we have a lot of Child Cares who want to visit and time is limited.

A goody bag will be supplied by SVIFCCA for your children to take home which will be handed out by Santa at the time of your visit. If you need to leave early, please let me know so I can put you closer to the top of the list for your visit with Santa. A craft will be supplied by SVIFCCA at the tables to work on while waiting for your turn with Santa.

Each Child Care is to bring something to share (NO PEANUTS PLEASE) this can be cookies, fruit, veggies or something for the Adults to share. Please remember that there will be around 80 to 100 children in attendance at this event when you are planning your items to share. Tea and Coffee will be supplied by SVIFCCA, Caregivers need to supply a beverage for their own Children.

The cost of this Event is \$15/ Child Care. There will be a sign up sheet at this months meeting November 26th, you may pay by cash or cheque. If you will not be attending the meeting you may e-mail me cyn943@shaw.ca or phone and leave a message on how many children 250-383-3418.

E-transfer is available too. **Question:** Date of party or cost or party for examples of questions **Answer:** Dec 10th or \$15.00 . You may also pay at the Party with a Cheque or exact cash. Receipts will be given out at the Christmas Party. To make cleanup easy for everyone, each childcare will be responsible for cleaning off their table at the end of the party, it helps us as we all have our Child Cares with us as well.

I will be phoning everyone the week of the party to confirm numbers and what goody you are bringing.

Thank-you, I hope to see you all at the Christmas Party.
Sincerely,

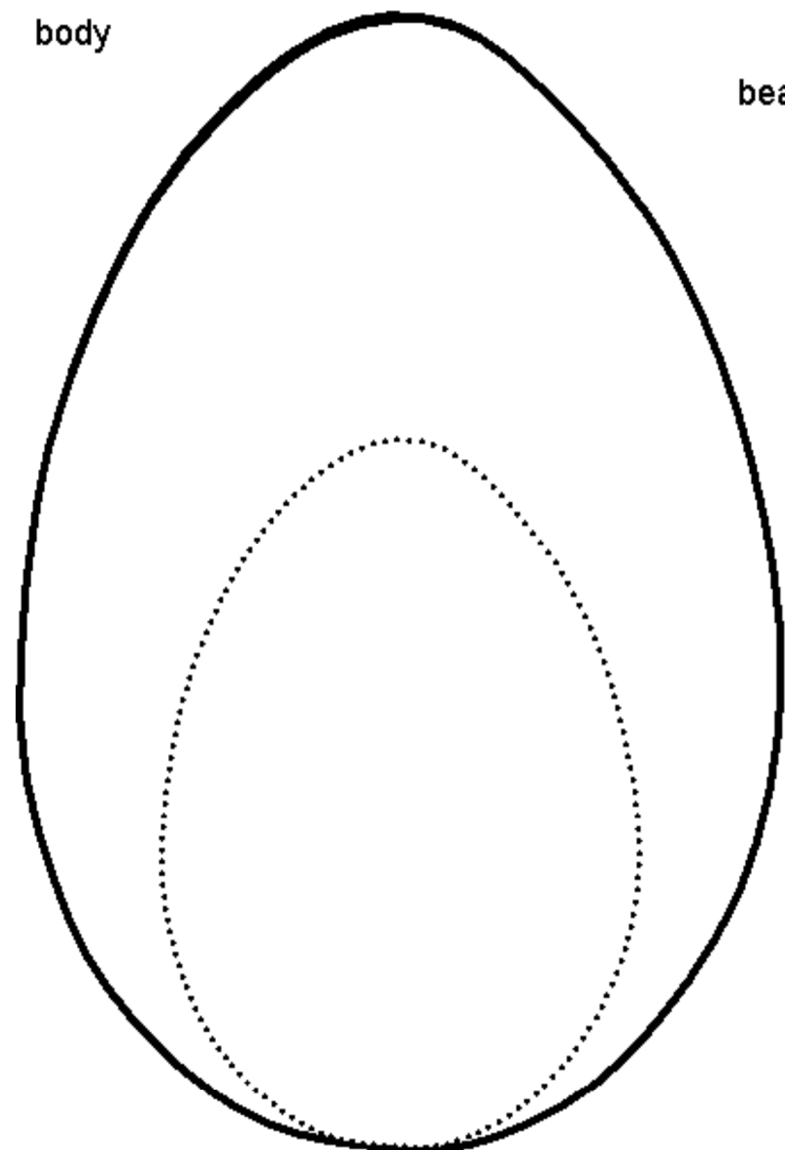
Cindy MacCormack
Christmas Party Co-ordinator



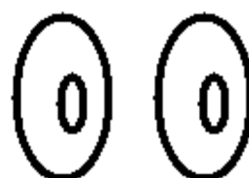
The **3 for \$5.00 draw** for September to November will be **"My Body and Me"** this includes.

The Twister Game, Scholastic 6 books (your Bones, Muscles, Heart, Hearing, Smelling, Tasting.), Rookie read about health 5 Books (Touching, Hearing, Smelling, Tasting and Seeing), Sesame Street Goes To The Doctor Educational Kit, Magic School Bus DVD the Human Body, 16 Book package of Engaging Stories that help Teach Children to Be the Best They Can Be, Hard cover "The Story of My Feelings" with a CD with Flaps and Tabs and a Pop Up Skelton!!! And hard cover Big Book of the Human Body with 3D Glasses!!!!

body

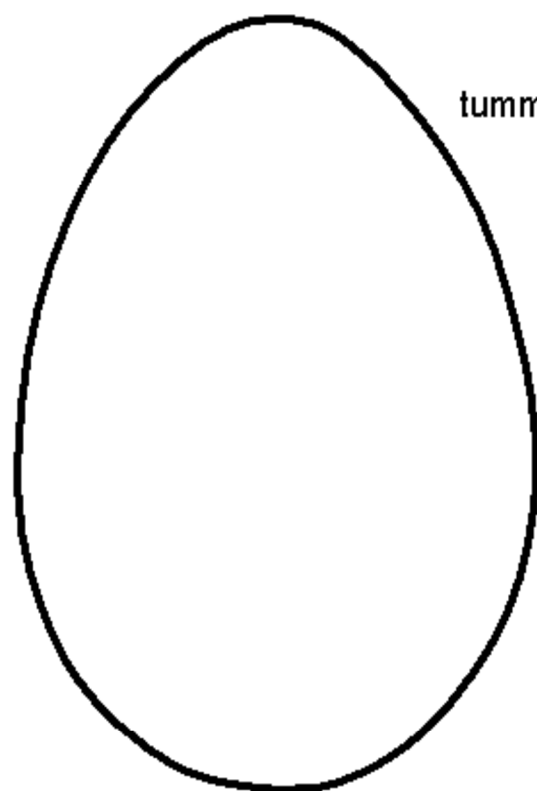


beak



eyes

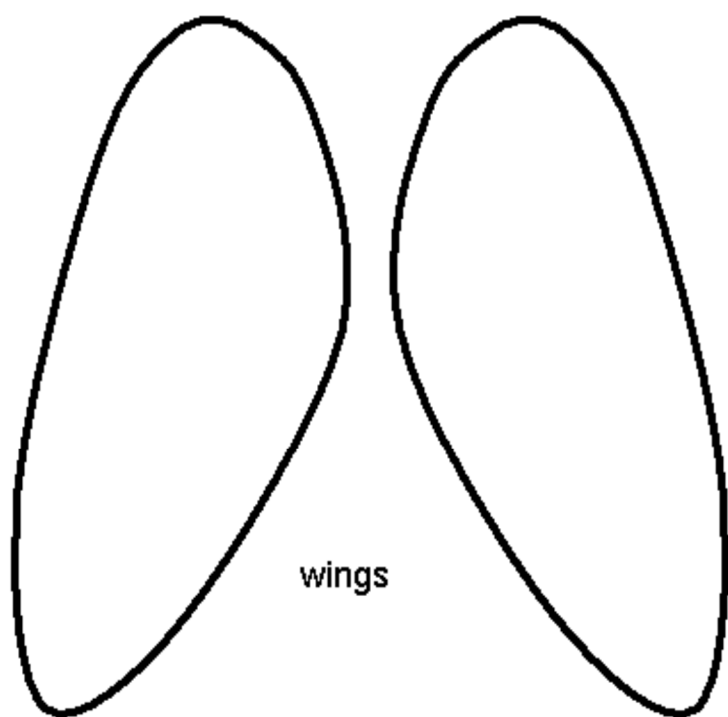
tummy



feet



wings



Finished Craft



