

# Season's Greetings



*BC Family Child Care Association*



## Caregiver E-Connection

*Excellence*

**Congratulations** to BCFCCA members: **Christine MacLeod** and **Rosangela Giacobetti** for receiving the, **Prime Minister's Award for Excellence in Early Childhood Education 2013**. ([view article](#))

[Click here](#) to view a list of all recipients.

As a Good Beginnings facilitator for many years, Christine MacLeod continues to make quality family child care in the province of BC a priority in facilitating the Good Beginnings program at both Kwantlen Polytechnic University and Douglas College.

*"Christine's passion for family childcare is also reflected in her work at Douglas College as she strives to inspire the students in her Good Beginnings class," Jeffs says. "She helps students achieve success by focusing on their individual strengths and by introducing them to many valuable resources."* [read more](#)

Cheryl Jeffs

Program Manager

Douglas College

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### Reduce, Reuse and Recycle over the Holiday Season

Christmas and other holidays are typically huge, waste-generating times for everyone. However, with a little forethought they don't have to be. Buying gifts and packaging with our earth in mind can be very easy and will alert others to your commitment to preserving our natural resources. Here are a few simple ideas to reduce your waste load and limit the amount of trash that goes to the landfill

- ◆ Reduce the gift wrapping load by giving gifts of entertainment such as movie or theater tickets or gift cards to restaurants.
- ◆ Try to limit the amount of packaging gifts are wrapped in. Ask yourself "Does this gift really need a box?" Consider using gift bags or a beautiful fabric ribbon instead. They can be reused for years!
- ◆ Christmas cards can be reused in a variety of ways, instead of being thrown away. The front can be used as a postcard to send to friends throughout the year. Or they can be used to decorate your house next year!
- ◆ Be sure to compost food scraps from holiday meals, especially the traditionally unwanted fruit cake. Did you know a 1 year old fruitcake can still be composted?
- ◆ Reuse all the packaging materials that you can, for example line a dresser drawer with wrap paper.
- ◆ Buy gifts from recycled materials for your family. You will help to close the recycling loop and demonstrate to your loved ones your commitment to saving our precious natural resources.
- ◆ Be sure to recycle your gift wrap and all cardboard packaging from gift giving.
- ◆ Be sure to recycle your Christmas Tree! It can be ground up into valuable mulch used for ground cover.





# BC Family Child Care Association Chair's Message

## Welcome to a New Year and a New Look

If someone asked you to explain to them why the BC Family Child Care Association exists, and why you are a member, what would you say? Many of you joined BCFCCA as professionals looking for an association that brings you together with other professionals in the field of Family Child Care. Some of you joined for the professional development savings that are available through membership such as the annual conference, trainings, or reduced rates to purchase business resources. Is having an affiliate membership to the Child Care Federation of Canada the reason why you joined? Does having a voice that affects family child care provincially and nationally keep you renewing? Maybe you joined a local member group which gave you an opportunity to meet, network and receive training with other child care providers? Maybe you're a member because of the quarterly newsletters and monthly memo's you receive?

The board of BCFCCA wants to be the first to tell you that the benefits of being a member are growing.... We are looking at new ways to increase membership and retain existing members. The new board is excited for 2014! One of our goals is to give you more benefits of being a member.

In 2014 you will see changes to our website. We are working on a new website, a new look that conveys a clearer, more unified message about the goals, objectives and services provided by BC Family Child Care Association.

Another goal is to stay in touch with child care providers not only locally but across this vast province. We want to have a place to connect and a place to share important child care issues with you. We also want you to have a place where you can share information and a place where you can connect and support each other. We realize family child care providers are busy! One way we can all do this together is by the use of social media. As you know the use of social media is growing. We already launched the new Facebook page for "members only". It's a great way to network with child care providers and you can access it on your schedule. There have been some great articles and craft ideas. Have you signed up yet?

Coming soon is another Facebook page for "Good Beginning Facilitators only". It's another great way for facilitators to be able to share ideas and network with each other.

BCFCCA has had a terrific year! Our conference in 2013 was not only fun but had some terrific workshops! It was also an opportunity to meet and network with child care providers from across the province. We are excited and in the planning stages of our 2014 Conference and Annual General Meeting. Keep a watch out for registration details coming soon.

This year the board of BCFCCA also has been busy building partnerships. Those that have accessed our bursary fund training include our member groups Vancouver Family Child Care Association and Southern Vancouver Island Family Child Care Association, the YMCA Child Care Resource and Referral and The Psychology Foundation of Canada. We hope that you were able to attend a workshop. If you haven't attended training yet we are hoping you do in 2014. The board of BCFCCA is also hoping for other organizations across the province to access this funding which will be able to bring training to child care providers in the hard to reach areas.

With a new year ahead we are excited about our upcoming new look and we hope to see or connect with you soon!

On behalf of the board of BCFCCA we want to wish you and your family a terrific 2014!

Sincerely,

Rena Laberge and Vicki Lepper  
Co-Chair's BC Family Child Care Association

**Co—Chairs:** email: [chair@bcfcca.ca](mailto:chair@bcfcca.ca)

Rena Laberge 2012—2014  
Vicki Lepper 2012—2014 BCFCCA member council rep.

**2013—2014 BC Family Child Care Association Board**

**Directors:**

Joanne Cruickshank	2012— 2014
Reddy Chan	2012—2014
Carmen Barclay	2013—2014 appointed <i>CCCC member council rep.</i>
Debra Smith	2013—2014 appointed





# BCFCCA Member Group E-Share

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## North Fraser Family Child Care Association

Email: [kathy\\_mang@hotmail.ca](mailto:kathy_mang@hotmail.ca)  
Website: [www.northfraser.weebly.com](http://www.northfraser.weebly.com)



## Prince George Child Care Association

Email: [pgchildcareassociation@gmail.com](mailto:pgchildcareassociation@gmail.com)  
Website: [www.pgcca.ca](http://www.pgcca.ca)



## Southern Vancouver Island Family Child Care Association

Email: [childcare@svifcca.com](mailto:childcare@svifcca.com)  
Website: [www.svifcca.com](http://www.svifcca.com)



## Vancouver Family Child Care Association

Email: [vancouverfcca@yahoo.ca](mailto:vancouverfcca@yahoo.ca)



**Would your community benefit from  
a network of family child care providers?**

**BCFCCA** would love to assist anyone who would like to start a member group in their community.

Call the office for more information  
or email, [chair@bcfcca.ca](mailto:chair@bcfcca.ca) to get started today.



***"Coming together is a beginning, keeping  
together is progress, working together is  
success."***

**Henry Ford**

## VFCCA's Network Meeting Message

Vancouver Family Child Care Association would like to share our networking event on November 2, 2013 with all members of BCFCCA. We had 18 members attend our network meeting at Lydia Tozzi's home daycare. We had fun sharing food, cake and delicious homemade wine offered by Lydia. Many thanks to Lydia for her generosity and everyone who made time to stay connected.

At the network meeting, we also opened up a discussion forum for the members to raise any questions or concerns regarding licensing regulations and issues. The board of VFCCA is going to forward these inputs to the licensing officer. For those who could not come to the network meeting, we encouraged them to send their questions and concerns to our Secretary, Ming Cheong on or before November 11, 2013.

Last but not the least, many thanks to our Newsletter Director, Soonock Lee for her presentation on how to help the children make story figures out of wood. It was a very informative and innovative project. Thank you Suee for sharing the following documents with us at the network meeting!





## HELPING CHILDREN MAKE STORY FIGURES OUT OF PIECES OF WOOD

This project started as one of the children in my daycare wanted to make a batman figure out of a piece of wood lying on the floor. It took two weeks for the five children, inspired by the batman figure, to complete their work.

### Learning objective:

Development of eye-hand coordination, observation skills, problem solving skills, patience, math concept, science concept, and self-confidence.

### Materials:

Pieces of wood, sand paper, wood glue, acrylic paint, paint bibs, a blow drier, glue, collage materials.

### Procedure:

1. Set a table with pieces of wood and pictures of story figures as inspiration.
2. When a child decides to make a story figure, let the child draw the figure he wants to make on a piece of paper. If he needs a reference for the drawing, he can use pictures in books or a computer.
3. Guide him to reassess his drawing and add details that have been missed in his drawing.
4. Encourage him to color his drawing.
5. Have him choose pieces of wood and put them together into the shape of the figure he drew.
6. Let him revise the arrangement if necessary.
7. Have him glue the arrangement together with wood glue and let it dry. It should take half a day.
8. Use his drawing as a reference to paint his figure. First, paint the figure skin coloured as the base. (For example, if it is a person, paint it skin coloured.) Dry with a hair blow dryer before painting the back of the figure. It takes one minute.
9. When the painting of the figure on both sides is dry, paint the face and outfits. Let it dry for a day.
10. Ask him what parts of his figure - such as wings, claws, horns, and fur – need to be added to complete his figure.
11. Prepare various materials on a tray for him to choose for his figure.
12. Allow him to now cut and glue the materials onto his figure.

### Tips and Suggestions

Work with one or two children at a time. If a child is too young to draw or cut, you can get his permission to help him out.

You can also guide your children to help each other.

Prepare all the materials needed for the project in advance before you let the children sit on a table to start their work.

Children must wear paint bibs when using acrylic paint because it is permanent.

Children can create stories and do puppet shows with the story figures they have made.





# News to Know



## Criminal Records Checks for Family Child Care Providers

By Rena Laberge

I thought I would tell you about my journey on getting a few criminal record checks done recently as we all should have received a letter dated October 23<sup>rd</sup>, 2013 from the Ministry of Justice, Re: BC Criminal Records Review Act Amendments. ([View here](#))

My first question was will this new on line process work for family child cares in the province? Well I started by calling the Criminal Records Review Program at 1-855-587-0185 or you can email them at [sgspdp@gov.bc.ca](mailto:sgspdp@gov.bc.ca). But unfortunately it looks like it will not be available to family child care as we still are regulated to have our identification verified by an acceptable organization which in our case is our health authority office. We still need to complete a Schedule D type of criminal record check, as well, any of our criminal record checks must be sent in through the Health Authority Office so that they receive a copy for our files. We can then request a copy of the criminal record be sent to us so that we can keep it in our own files. This is true for all criminal record checks done for your facility either a family member, someone living in the home, someone who regularly visits the home or an employee/volunteer.

The fee has increased from \$20 to \$28 as of November 30<sup>th</sup>, 2013 and as the letter states this is to pay for the program enhancements which include the vulnerable sector check. The vulnerable sector check is that the Criminal Records Review Program will require fingerprints for those individuals who share a date of birth and gender with a pardoned sex offender as per national RCMP policy.

I live in a very populated area so I am able to get my forms verified fairly easy. But I realize not all of us live in close proximity to our Health Authority Offices so my suggestion for those of you who do not have easy access to your Licensing Office would be call or email your Licensing Officer and check with them how they would like you to complete the Schedule D for the consent to a Criminal Record Check for your facility as I am sure they have ideas that will help you complete this process in a fair and timely manner.

[Click here](#) to view the Criminal Record Act Review



[For information and registration](#)



### Nutri-eSTEP



Helping parents see how their preschoolers and toddlers eating habits measure up

Created by Dietitians of Canada, the staff of EatRight Ontario and the University of Guelph; In less than 10 minutes, caregivers and parents can see how well a child is doing nutritionally and receive feedback immediately, by using this online screening tool.

[Click here for more information and to begin your questionnaire.](#)



Not everyone has a pretty reaction to a pretty fragrance.

[Tips for reducing exposure to fragrant chemicals.](#)

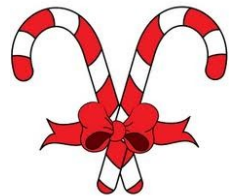
### New from Anaphylaxis Canada

We are pleased to announce the release of the *Living Confidently with Food Allergy* handbook. This new resource, which provides need-to-know information on managing food allergies, was co-authored with American collaborators, Dr. Michael Pistiner (pediatric allergist) and Dr. Jennifer LeBovidge (pediatric psychologist).

We have also set up a new website - [Newly Diagnosed Support Centre \(NDSC\)](#), where you can:

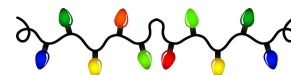
Download the handbook as a PDF file (or order a hard copy through our website)  
Watch our short videos on a variety of subjects  
Download practice exercises

We created these resources based on the results of a study - "Experiencing a first food allergic reaction: a survey of parents and caregivers perspectives" - which highlight the need for food allergy education and resources for families. [Click here](#) to see our press release about this study.




Only **15 Minutes** a day can make a difference in your child's literacy skills and to have fun while learning.


Click on the logo above to find out some great ways to get started.



Knowing where to look, brings you one step closer to a solution

**BC Family Child Care Association's**  
**2014 Record Keeping Calendar for Child Care Professionals**  
**is now available**

 Focusing on nutrition & fitness  
 Family child care tracking sheets for your business  
 (Attendance, expense pages, yearly summary page)

 BCFCCA  
 Members \$20  
 Non-members \$25

Order your copy today—order forms available at [www.bcfcca.ca](http://www.bcfcca.ca)

## Looking for Child Care? Taking Care of Children?

**ccrr**

Child Care Resource & Referral

**1-888-338-6622**

Child Care BC Helpline

[www.ccrr.bc.ca](http://www.ccrr.bc.ca)

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



### Vancouver Family Child Care Association

*Empowering members to provide  
quality child care*

#### Professional Development Workshop

##### Incorporating Science ideas into everyday circle time with fun, fun, fun!

If you want to make circle time more fun and exciting than regular felt stories and songs and rhymes, it is a right workshop for you to enhance circle time by adding some science fun into different stories and songs in this 2 ½ hour workshop: you will learn about science of colors through the fun story of a brown bear from Rocky mountains; a color song and hands on fun of making natural food dye with food from our kitchen; the animal life cycle with a homemade life cycle wheel and many more..... fun, fun, fun!

**Presenter:** Cheryl Song is a Certified Canadian Family Educator, Early Childhood Educator, Mother Goose Facilitator and Nobody's Perfect Facilitator. Cheryl has more than 13 years experience working with children and families in the community. She has worked with different age groups, in different child care settings and family programs.

**Date:** January 18, 2014 (Saturday)

**Time:** 9:45 am – 12:15pm

**Location:** Kiwassa Neighbourhood House, 2425 Oxford Street, Vancouver

**Fee:** Members - \$10.00  
 Students in Family Child Care or ECE program- \$15.00  
 Non-members - \$20.00  
 Light snack provided

**Registration:** Please send e-mail to Feneda at [feneda@yahoo.com](mailto:feneda@yahoo.com) or call Feneda at (604) 222-3091 after 6:00pm on or before **December 31, 2013 (Tuesday)**. Please leave your name and phone number on the answering machine clearly.

**Please note:** Enrollment is limited, please register early to avoid disappointment. Friends and colleagues are welcome and each participant will receive a two and half hour certificate.



# Community Corner

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Over the years, we at BC Family Child Care Association have had the privilege of working with many friends and associations both in our local community and in communities across the province of B.C.

We would like to express our gratitude and appreciation for their continuing support and cooperation in assisting BCFCCA in our ongoing vision to represent and educate family child care providers across the province.

As we move forward into a new year, we are eager to continue fostering these relationships to create new opportunities and experiences for all. Click on a logo below to see some of programs offered in B.C.

## *Season's Greeting to All*

Child Care



Kelowna Child Care Society & CCRR

Burnaby School District



North Peace



YMCA Burnaby/ New West



Smithers



Clements Centre Society



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



Skeena

Vancouver Community College



Douglas College

Kwantlen Polytechnic University



Sunshine Coast Child Care Resource and Referral Program

Kamloops



Cowichan Valley

YMCA Tri-Cities



South Peace

Vancouver School Board



Langley



The Berry Patch



North Shore



# Are You Ready For 2014?

Another year is approaching quickly and with it , all the good intentions we all put forth to improve ourselves for the coming year.

Sometimes we tend to forget that we are as great on the last day of the year, as we were on the first day of the year.

So, enjoy the coming year, grow, learn, challenge yourself. Be kind to yourself and others.

**You get 365 days next year to embrace life.....go for it!**

*“Why compare yourself with others? No one in the entire world can do a better job of being you than you.” – Unknown*



*“The amount of happiness that you have depends on the amount of freedom you have in your heart.” – Thich Nhat Hanh*



*“Good habits are hard to develop but easy to live with and Bad habits are easy to develop but hard to live with” – Brian Tracy*



*“To have more, you must first be more. To achieve more in your outer world, you must to go work on your inner world.” – Wolfgang von Goethe*



*“The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary.” – Thomas A. Edison*







# Happy Holidays

## Caregiver Holiday & Winter Survival Tips!

Submitted by: Carmen Barclay Director



Put the Smackdown on Stress! Family, shopping, a huge to-do list, over extended? All of these can make the holidays a challenging time. It's understandable that some people get a little grinchy and reach for comfort foods or drinks.

- ◆ Can you simplify your expectations? Does your house really need to look like it just came out of a magazine? Do you need to host a 7-course formal dinner? Could you delegate or hold a pot-luck, or order takeout?
- ◆ How about avoiding the crammed parking lots and malls and shop on-line. If your family agrees, skip shopping and donate to a charity instead.
- ◆ Remember to breath deep breaths, fill your lungs with oxygen and hold for 30 seconds. Be mindful of your feelings and if things get a little crazy, retreat to the bathroom for a breather.
- ◆ Kick your ego to the curb and ask for "help"... Accept the outcome, not everyone will do it the same as you... And that may be ok!
- ◆ Start your day with a brisk walk or run. It can be more fun with a friend!
- ◆ Eat a healthy breakfast made of real, vibrant foods (hint: green smoothy).
- ◆ Keep a daily gratitude journal, list ten things you are grateful for, ten things you did right yesterday and name some intentions for your day.
- ◆ Book a massage and show up!
- ◆ Listen to music that is uplifting and makes you smile. Watch funny movies or shows that make you laugh.
- ◆ Say "No" in a kind and firm way to anything that is not in your scope or focus.
- ◆ Ensure you get a good night sleep (8 hours if possible).
- ◆ Be prepared with a party plan, knowing how you're going to handle food and beverages will help you have more control and less guilt. Arrange a ride home if you are planning on drinking, less stress and more time to enjoy the company.
- ◆ Don't let yourself get too hungry or all the willpower goes out the window. Facing a bonanza of food temptations at dinner? Eat a Protein Snack or drink some lemon water an hour before your meal.
- ◆ Look after your body. Planning on indulging in a few wintery beverages? Take some milk thistle, so your liver is ready to handle whatever you throw at it. Going to eat a big meal, take some digestive enzymes and ensure you chew, chew, chew your food... Slow down and enjoy your meal. Had a little too much of everything, including stress? Take some high grade pro-biotics.



Be kind to yourself and enjoy the holidays and winter months.

## Cardboard Gingerbread Houses

Click on the house to see how



## Christmas Treats



## Freeze fruit

Simply cut up fruit and freeze.

## Xmas Cutter Toast Shapes

Fun to make and yummy to eat. Sprinkle with cinnamon sugar and eat with fruit.



## Banana Scream

Cut up 2 ripe bananas, freeze, then blend with 2 tablespoons of milk. Serve in little plastic cups.

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**  
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**Blvd., Surrey, BC V3W 4Z9**  
Phone: (604) 590-1497  
Toll-Free: 1-800-686-6685  
Fax: (604) 590-1427  
Email: [office@bcfccca.ca](mailto:office@bcfccca.ca)



# BC Family Child Care Association

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, to promote the unique and valuable contributions family child care providers made 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](http://www.bcfcca.ca) for up-to-date information



## Buone Fesle Natalizie

### Christmas in Italy

Epiphany is the day for children. In this country folklore tells of Befana, who was a woman who failed to go with the wise men. She is now looking for the Christ child and delivers gifts for all the young children. On Epiphany Eve the children empty their pockets for treats. Naughty children receive ashes or a birch rod.

## Boze Narodzenie

### Christmas in Poland

For Christmas Eve supper, they have 12 meals. One of the meals is carp prepared in different ways. No meat is served. There is an extra place setting for unexpected guests. This country has a custom that after supper the children open presents. Then the entire family attends a midnight mass. Christmas day is reserved for visiting family and friends.

## Feliz Navidad

### Christmas in Mexico

Christmas festivities and traditions begin with Las Posadas, nine consecutive days of parties and candlelight processions. The Pinata is a common part of many parties. Most Mexican homes decorate with a nativity scene. On Christmas Eve at midnight, bells whistles and fireworks mark the anniversary of the birth of Christ. Families then attend "Misa de Gallo" or "Mass of the Rooster."

### Christmas in Germany

## Froelich Weihnachten

The day of celebration is on December 6th, St. Nicholas Day. Children place a shoe or boot by the fireplace. During the night, St. Nicholas, the patron saint of children, goes from house to house carrying a book with a record of the misdeeds of the children. If they have been good, he fills the shoe or boot with delicious goodies. If they have not been good their shoe is filled with twigs. Parent usually decorate the Christmas tree and place presents under it. The tree is not seen by the children until Christmas Eve. Then carols are sung, sometimes sparklers are lit, the Christmas story is read and Christmas gifts are opened.