



Winter 2014

BC Family Child Care Association



Caregiver E-Connection

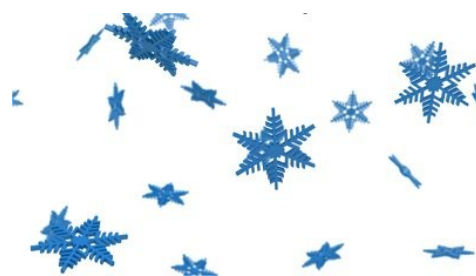
www.bcfcca.ca



Seeking your Enthusiasm and Commitment!

Being a Board member or volunteering with BC Family Child Care Association ("BCFCCA") is the perfect way to feel connected to your Province and your community because BCFCCA's mission serves virtually everyone—families, children and child care providers. The simple act of offering your skills and enthusiasm will positively impact the lives of children, families, and child care providers, as well as your own.

Organizations like BCFCCA cannot function without energy and input from volunteers like you. Everyone has talent to offer, whether it is expertise in a particular field or simply offering your valuable time to help fulfill general volunteer opportunities. It doesn't matter where you're located in the Province as BCFCCA meets monthly by a conference call. We invite you to explore these opportunities by contacting our office or by contacting Rena Laberge or Vicki Lepper (Co-Chairs) at chair@bcfcca.ca



Special points of interest

- Child Care Subsidy Update
- Childcare 2020 Report

Wishing you all the best for 2015 !



Parmen Barclay

Rena Laberge

Janeen Fowler

Vicki Lepper

Joanne Cruickshank



BCFCCA Co-Chairs



Happy Holidays to all BCFCCA members and their families!

It has been a very busy fall in 2014 for your board.

The BCFCCA board is working on behalf of family child care providers:

- Revising BCFCCA bylaws and policies to reflect the changes that we no longer have an Executive Director. As well as the change from an audit of the accounts to a review of our accounts
- Applications for educational bursaries were coming in throughout the year. Please visit our website to see the application for educational bursary funds to bring workshops to your area of the province.
- We have launched our new website at the AGM in May 2014. We hope you have had a chance to access the **Member's Only** section and see the newsletter from our member groups to see what is going on around the province in child care. Please contact the office if you did not receive your email with your password to access the Member's Only section of the website.
- We are pleased to say that the 2015 Child Care Annual Record Keeping Calendars are being shipped out to those who pre-ordered and are available for order if you have not done so already. Price is \$20.00 for members, please see the website www.bcfcca.ca or email the office office@bcfcca.ca
- BCFCCA is still looking to fill one board position as well as have other members volunteer on committees- please remember that we are a provincial board and we would hope to fill the positions from other parts of our great province so that we can hear the current issues from across the province.

Please feel free to email any child care concerns, stories or experiences you have to either the office@bcfcca.ca or chair@bcfcca.ca. The board is always willing to listen to any highlights or concerns that are happening in your area of the province. We can then take these items to any of the committees or meetings that we happen to sit at.

Your Co-Chairs,

Vicki Lepper and Rena Laberge

Member Groups

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 to get started today.

North Fraser Child Care Association

Email: kathy_mang@hotmail.ca

Website: www.northfraser.weebly.com



Southern Vancouver Island Child Care Association

Email: childcare@svifcca.com

Website: www.svifcca.com



Vancouver Family Child Care Association

Email: vancouverfcca@yahoo.ca



Prince George Child Care Association

Email: pgchildcareassociation@gmail.com

Website: www.pgcca.ca



Child Care Subsidy Forms Going On-Line

By Rena Laberge

In a few months you will be able to submit your Child Care Subsidy claim forms online as long as you are already claiming your Child Care Operating Fund (CCOF) on line.

We reported earlier that CCOF as of June 1st, 2014 would only be accepting claims forms online and now the trial period of the subsidy forms online is coming to a close so that the new system will be launched across the province very soon.

You can access information for child care providers on Child Care Subsidy at this website: <http://www.mcf.gov.bc.ca/childcare/providers.htm>

You can also access the information on the Child Care Subsidy service portal, which is how you will be claiming the subsidy online at this website below:

<http://www.integratedcasemanagement.gov.bc.ca/documents/icm-service-provider-portal-guide.pdf>

These are the instructions on how to enter the portal once it is up and operational for everyone to use. Take the time to familiarise yourself with the instructions so that you will be ready to join the online portal once the portal is up and running for the full province.

As you can see by the instructions, that it is very similar to the CCOF portal where you will be able to go online and see if your claim has been accepted, approved or paid out and on what dates. I was part of the trial portion of the portal for a short time and I can say from experience that it is a great way to submit your forms and know that they have been received (you can print off a statement) instead of wondering if it got lost in the mail or did my fax really get to the office?

Reminder that you can sign up for email notification of your direct deposits of the CCOF and/or Subsidy payments which is another great option available for providers as the emails come at least three days in advance of the direct deposit date and you will know exactly when your payment will arrive instead of waiting for the envelope to come via regular mail.

FROSTY FRIENDS



“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

Create this frosty friend according to these directions, and a snowstorm will appear right before your eyes. To begin, cut out and glue two or three white paper circles to a sheet of blue construction paper. Using permanent markers, transform the circles into a snowy friend by adding facial features and clothing. When the picture is done, brush over it with a heavily saturated mixture of salt and water. Set the picture aside to dry where you can watch the transformation. It's a snowstorm!





Childcare 2020

Submitted by Carmen Barclay

On November 12, 2014 I stepped onto a plane headed to the first National Child Care Conference in over ten years! I attended this training because as a Director of BC Family Child Care Association, I sit as a representative on the Canadian Child Care Federation Member Council. This is my perspective of the events of the Canadian Child Care 2020 Conference held in Winnipeg November 12th-15th, 2014.



Canadian Child Care Federation

I attended a Canadian Child Care Federation meeting, my first ever face to face with this amazing group! It was so beneficial to meet everyone in person, I have always attended these meetings via webinar. The value in meeting face to face made everyone's reports so much more meaningful, and created bonds that would otherwise have taken longer with the online forum.

*Jinny Sims, MP, Newton & North Delta, BC
&
Carmen Barclay*



Families desperately need access to early childhood education and child care. The conference was named *Child Care 2020* because of the vision for a national Early Childhood Education system in place by the year 2020. The opening ceremonies consisted of Kathleen Wynne, Premier of Ontario, and she spoke passionately about the importance of child care, calling on all federal governments to declare their platform on child care.

This was followed by presentations on what's happening in child care by representatives from every province, from the west coast to east coast. Then a panel consisting of the honourable Carolyn Bennett, Liberal Member of Parliament from St. Pauls, Ontario and Jinny Sims, NDP Member of Parliament from Delta BC, answered questions from the audience on a national child care plan. Both parties support a national child care system for Canada.

The plan would need to support quality child care and the Canadian Child Care Federation has identified nine elements believed to be crucial to early childhood education:

- 1) Leadership at program level
- 2) Collaborative relationship with families
- 3) Indoor and outdoor physical and learning environments that promote health, safety and development
- 4) A purposeful program that promotes children's development
- 5) An Early Learning Child Care environment that supports the Rights of the Child
- 6) A supported workforce
- 7) Knowledgeable, skilled practitioners
- 8) Professional administrative practices
- 9) Effective system infrastructure

Economist, Pierre Fortin's speech (Professor of Economics at the University of Québec at Montréal, and a Fellow of the Royal Society of Canada), opened our eyes to the financial benefits realized in Quebec by their \$7 a day child care system; 70,000 more women in the work force = more taxes and consumption tax paid. This added 5 Billion to the GDP (Gross Domestic Product, one of the primary indicators used to gauge the health of a country's economy) and there was 900 million on net, more than the old system. For every dollar invested Ottawa pockets .55 cents and Quebec .20 cents, on net. In addition, they have seen 60% less people on welfare. Although there are controversial statements to be found on this topic, the bottom line is, a child care system supported by Governments, contributes to the health of children, families and the Country.

I attended a variety of sessions, one was on moving from child care as a market commodity to child care as a system! The short answer to this is we are all going to need to work together instead of independently. In fact, the overall conference was amazing, to see child care providers, not for profit organizations, government representatives, unions, corporations, and interested citizens pulling together to support the creation of a National Child Care System! Why, because they all recognize the monumental importance of proper care for children and the impact on families and communities.

Would you like to join in this movement for child care or find more details on the conference? We have post cards to send to Prime Minister Stephen Harper at the BCFCCA office. You can also follow www.childcare2020.ca or #childcare2020 on twitter or www.qualitychildcarecanada.ca or www.rethinkchildcare.ca <http://www.buzzfeed.com/childcare2020/10-times-childcare2020-totally-blew-our-minds-vyqn> , or write letters to the editor of your local newspapers stating your support for a National Child Care Plan.

If you would like to be a part of child care at a deeper level, we invite you to consider becoming a member of your local Child Care Association. Remember the quote by Gandhi, **"be the change you wish to see in the world"**.

To read the discussion paper put out by BCFCCA on Family Child Care in British Columbia, please visit <http://www.bcfcca.ca/a-discussion-paper-on-family-child-care/> . We can have more discussions on this article or other issues on the BCFCCA members only Facebook group. See you there.



News to Know

Just a click away.....

- **1,006 new child-care spaces coming to B.C. families**

<http://www.newsroom.gov.bc.ca/2014/11/1006-new-child-care-spaces-coming-to-bc-families.html>

- **New staff, streamlined services to benefit at-risk kids**

<http://www.newsroom.gov.bc.ca/2014/11/new-staff-streamlined-services-to-benefit-at-risk-kids.html>

- **Child Care Operators targeted**

<http://globalnews.ca/news/1187433/online-scam-targets-child-care-operators/>

- **Childcare Resource and Research Unit**

<http://globalnews.ca/news/1187433/online-scam-targets-child-care-operators/>

- **Investing in Early Childhood Education**

<http://globalnews.ca/news/1187433/online-scam-targets-child-care-operators/>

- **4 Surprising Ways to Support a Child's Self-Regulation & Avoid Melt Down**

<http://www.yogapeutics.com/blog/4-surprising-ways-to-support-a-childs-self-regulation-avoid-melt-down>

- **Royal College calls for action to address Canada's inadequate support for early childhood**

http://www.royalcollege.ca/portal/page/portal/rc/common/documents/advocacy/EBBDEL_statement_e.pdf

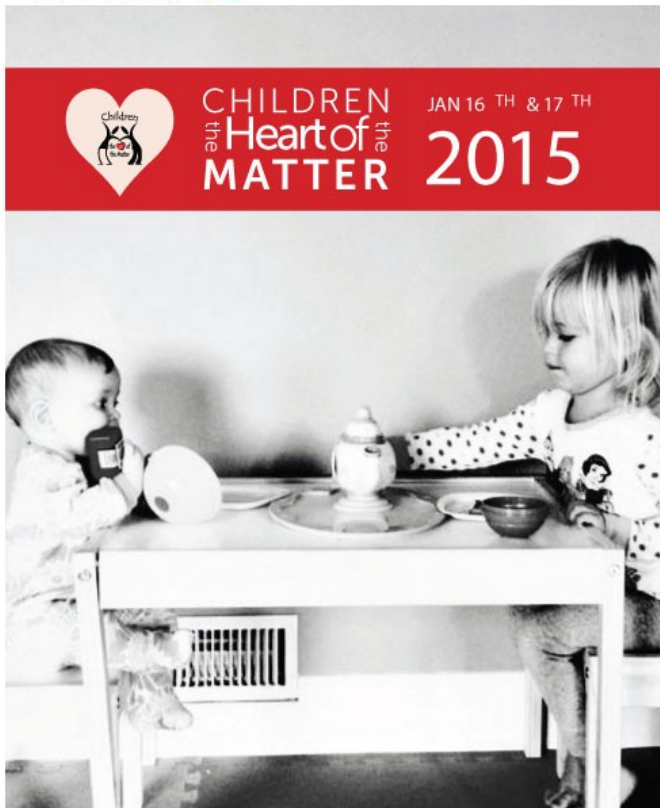
- **Health Canada Stroller Recall**

http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/search-recherche/result-resultat?search_text_1=graco



Registration is now open for the
2015 Children the Heart of the Matter Conference!

[View conference brochure](#)



ccrr
Child Care
Resource & Referral

www.ccrr.bc.ca

Parents, Caregivers, Teachers, Grandparents... Exciting Workshop Series!!


2014/2015 Workshop Series
Through the Child's Eyes
Making sense of our children's behavior

Presented by The Wishing Star Developmental Clinic with
Dr. Vanessa Lapointe, R. Psych.
Ms. Rebecca Mitchell, MA, RCC

This series is specially created for every "big person" out there - moms, dads, grandmas, grandpas, caregivers, teachers - who are involved in the growing up of children.

Created and delivered by


Dr. Vanessa Lapointe
Registered Psychologist (R. Psych.)


Ms. Rebecca Mitchell, RCC

- 1. Knowing & Trusting**
Tuesday, November 18, 2014 - from 6:30 to 8:30 pm
Presented by Ms. Rebecca Mitchell, MA, RCC
Creating with your child the relationship they need in order to grow up and realize their fullest potential.
- 2. Large & In Charge**
Tuesday, January 27, 2015 - from 6:30 to 8:30 pm
Presented by Dr. Vanessa Lapointe, R. Psych.
This workshop will focus on understanding how things get flipped upside down in today's parenting culture, and will provide ideas for taking steps toward turning it right side up!
- 3. Anger & Eruptions: Understanding anger and what to do about it**
Tuesday, March 3, 2015 - from 6:30 to 8:30 pm
Presented by Ms. Rebecca Mitchell, MA, RCC
This workshop will take on the task of helping big people understand the needs of children when anger erupts.
- 4. Time out for Time Outs: Understanding the needs of children in the world of discipline**
Tuesday, April 21, 2015 - from 6:30 to 8:30 pm
Presented by Dr. Vanessa Lapointe, R. Psych.
The focus of this workshop is to facilitate an understanding what does and does not work for children when it comes to discipline.
- 5. Friend or Foe?: Understanding social skill development in the growing child**
Tuesday, June 2, 2015 - from 6:30 to 8:30 pm
Presented by Ms. Rebecca Mitchell, MA, RCC
In this workshop we will discover the needs of growing children as they compare with the wants of the social world around us.

TICKET PRICES: \$20 + GST / person per workshop | \$30 + GST / parenting couple per workshop

REGISTRATION OPTIONS:
By phone - 778-294-8722
By mail & in person - 129-3388 Rosemary Heights Crescent, Surrey, BC V3S 0K7
(please print, fill out and include the registration form available on our website)

Limited Seats Available - Book Early!
Payment must be received within 3 days of phone call reservation for spot to be held. Registration is open until the day before each workshop is held provided space is still available.

WORKSHOP LOCATION: Sunnyside Hall | 1845 - 154 Street, Surrey, BC

For more details, please visit our website: <http://www.lapointepsychology.com>



For more information..
<http://www.lapointepsychology.com/>



Upcoming workshops supported with funding through BC Family Child Care Association's Workshop Bursary Program. For more information on funding, [click here](#)

Prince George & Area CCRR
www.nbcy.org

Child Care Conference

January 31st, 2015

Vancouver Family Child Care Assn.
vancouverfcca@yahoo.ca

Alpha Children

January 17th, 2015

Child Care Options CCRR
www.childcareoptions.ca

Managing the Business Aspects
Of Family Child Care

March 2nd, 2015

Stress Management

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, “how heavy is this glass of water?” Answers called out ranged from 20g to 500g. The lecturer replied, “The absolute weight doesn’t matter. It depends on how long you try to hold it.”

“If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my right arm. If I hold it for a day, You’ll have to call an ambulance. In each case it’s the same weight, but the longer I hold it, the heavier it becomes”.


He continued, “And that’s the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on”. “As with the glass of water, you have to put it down for a while and rest before holding it again. When we’re refreshed, we can carry on with the burden.”

“So, before you return home tonight, put the burden of work down. Don’t carry it home. You can pick it up tomorrow. Whatever burdens you’re carrying now, let them down for a moment if you can”. “Relax; pick them up later after you’ve rested. Life is short; Enjoy it!”

And then he shared some ways of dealing with the burdens of life:


- Accept that some days you’re the pigeon, and some days you’re the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It’s not only cars that can be recalled by their maker.
- If you can’t be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Never buy a car you can’t push.
- Never put both feet in your mouth at the same time, because then you won’t have a leg to stand on.
- Nobody cares if you can’t dance well. Just get up and dance.
- Since it’s the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything is coming your way, you’re in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day!



*We will open the
book. Its pages are
blank.*

*We are going to put
words on them
ourselves. The book is
called opportunity
and its first chapter
is New Years Day.*



~Edith Pierce

