



December 2019



BC Family Child Care Association

"Your Early Care & Learning Professional Organization"

It is that time of year when our thoughts turn to family, friends, faith and renewal. The board of BCFCCA would like to wish you the very best for this holiday season and the coming year. We hope that you can spend some time with your family and friends to enjoy the wonders of the season.

2019 has been a very busy year for child care and your BCFCCA board has been involved in the promotion and expansion of the GOOD BEGINNINGS trainings which will develop an updated and more inclusive curriculum; reaching more locations to ensure the highest quality of child care and early learning opportunities for children and families in the province of British Columbia. .

Several months ago BCFCCA added to our team, Donna Tennant, Program Director for GOOD BEGINNINGS. Donna is a warm-hearted, strategic thinker who has 25 years' experience in project management, community engagement, and organizational capacity building. These skills, combined with a heart for the work, make her a valuable addition to our team. Donna began in September and has been working behind the scenes with Board, staff and stakeholders to develop a comprehensive workplan moving forward.

BCFCCA knows that you provide a very valuable service to the families in the communities where you live. Be very proud of what you do, we face many challenges and issues but remember that family child care providers are an integral component of the child care sector. BCFCCA can best represent you when you make your concerns known to us. Please share those concerns, office@bcfcca.ca so we can ensure the voice of family child care is heard and counted in 2020.

All our best wishes for a happy and healthy holiday spent with family and good friends!

Rena Laberge
BCFCCA Chair

Donna Tennant
Program Director



GOOD BEGINNINGS

Master Trainer required

BC Family Child Care Association is now accepting applications for the position of Master Trainer for the GOOD BEGINNINGS curriculum.

For job description and submission click [HERE](#)



BC Family Record Keeping Calendar for Child Care Professionals 2020 are here!

[Order yours today!](#)



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CELEBRATING THE SEASON WITH FAMILY:

A Buffet Lunch: Each family cooks their child's favourite recipe and brings it to the child care center. In addition they can bring a copy of the recipe. The buffet of unique foods can be shared by the children as a special Christmas celebration lunch. Later on a cookbook can be compiled for the parents to enjoy with their own families.

Telling Stories: Make up a holiday story such as***The Christmas Tree Mystery.*** Pick a different child for each day, or if your group is small, continue to rotate, or pick one child every few days. Give the first child and family the first line to the story such as.....***Mr. Black came home and found his Christmas Tree completely tipped over and lying on the ground. What could have happened when he was gone?***

That family adds another line to the story and brings it back to the child care (the child can draw a picture to represent their part of the story – or you ask them to do the drawing as a child care activity). The next child and family adds to this and so on. At the end of the month, the story can be read out to the children and copies of this wild mystery can be sent home with the children.

THE SMARTEST TOYS CAN BE THE SIMPLEST

To a child, blocks aren't just toys. They are the foundation of intelligence.

An 8 month old will chew them, inspect them, roll them, and shake them to listen for the hidden rattle, or squeal with delight when mom uses a block to tickle her back. She's like a little scientist, making plenty of discoveries and connections to the world.

Knowing that young brains develop rapidly in the first 5 years of life has begun to cause parents to worry about their children missing out or being left behind. Marketers know how to tap into these concerns.

At the holidays, many parents are tempted to spend loads of money on toys that are marketed as educational. But playing with simple blocks can teach kids far more than videos, mini-laptops and products that claim to turn babies into Einsteins, says Dimitri Christakis, a pediatrician at the University of Washington in Seattle.

The best toy is 10 percent toy and 90 percent child. The more elaborate the toy, the more deprived children are of the ability to exercise their creativity. It is concerning that children are losing out on real play as both children and parents are seduced by technology.

Even blocks are changing. The basic Lego bricks are being replaced by elaborate sets based on movies, which encourage kids to follow instructions rather than create their own designs. Yet, studies show that kids play more creatively with "generic" toys than with those linked to movies and TV shows. A child given a generic toy car will make up his own storyline. Give him "Lightning McQueen" and he may simply copy the dialogue from the popular Disney/Pixar movie Cars.

Any simple toy can be a learning tool. When children are forced to use their imagination to decide on a storyline, or rearrange items in order for them to remain stable and not topple over, they are developing language and critical thinking skills that create the foundation for all future learning. What an adult can do to support them is to allow plenty of time and space as well as ask open-ended questions such as "What would happen if we did this?" "I wonder why that didn't work." This will encourage children to always continue wondering and asking questions.

ART IDEA — Three D Snow Paint: Dries puffy!

Use equal parts shaving cream and Elmer's glue to make winter snow paint. Great for making winter scenes, snowmen or snowflakes (add glitter for a shimmery affect!) When it dries it becomes puffy! Try it on black or other dark coloured paper.



SNACK IDEA — Bagel Wreaths

Mini bagels, cream cheese, shredded lettuce, small diced green/red pepper. Can prepare ahead of time or let the children assemble it on their own

ACTION SONGS AND RHYMES



5 LITTLE SNOWMEN (like "5 little pumpkins")

5 little snowmen sitting on the ground (*pat the ground*)

The first one said "my aren't we big and round" (*make circle with your arms in front*)

The second one said "there are snowflakes in the air" (*wiggle fingers above head*)

The third one said "but we don't care" (*shrug shoulders*)

The fourth one said "let's run and run and run" (*pat hands quickly on floor or move arms in running motion*)

The fifth one said "I'm ready for some fun"

BUT

**Whewwww went the wind and out came the sun
and the five little snowmen knew their fun was done.**

Variations: use felt pieces on a felt board, or snowmen figurines, or have the children act it out

SNOWFLAKES (tune: Twinkle Twinkle)

Snowflakes, snowflakes

Dance around

Snowflakes, snowflakes

Touch the ground.

Snowflakes, snowflakes

In my hair

Snowflakes, snowflakes

Everywhere

Snowflakes, snowflakes

Dance around

Snowflakes, snowflakes

Touch the ground.



RESUMING ROUTINES AFTER THE HOLIDAYS

The holidays can get very busy for most families, and often the daily routines and schedules go out the window. The hustle and bustle of visiting relatives, shopping, eating on the run, delayed bed times, vacations from school or child care can be fun but overwhelming.

Once the busy holiday season is over, some children might begin to show stress-related behaviours. Tantrums, regression in potty training, fatigue, sleep disturbances, aggressive behaviours towards others. Post-holiday readjustment can take longer for some children than others, but after a routine has been re-established in the home, stress-related behaviours should lessen within 2-4 weeks.

After the celebrations are over, the challenge for parents is to get back to the basics. Below is a list of suggestions to lead the way. The sooner your house-hold schedule and routines get back on track, the sooner your child's typical behaviours will too.

- ◇ Re-establish regular family routines, whatever they may be.
- ◇ Get back into the before and after-school or child care routines and rituals which are especially important for promoting children's sense of security and stability
- ◇ Facilitate healthy eating with reliable and consistent snack and meal times. Eat together as a family in your home at least once a day.
- ◇ Make sure kids get daily indoor and outdoor play and exercise
- ◇ Watch less TV and videos. Play games together for leisure instead.
- ◇ Arrange for adequate sleep with consistent bedtimes
- ◇ Take time to reconnect with children at bedtime using rituals like singing a lullaby or reading a bedtime story together.
- ◇ Expect chores to be done in the usual manner
- ◇ Create quiet times for regular homework activities
- ◇ Plan for at least weekly one-on-one time with each child
- ◇ Re-commit to using positive guidance techniques
- ◇

Be patient as everyone gradually gets back into the swing of things. And don't forget to include some time for yourself and your own routines.





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

Visit us at: www.bcfcca.ca

As your professional organization, BCFCCA would like to hear from you. What experiences have you had with people around you that have made you think about your profession and maybe changed the way you operate your business?

Tell us: What do you see going forward as challenges or successes that you have had on a daily basis? How have these influenced your child care program to make it unique?

When we share our stories, we can grow as a community and become stronger. Please consider sharing your story with us and all our members!

Email your thoughts to:

office@bcfcca.ca

A new year gives us the chance to turn over a new page of the diary of life and write anything on it as we wish. Hope this upcoming year brings you joy and happiness.

Happy New Year 2020!



"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

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 E-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:

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