

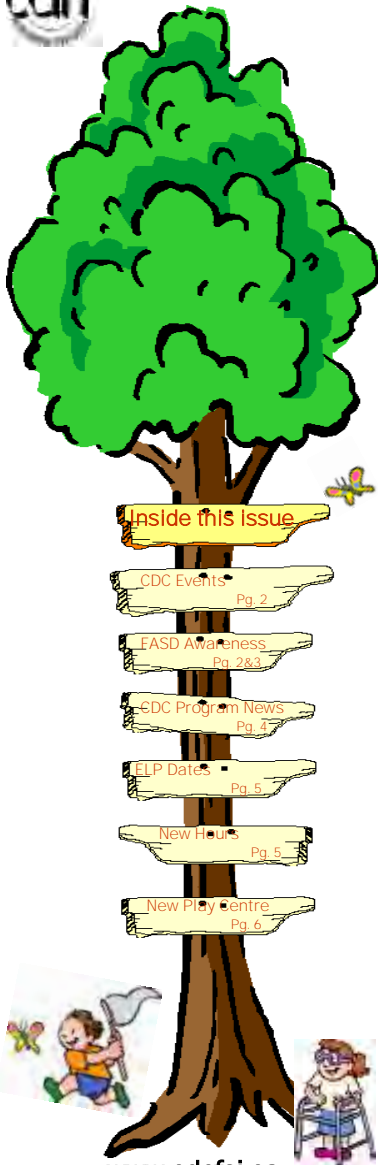


Child Development Centre
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"Building the best foundation
for our children's future."



The CDC is CARF accredited.



www.cdcfsj.ca

CDC Brouhaha

Volume 2 Issue 3

September 2010

Check out our newly designed website at www.cdcfsj.ca



from Penny Gagnon, Executive Director

The completion of Project Build-A-Fort is a constant reminder of the wonderful services we offer to children and their families, the environment that has been created based on play, growth, and safety, and the contributions made by our community. I am proud to say that the CDC in Fort St. John is "state of the art" and encompasses a combination of space that one does not see in other centres. Project Build-A-Fort is embodied on the concepts of learning and

reaching one's highest potential and children are able to do this in the Early Learning Centres, the

Rooms. The process of planning, designing, constructing, and now utilization Project Build-A-Fort will always be a highlight of my career and I will forever be grateful to my colleagues, community partners, and board of directors for entrusting in a project that has so much meaning to the children and families of Fort St. John.

As with any project, many celebrations are being planned with a Grand

(Continued on page 2)



Gymnasium, Life Skills Centre, Snoezelen Room, Play Centre, and Therapy

Generosity at Work

Fay MacQuarrie from BC Hydro, HYDRECS program presented Penny Gagnon, Executive Director with a cheque for \$1000.00 to be put towards additional equipment for the Snoezelen Room.



The Fort St. John Fire Department held a community Open House and BBQ to highlight the plans for their new Fire Hall. All monies raised through the event was donated to Child Development Centre, a total of \$784.88. Thank you to all of the fireman and their families who volunteered their time at the BBQ, as well as to all of the individuals who participated in support of our local firemen and the Child Development Centre.



A cry of joy arose from the Occupational Therapy/Physiotherapy department when a donation of \$600.00 was given by Fell Fuels Ltd./DBA Shell Select for the purchase of therapy toys and equipment. Thank you so much to Rachel and Kevin for your generosity.



from Penny Gagnon, Executive Director . . . continued

Opening scheduled for October 22nd. I encourage all of our neighbors, families, friends, and supporters to join us as we showcase the efforts of so many people and businesses in the unveiling of Project Build-A-Fort. Let us not forget all of the less formalized celebrations and remember to relish in watching children use the long sloping ramp in the new hallway, see more children who are able to attend the early learning program, see children and youth learn and conquer new skills in the Life Skills Centre, and witness caregivers and their children learn and grow together in the Play Centre.

Once again, thank you Fort St. John for your supporting Project Build-A-Fort!



Do you want your donation dollars to make a strong, local impact?

Get involved with Project Build-A-Fort!

The Fort St. John CDC served approximately 700 children last year; that's an opportunity for impact.

Contact Penny Gagnon, Executive Director 250.785.3200 or email info@cdcfjs.ca for ways you can help us achieve our campaign goal of 1.3M.

CDC Events and Happenings



Project Build-a-Fort Grand Opening Community Celebration

Friday, October 22 from 3:30pm to 6:30pm

See pg. 1 for more details



Annual General Meeting

Wednesday, November 3, 2010 at 7:00 pm



Butterfly Families - "Families Supporting Families"

Meet the 3rd Wednesday of every month at the Child Development Centre from 7:00pm to 8:30pm. Open to all Caregivers of children and youth with Special Needs.



Infant Massage Classes at the Child Development Centre

Please phone 250-785-3200 to register for the next available class.



CDC Closed for Christmas Vacation

Closed starting Monday, December 20th and will re-open on Tuesday, January 4th.

CDC Program News

Complex Developmental Behavioural Conditions (CDBC) - Raising Awareness on FASD

Submitted by Susan Cross, Key worker

September 9, 2010 at 9:09 was International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. This represents the 9 months of pregnancy and began in 1999. The day was created to raise the public's awareness of the dangers of drinking while pregnant.

In celebration for awareness in Fort St. John I approached the BC Liquor Corporation and requested to leave booklets and pamphlets sharing information about assessment, support, education and candy bars stating that the candy bars only last a few minutes but FASD last a lifetime.



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CDC Program News *continued*

My co-worker from the Axis Family Resource Ltd. in Dawson Creek and I wrote an article for both newspapers and shared many facts and statistics regarding FASD and how it is a community concern for everyone and how we need to support family members and friends while they are pregnant or planning a pregnancy.

If you are in need of answers to questions you may have regarding FASD there are many websites you can access and you can also call the Child Development Center @ 250-785-3200 for more info.

Strategies for Sleep Time:

Things you may notice for younger children with FASD is they often have trouble falling asleep and waking. They may suffer from irregular sleep patterns, hypo-hyper sensitive to touch, light, sounds, smells, fussy and difficulty adapting to change.

Older kids often continue to have difficulty falling asleep, staying asleep and waking up. They want to be more like their peers, staying up late on the internet and watching TV.

Strategies:

Limit what is on the bedroom walls and keep furniture to a minimum

Always have your child sleep in her own bed – get them used to sleeping in one place – routine

Only one toy or book in bed – some sleep better without either

Night lights are NOT recommended

Shower or bath at night so there isn't a rush in the morning – Lavender or Vanilla bubble baths help to calm a child before bedtime

Some children and families seek help from professionals and many recommend Melatonin as it is a natural hormone secreted by the brain's pineal gland. It controls sleep cycles and is often effective with FASD affected children.

Some children find comfort with one particular fleece blanket, sleeping bag or heavy quilt.

Monitor a teen's sleeping pattern – they may need to be told what time to go to bed and what time to get up

Use the same routine sequence even on weekends and vacationing. Sometimes starting a calming bedtime routine an hour before bedtime – clean up, bath time, brush teeth, put on PJ's, read a story, hug and tuck in helps at an early age

Ticking objects (clock), soothing music (Bach or Mozart) – calming rhythms

Childproof the house for night wanderers

Accept the child may be in bed but may not be asleep

FASD Websites:

<http://www.interprofessional.ubc.ca/Adults.html>

www.interprofessional.ubc.ca/Adults.html

<http://www.sfn.org/index.aspx?pagename=brainfacts>

<http://www.sfn.org/index.aspx?pagename=brainfacts>

<http://www.skfasnetwork.ca/Network>

www.ctv.ca/CTVNews/Health/20100813/alcohol-consumption-women-100813/

www.asantecentre.org

www.fasnet.ca

www.publichealth.gov.bc.ca

www.healthypregnancy.gc.ca

For more information on this strategy and others contact Susan at the Child Development Center @ 250-785-3200.

CDC Program News *continued*

Special Services - New Wheel Chair Accessible Kitchen

Submitted by: Crystal Kalas, Special Services Supervisor

The Special Services Department is excited to announce our new Wheel Chair Accessible Kitchen that was completed as a part of Project Build-A-Fort. Not only will this Life Skills centre provide the program with a space of its own, but it will also enable us to better assist the children who access the program with life skills support by using a functional curriculum approach. A functional learning curriculum is critical for children with special needs to reach their potential as active participants in home, school and community environments. *When looking at life skill development we must take into consideration the many aspects that this could include as it is believed to be essential for independent living when children reach adulthood (Brolin, 1989).* The Special Services program will continue to work with our clients in the areas of personal care skills (grooming, toileting), domestic skills (shopping, cooking), recreational skills (swimming, bowling), community safety skills (street crossing, use of public transport), behaviour management and social skills (self-regulation, social awareness), and functional academics (use of phone, food recognition).



The Special Services staff, Crystal, Rose, Tracey, Megan, Kayla and Corinne, would like to thank the Federal Government Enabling and Accessibility Fund for their grant of \$47,000, as well as Lori and Bob Slater for their invaluable input into the design of the room.

We would like to welcome you to contact us at 250-785-3200 ext. 230 if you would like to tour our new space.

Infant Development Program

Submitted by: Deanne Ward, IDP Supervisor

IDP is having an exciting fall filled with lots of home visits and enjoying the use of our new centre spaces now that the renovations are complete. We have had a lot of calls regarding Mother Goose and Infant Massage and we would like the community to know that we will be offering Infant Massage again in November. There is a waitlist for people to register early and we will phone people on the list when we have specific dates and times. Unfortunately, we are unable to run Parent Child Mother Goose at this time as a result of our caseload demands and Infant Massage commitments. Something new for us as consultants, will be training in the area of Modified Interaction Guidance (MIG) which is an intensive training we need to become MIG therapists. Although this will be another demand on our time, the benefits the training will bring to our families is well worth it. Parents can access components of Parent Child Mother Goose at the new Play Centre that is opening here in the CDC on September 30th.

See page 6 for more details regarding the our new Play Centre.

Speech Therapy Department

For all of our families who are accessing or waiting for speech services we want to thank you for your patience and understanding at this time. In July we said goodbye to our speech pathologist, Lisa Kalis. While we are actively looking for a new SLP we have been able to arrange limited appointments through contract services. Pamela Thompson, Speech Assistant will be coordinating appointments.

Please be assured that the Child Development Centre is actively seeking an eligible candidate to fill the vacant position of Speech-Language Pathologist in our centre.

While you are waiting for speech services, you can go onto our website www.cdcsfj.ca and access our Parent Resources section that has some helpful websites specifically for speech.

CDC Program News *continued*

Early Learning Program

Our Early Learning Program is off to a fantastic start and we are so excited to be working with each one of you this school year to see your child/ren grow and learn.

Thank you to the Bolin family who recently donated a fantastic Thomas the Train set and to the Peebles family for their donation of a soothing CD.

We have two wonderful, new playgrounds. We are currently in the planning stages of how these playgrounds will be developed with the hopes for completion Spring/Summer 2011.

Volunteers are always welcome in ELP classes. Parents wishing to volunteer, please speak to Mary or Cindy to request your volunteer package.

Parents please note: Reception is available to assist you with your payments and questions Monday to Friday, from 9:00am to 4:30pm with the exception of their lunch break which is between 12:00pm and 12:30pm.

ELP Program Dates to Remember

October 12 & 13 - Class and individual photos. Morning classes are scheduled for 10:00am - 11:00am and afternoon classes are scheduled for 12:30pm - 1:30pm. Siblings are welcome from 11:00am - 12:30pm

October 19 - PAC Meeting in the Board Room from 7:00pm to 8:00pm

October 19 & 20 - Vision and Dental Screening with Lisa and Susanne from Northern Health

October 21 - Closed for morning session ONLY

October 22 - Individual photo re-takes from 11:00am to 1:00pm. Families are responsible for bringing children in

November 11 - ELP closed for Remembrance Day

November 19 - Santa Clause Parade

November 30 - Closed for afternoon session ONLY

December 6-10 - Accepting donations for food bank and Christmas hamper

December 15 & 16 - Last day of ELP classes before Christmas vacation

January 4 - First day back after Christmas vacation

Child Development Centre *NEW* Hours of Operation

New Reception Hours

Monday to Friday 9:00am to 4:30pm

Closed daily for lunch from 12:00pm to 12:30pm

Centre Hours

Monday to Friday 8:30am to 4:30pm

Early Learning Program Hours

Tree Fort Room

Morning Class: 8:45am to 11:30am

Afternoon Class: 12:30pm to 3:15pm

Sunflower Room

Morning Class: 8:30am to 11:30am

Afternoon Class: 12:30pm to 3:30pm



Quick Fact:

© Invoicing for the Early Learning Program is divided into ten equal payments for parents convenience so you never have to wonder what your payment is each month.

The Child Development Centre and Early Learning Program are closed for all Statutory Holidays.

Introducing our New Play Centre

We are happy to announce that our new play centre will be open on September 30th, ready to welcome children birth – 5 years and their parents/caregivers to come explore and play together. The room has been designed with a specific focus on toddlers (18-36 months) and has an infant area where they too can safely explore. Our goal is to offer a welcoming, fun and rich environment that promotes development of the whole child and provides parent/caregivers with opportunities to share and learn new ways to support learning through play both at the program and at home. The program is free and open to all families. For more information contact the Child Development Centre 250-785-3200.

Opening Date:

Thursday, September 30, 2010 from 9:00am - 12:00pm

Regular Hours of Operation:

Monday, Wednesday and Thursday from 9:00am -12:00pm

Tuesday and Friday from 12:30pm - 3:30pm

Please note:

Play Centre is closed on Tuesday, October 5 for staff training.

Please check our monthly schedule for updated information.

We are closed for all Statutory Holidays and Christmas vacation.



BROUHABA (*noun*) excited public interest, discussion, or the like, as the clamor attending some sensational event; hullabaloo

Child Development Centre of Fort St. John - Over the Years



Child Development Centre Society of Fort St. John and District

10417-106th Avenue

Fort St. John, BC V1J 2M8

