

Child Care Resource & Referral Spring 2018 Newsletter



April—June 2018



**Child Care Resource
& Referral**

11907-228th Street

Maple Ridge, B.C.

V2X 8G8

Phone: 604-467-2273

Fax: 604-467-2264

Email: ccrrp@comservice.bc.ca

Like us on Facebook and keep in touch with CCRR and Community news, events and more...



Hours of Operation

Monday to Friday

8:30 am—4:30 pm

First Wednesday of each month
open late

8:30 am— 8:00 pm

Sept—Nov & Feb—June

Office Closed

Monday May 21 Victoria Day

Monday, July 2 Canada Day

Child Care News. . .

- May is Child Care Month: & Thursday, May 17 is Child Care Appreciation Day! Join us for the Care Provider Social Wednesday, May 2nd. Call 604-467-2273 to reserve your space!
- The Maple Ridge/Pitt Meadows Child Care Resource & Referral Program is moving to 22722 Lougheed Highway at the end of June 2018. We will be at this location for a approximately 2 years while our new agency offices and the affordable housing units are being built on our current site.
- Child Care Operating Funding (CCOF): <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/child-care-operating-funding/apply>
- Child Care Fee Reduction Initiative:
 - General info: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care/child-care-improvements>
 - Frequently Asked Questions: https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/faq_child_care_bc.pdf
 - Question & Answers – Licensed Providers: https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/child_care_fee_reduction_initiative_faqs_for_providers.pdf



United Way
of the Lower Mainland
Community Partner



CREDIBILITY • INTEGRITY • ACHIEVEMENT

North Fraser Child Care Association



We are a member group of the BC Family Child Care Association



CANADIAN
CHILD CARE
FEDERATION

FÉDÉRATION
CANADIENNE DES
SERVICES DE GARDE
À L'ENFANCE

We are also affiliated with the
Canadian Child Care Federation

Why you should become a member:

- Monthly meetings
- Network and discuss current child care issues
- Direct members to conferences both local and out of town
- Host workshops and seminars for parents, child care providers, ECE students and teachers
- Fundraise for local charities and North Fraser Child Care Association events as well as child care related conferences
- Organize events for children in the community as well as child care facilities

Contact information

Email: [nfcca@hotmail.com](mailto:nfccca@hotmail.com)

Website: northfraserchildcareassociation.wordpress.com

Looking for more information and ideas to support your children to move and play outside?

Child Care Resource & Referral has created **ACTIVE KIDS KITS** that you will find in our lending library. Each kit has different activities and ideas to guide and inspire you to move, dance, jump, hop, skip and more with your children. Kits are available to members of CCRR. Not a member yet? If you are a Licensed Child Care Facility or Preschool membership is free! Just fill out a CCRR Licensed Child Care Membership form and you can then access our lending library and more.

Check out these resources **ParticiPACTION** and **Appetite to Play**. (see below)

RESEARCH AND RESOURCES

Canadian 24-hour movement guidelines for the Early Years

[ParticiPACTION](https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4) has available a **downloadable 24-hour movement guideline for the early years**. The targeted guidelines focus on three core areas of 'move', 'sleep', and 'sit', and targets three distinct age ranges of less than 1 year, toddlers (1-2 years), and preschoolers (3-4 years). Screen time is discouraged for this age group.

Download the guidelines:

<https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4>

ABOUT APPETITE TO PLAY

Physical activity and healthy eating in Early Childhood (0-5) is important for healthy child development and setting the stage for lifelong healthy behaviours. Appetite to Play is an initiative designed to support early years providers promote and encourage physical activity and healthy eating. Appetite to Play provides healthy eating and physical activity recommended practices and practice support resources for early years providers to use in a variety of settings including: daycare centres, family based childcare, preschool and parent participation programs.

The **interactive website** includes healthy eating and physical activity self-assessment and planning tools, tips and ideas, recipes, games and activities. An online community offers the opportunity for early years providers to connect and share ideas and successes around physical activity and healthy eating in the early years.

<https://www.appetitetoplay.com/>



Benefits of Risky Play

Children thrive on risky play: Activities including climbing trees and rough and tumble games help improve their creativity, behaviour and resilience. Taking part in dangerous outdoor activities improves resilience and health. Climbing trees, jumping and rough and tumble play among most effective. Playgrounds with trees, plants and changes in height add to stimulation. Youngsters also gain from being able to choose own games, found study.



Taking part in risky outdoor play improves children's creativity, behaviour and resilience as well as their health, researchers have found. The benefits come from activities including climbing, jumping, rough and tumble play and exploring alone, they added. Playgrounds with natural elements such as trees, plants and changes in height are best. Youngsters also gain from being free to choose their own activities without restrictive supervision, added the Canadian study.

A study found children who play outside have increased creativity and resilience. Lead researcher Mariana Brussoni of the University of British Columbia in Canada, said: 'We found that play environments where children could take risks promoted increased play time, social interactions, creativity and resilience. 'These positive results reflect the importance of supporting children's risky outdoor play opportunities as a means of promoting children's health and active lifestyles.

'These spaces give children a chance to learn about risk and learn about their own limits.' Safety fears were seen as the main reason for limiting risky play, reported the International Journal of Environmental Research and Public Health.

Researchers found that playground safety standards and too much supervision prevented children from engaging in risky activities. Dr Brussoni added: 'Monitoring children's activities may be a more appropriate approach than active supervision, particularly for older children, 'We recommend considering policy, practice and built environment approaches to risky outdoor play that balance safety with children's other health outcomes. Research found that playgrounds or outdoor spaces with natural elements like trees, plants and challenges in height also improved children's cognitive behaviour

<http://www.dailymail.co.uk/news/article-3120837/Children-thrive-risky-play-Activities-including-climbing-trees-rough-tumble-games-help-improve-creativity-behaviour-resilience.html>



SAVE THE DATE!

ECEBC'S 47TH ANNUAL CONFERENCE: MAY 3 TO 5, 2018

Navigating Our World Through the Lens of Early Childhood. It's Our Moment.

Radisson Hotel Vancouver Airport
8181 Cambie Road, Richmond, BC

Watch for online registration to open soon

Download the Pre-Registration Information :

http://www.ecebc.ca/events/files/conference2018/Pre-reg_info%20sheet_Conf%202018_Dec%2015_2018.pdf



ECEBC'S 47TH ANNUAL CONFERENCE

**Navigating Our World through the
Lens of Early Childhood Education:
IT'S OUR MOMENT**

ECEBC

May 3-5, 2018
Radisson Hotel Vancouver Airport • Richmond, BC

*Register by April 4th
save money, and be
entered to win a dinner
for two!*



One hundred years from now...
it will not matter what job I
had, or what kind of car I
drove, or how much money
was in my bank account, but
that I made the difference in
the life of a child.



-author unknown



*May is Child Care Month . . .
to all our hardworking, loving, dedicated, kind,
creative child care providers in our community:
Thank you for all you do !!!*