

**Let's Celebrate National Child Day
on Sunday, November 20, 2011**

- Wear a royal blue ribbon.
- Attend a special event with a child.
- Ask a child for advice.
- Introduce your child to your place of work.
- Plan a special visit to your child's class or child care setting.
- Send a card to a child, caregiver or teacher in honour of the day.
- Explore ways to make your neighbourhood a safer place for children.
- Organize a fundraiser to support activities for children.
- Invite a child out for a meal or snack.
- Share a book or story with a child.
- Think back on great moments of your childhood.
- Thank relatives for caring for you as a child.
- Reflect on the rights of children.
- Send a package of toys, clothes or books to children in need.
- Raise awareness for children's issues by talking to local politicians.
- Donate time or money to a children's charity.
- Tell a neighbour or friend about National Child Day.
- Consider ways you can make Canada a better place for children.

www.eccenb-sepenb.com/national_child_day



Myna Thompson, Coordinator

Catherine Carter Clark, Consultant

Jesse Gardiner, Consultant



Welcome to Jesse Gardiner our new consultant replacing Andrea Weir who left this summer. All the best to you Andrea.

Jesse is an ECE who has worked in group and family child care programs in the Cowichan Valley.

We'd also like to welcome Liz Manraj an ECE starting in a consultant casual position with the CCRR.

Regional CCRR Conference

**in Campbell River on Sat.
Oct.29/11**

Theme: "Growing A Child's Brain"

Keynote speaker: Gary Anaka

Cost \$44.00 per person Call CCRR

The Cowichan Valley CCRR is a program of the Clements Centre Society. Funded by the Province of BC. 5856 Clements St., Duncan, BC V9L 3W3

Monday-Friday 8:30 to 4:00

Ph. 250-746-4135 Ext:231

Fax: 250-746-1636

Email: ccrr@clementscentre.org

Website: www.clementscentre.org/programs/CCRR

www.islandfamilyinfo.ca

Understanding Types of Child Care

The basics on:

Registered Licence Not Required Child Care (RLNR)

RLNR child care is care provided by the operator and located in the care provider's own home. Like an LNR, care may only be provided for two children or a sibling group, of any age that are not related to the child care provider. A child care provider who is "registered" has met health and safety requirements set by the Ministry for Children and Family Development (MCFD) and must continue to meet all requirements, with their local CCRR program. Being a RLNR also means families that attend the program may be eligible to receive an enhanced Subsidy rate which is higher than what an LNR would receive.

MCFD criteria also includes a self-assessment form, a suitability interview with CCRR staff, character reference letters, medical practitioner letter, a Health and Safety Home Assessment, completion of First Aid training, child care training that includes introduction to child development, guiding children's behaviour, health, nutrition, planning activities and how to operate a child care business.

CCRR consultants make home support visits, health and safety assessment visits and keeps in touch by phone and e-mail.

Most RLNR programs are operated by moms with young children who decide to stay home until their children go to school. Many are also grandparents.

Advantages of RLNR child care:

- Low ratio of children to adults may be ideal for some infants & toddlers.
- Low ratio of children to adults may work well for children who require extra support.
- Regulated by MCFD & monitored by the CCRR, unlike informal child care.

If you or a parent have any questions about RLNR, please call the CCRR or visit the MCFD website: www.mcf.bc.ca/parents/childcare



Why should I buy insurance?

Your decision to buy insurance should be based on the type of coverage that meets the needs of your program. A minimum of \$2 million is recommended.

How does insurance work?

Insurance is based on occurrence. For example, If you have 2 million dollar coverage, it would be 2 million for each incident or occurrence.

Insurance Options:

Coastal Community Insurance Services (2007) Ltd., Nanaimo, BC.

Phone: 1-877-705-4232

Web: www.pacific-care.bc.ca

Coastal Community Insurance offers liability insurance coverage specifically designed for child care providers including extended benefits.

Home Insurance Carriers

Check online, or in the Yellow Pages /phone book for contact information.

Western Financial Group, Kelowna, BC.

Phone: 1-800-667-2217

Web: www.westernfinancialgroup.ca

Email: childcare@westernfg.ca

Western Financial offers liability insurance coverage specifically designed for child care providers including abuse coverage and extended benefits.



For your information: Minor Capital Funding Program:

Effective September 15, 2011, the Minor Capital Funding Program will no longer be accepting applications for the 2011/2012 fiscal year. The ministry is redirecting a portion of funding from its child care minor capital program in order to help meet the rising demand for child care subsidies and to continue supporting child care providers with their operating costs. A clearer picture of the demands on the subsidy and operating funding program will emerge at the end of this fiscal year and help determine the future funding allocation for the minor capital program.

September 01, 2011 Child Care Subsidy Rate Increase

With the complete implementation of full-day kindergarten in September 2011, the Ministry of Children and Family Development is adjusting child care subsidy rates to ensure consistency for all school-aged children.

Effective September 1, 2011, the subsidy rates for children attending full-day are being reduced from \$340-550 per month (depending on the child-care setting) to \$210 per month, while the net income exemption threshold (income cut-off for a full subsidy) is decreasing from \$33,300 to \$21,480 per year for families with a kindergarten-aged child attending child care.

Also effective September 1, 2011, the ministry is increasing the maximum monthly subsidy rate for parents requiring care before and after school, on non-instructional days and during school closures. Subsidy rates for four hours of care or less per day will increase to \$175 per month and rates for more than four hours per day will increase to \$210 per month. This increase will financially compensate each school-aged child for one full day of child care per month during the school year, in the event that school is closed (e.g., for holidays or a professional development day).

For more information contact: Ministry for Children and Family Development

Website: <http://www.mcf.gov.bc.ca/childcare/rates.htm> PH. 1-888-338-6622

Toys, Resources & Websites

Back Packs! New to the Toy Lending Library



These easy to carry resources are filled with books, games and other materials that will enhance your program.

One (1) month borrowing period. Call the CCRR for details.

Kaatza Child Care Center in Lake Cowichan is closing on Friday, October 14th. The following items will be for sale after that date.

Please phone 250-749-6422 if you are interested.

- Earthquake kits for 30 children
- All furniture: tables, chairs, shelving, cubbies
- Commercial outside climber, vinyl indoor climber with stairs
- Brand new tricycles for under 3's & John Deere tricycles for over 3's
- School size blackboards, wall mounted easel, kidney-shaped table for over 3's
- Computer desk, fireproof file cabinet, TV & stand
- Books, games, art supplies, wooden kitchen centre, mitts & Muddie Buddies
- Puzzles, education toys, dress-up clothes



Websites worth visiting...

Buying gifts for young children?

Health Canada Consumer Product Safety <http://www.hc-sc.gc.ca/cps-spc/child-enfant/index-eng.php>

Reviewing your menus?

<http://www.dietitians.ca/child>

<http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>



Cowichan Valley CCRR



October 2011

October Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Storyoga 7-9 pm Good Beginnings 6:30-9:30 pm	6	7	8
9	10 CCRR Closed	11	12 Good Beginnings 6:30-9:30 pm	13	14	15
16	17	18	19	20	21	22 Good Beginnings 9:30-3:30 pm
23/30	24/31 Halloween	25	26	27	28	29 Good Beginnings Regional CCRR Conference

Pumpkins Everywhere! (Sung to tune of "Old MacDonald Had a Farm")

CCRR library resource *Sing a Song of Seasons* Pumpkins, pumpkins all around,

Pumpkins everywhere!

Pumpkins, pumpkins on the ground,

Lots of them to share!

Some are big.

Some are small.

Fat ones, skinny ones,

Some are even quite tall!

Pumpkins, pumpkins all around.





November	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 CCRR Closed Remembrance	12
13	14	15	16	17	18	19
20 National Child Day!	21	22	23	24	25	26
27	28	29	30			

This is the Way the Leaves Fall Down *Sing a Song of Seasons*

(Sung to tune of "Row, Row, Row Your Boat")

Float, float, float right down

Gently to the ground. This is the way the leaves fall down

All around the town.

Whirl, whirl, whirl

Twirl, twirl, twirl

Swish, swish, swish

Blow, blow, blow

Drift, drift, drift

Courtesy of , from our lending library.



Cowichan Valley CCRR



December 2011

December Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Hanukah At Sunset	2	3
4	5	6	7	8	9 Hanukah ends	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Christmas Eve
25 Christmas Kwanzaa Till Jan 1	26 CCRR Closed Boxing Day	27 CCRR Closed	28 CCRR may be closed Call first	29 CCRR may be closed Call first	30 CCRR may be closed Call First	31

Holiday Light (Sung to the tune of "Daisy, Daisy")

Candles glowing in the soft dark of night.

Candles glowing, spreading a gentle light.

The holidays are upon us.

The feelings are so joyous.

So spread the light

And joy tonight,

Little holiday friend of mine!

Courtesy of Sing a Song of Seasons, from our Lending library.



Happy Holidays

And all the best to you at this
festive time of year!

Myna, Catherine, Jesse & Liz



Jessica's Spice Cookies Just in time for the holidays!

Preheat oven to 350 degrees Yield: 24 cookies

Prep time: 12 minutes to mix, 2 hours to chill, and 8-10 minutes to bake.

Enjoy!

1 1/2 cups whole wheat flour

3/4 cup wheat germ

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon allspice

1 1/4 teaspoons ginger

1 1/2 teaspoons cinnamon

1 cup apple juice concentrate

2/3 cup raisins

1/4 cup vegetable oil

2 egg whites

Combine dry ingredients in a mixing bowl. In a blender jar, combine the juice concentrate and the raisins. Mix on high until raisins are chopped. Add the egg whites and beat on slow speed just until combined. Slowly add the juice mixture to the dry ingredients and mix until combined. Wrap the somewhat soft dough in waxed paper and chill for 2 hours. Wet your hands and shape the dough into balls which are 1 1/2 inches in diameter. Place on a nonstick cookie sheet and flatten with a fork. Bake 8-10 minutes until just done. Don't over bake! Cool on wire rack. Nutritional quotient in 1 cookie=1 whole grain, 1/3 fruit, some iron and protein.—*Excerpt from Sugar-Free Toddlers: Over 100 Recipes by Susan Watson, CCRR library.*