



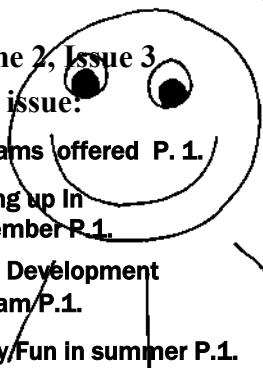
Quesnel & District  
**CHILD DEVELOPMENT CENTRE**

# JULY - AUGUST 2011 NEWSLETTER

Volume 2, Issue 3

Inside this issue:

- Programs offered P. 1.
- Coming up in September P.1.
- Infant Development Program P.1.
- Family Fun in summer P.1.
- July Calendar P.2.
- August Calendar P.3.



www.quesnelcdc.com Phone:250-992-2481 Fax:250-992-3439

## COMING UP IN SEPTEMBER

In September we will be continuing all of our regular programs, for July and August we will not be running most programs. This includes Family Support's Parent Gathering and Autism Support Group, Infant Development's Mother Goose, Baby Yoga, Parents and Tots and Infant Massage. The Pregnancy Outreach Program will still be meeting over the summer. Keep in mind that you are able to register now for classes and groups starting in September.



## PROGRAMS OFFERED BY THE CDC

### Monday

- Autism Parent Support (Drop In)
- Incredible Years (Pre-register)

### Tuesday

- Parents and Tots (Pre-register)

### Wednesday

- Baby yoga (Pre-register)
- Infant Massage (Pre-register)
- Pregnancy Outreach program (Drop In)
- Language and Literacy (Pre-register)

### Thursday

- Parent Gathering (Drop In)

### Friday

- Mother Goose (Pre-register)
- Language and Literacy (Pre-register)

## SUMMER FUN FOR FAMILIES

One of the ways to bond with your child is by having fun together. Fun creates fond memories. Our brains tend to remember the "fun" and even funny things we've done. However, what is fun for one child may not be fun for another. Some children love the outdoors while others prefer to read a book or do an indoor activity. Once you understand your child's personality you can adjust activities for fun.

1. Pick your own..... Find a farm with blueberries, strawberries, tomatoes, flowers, etc., and get picking.
2. Make 's'mores. Chocolate + marshmallow + graham cracker=summer
3. Camp out. First-timers, try backyard camping.
4. Camp in. Put the sleeping bags on the floor and have a family slumber party.
5. Rearrange the furniture. Give the kids graph paper and have them draw out a plan first.
6. Invite friends over for a game night. Have a kids' games table and an adult one too.
7. Experiment with new hairdos. Let the kids try out not-permanent colors or braids.
8. Let the kids cook dinner. In fact, make a tradition of it.
9. Decorate your walkways with chalk. Better yet, make your own chalk.
10. Take a hike. Choose a route near your house or take a drive to a more distant park.
11. Make fresh lemonade. Maybe even sell it at a lemonade stand!
12. Take road trip to a nearby city. Spend the night if you can or just make it a day trip.
13. Show the kids science is fun. Try experiments.
14. Teach the kids a game you haven't played since you were a kid.
15. Visit a historic house. Kids will be amazed at what the old-timers lived without.
16. Make ice cream.
17. Build a Lego castle. Clear off a table and make it a family project.
18. Master a new skill together. Learn to juggle, play harmonica, do the hula hoop, etc.
19. Build a fort. Try pillows in the living room or cardboard boxes in the yard.
20. Make fairy houses. Use moss, bark and leaves in a dwelling fit for Thumbelina.
21. Write/illustrate a comic book. Make it a group effort or let everyone do their own.
22. Create a scavenger hunt. Do it on your own property or around town.
23. Put on your own dramatic performance. Write a script, sew costumes or just do a little improv.



**DON'T FORGET TO CALL US  
AT (250)992-2481, SIGN UP  
TO SIT ON OUR  
BILLY BARKER DAYS  
PARADE FLOAT!!!!**



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Volume 2, Issue 2

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~ July 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed For Canada Day	2
3	4 Autism Parent Support Group 6:00pm-8:00pm (Drop In)	5	6 POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	7	8 	9
10	11 	12	13 POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	14	15	16 Billy Barker Days Parade
17	18 	19	20 POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	21	22	23
24	25 	26	27 POP Prenatal Swim & Baby Swim 11:00-1:00pm	28 	29 	30
31	<p><b>Notes:</b></p> <p><b>DON'T FORGET TO CALL US AT (250)992-2481, SIGN UP TO SIT ON OUR BILLY BARKER DAYS PARADE FLOAT!!!!</b></p>					


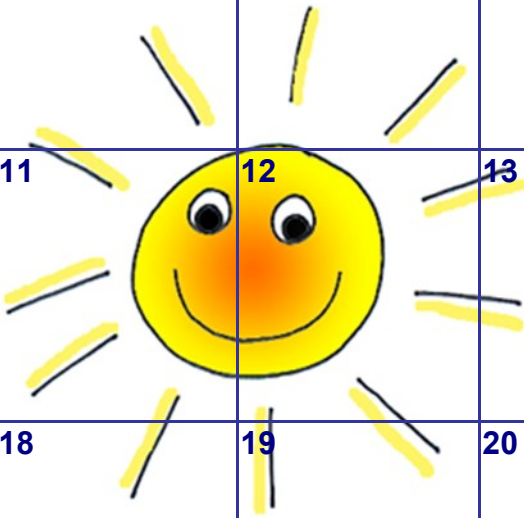
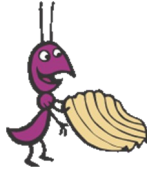


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