



Quesnel & District
CHILD DEVELOPMENT CENTRE

SEPTEMBER 2011 NEWSLETTER

Volume 2, Issue 3

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

Inside this issue:

- **Over the Summer... P.1.**
- **Infant Development P.1.**
- **Speech Therapy P.1.**
- **Family Support P.2.**
- **Supported Child Development P.2.**
- **Parenting technique P. 2.**
- **Physiotherapy P.3.**
- **Pregnancy Outreach Program P.3.**
- **School age occupational Therapy P.3.**
- **Calendar Of programs and Events P.4,5,6.**



**A BABY WILL MAKE
LOVE STRONGER, DAYS
SHORTER, NIGHTS
LONGER, BANK BAL-
ANCE SMALLER, HOME
HAPPIER, CLOTHES
DIRTY, THE PAST FOR-
GOTTEN, AND THE FU-
TURE WORTH
LIVING FOR.**



OVER THE SUMMER...

The CDC participated in many community events! Family Day in Labourdais Park was quite fun. We set up our obstacle course again this year and it seemed to be a hit with the children! We took part in aboriginal day as well with our famous course! Kids day in the park a slightly different story with a separate booth set up next to ours for our POP program. We would like to extend thanks to our wonderful staff for donating their time to man our booths on these days! We also participated in the Billy Barker Days Parade, where we won first place in the children's division for our butterflies and caterpillar design. This was our 14th award and our 7th time to win 1st place! The Caterpillar to butterflies is to symbolize the growth of the children using our services experience. Thank you to our wonderful Board Of Directors for creating such a wonderful and meaningful float to represent our organization and purpose.

SPEECH AND LANGUAGE PATHOLOGY

Andrea, our Early Intervention Speech Language Pathologist, assesses and provides therapy services to children ages 0 to 5. Perhaps your child is not yet talking when you think they should. Maybe you do not understand their speech or he or she has a hard time interacting with other children. Contact the CDC if you have any questions or concerns about your child's communication skills and Andrea will be happy to help.



INFANT DEVELOPMENT

Patti and Penny are our Infant Development Consultants who work with families whose children are age birth to three years. Their services include home visits, developmental screening and assessments, individual goal planning, materials and resources, referrals and a number of inclusive groups. Groups include Parents & Tots for 2 year olds; Infant Massage from birth to 6 - 8 months; Baby Yoga from 2-3 months to crawling; and the Parent Child Mother Goose Program. All groups have ongoing registration and take place from September to June. The Infant Development consultants work as part of the early intervention team at the CDC. Call us anytime to find out more about our program!

■ ■ ■ ■ ■
Infant Massage ■ Baby Yoga
■ Parents & Tots ■ Mother
Goose ■ Patti & Penny with
the Infant Development Pro-
gram will be offering a wide
range of groups for children
0 to 3 years of age this year.
They will also continue to
provide one to one support
to families on caseload.



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NEW THIS YEAR

The Supported Child Development Coordinator, Sandy will be hosting a Play Workshop with Megan Klotz at the CRRs Early Learning Conference on Saturday, October 15th 2011. If you would like to join this workshop please contact CRR at 250-992-7606.

ANNIVERSARIES

We would also like to thank the following employees for the hard work and dedication they have given to the Quesnel and District Child Development Centre over the years and wish them the happiest anniversary with us! Over the summer Anniversaries: Kurt- ED (10 years), Donna- SCD (7 years), Hal-mander- SCD (7 years), Carly- SCD (4 years), April- SCD (3 years), Taylor- SCD (3 years), Shannon- SCD (3 years), Emma- IEP (6 years), Andrea- SLP (2 years), Pat-ACC (2 years), Coming up in September: Sandy- SCD (22 Years), Bernie- SCD (21 years), Gaye- SCD (23 years), Mary-SCD (22 years), Ina- SCD (13 years), Carla-FSW (19 years), Patti-IDP (17 years), Heidi-EA (3 years), Josh- SA-OT (2 years). Without the devotion, commitment and enthusiasm from long term employees like this, the Quesnel and District Child Development Centre would not be able to run as efficiently as it currently is. We celebrate and thank you all and wish you a happy year to come!

FAMILY SUPPORT

AUTISM PARENT SUPPORT GROUP

This group is offered through Family Support program. Autism Parent Support Group meets the first Monday of every month from 6pm to 8pm at the Child Development Centre.

DROP IN PARENT GATHERING

Parent Gathering is an informal information sharing and support group for parents. We meet every Friday at the Child Development Centre. Free childcare and snacks are provided. Parent Gathering is a collaboration between Quesnel Family Services and the Child Development Centre. For more information please call •Christine or Laureen at Quesnel Family Services (250)992-1555. Carla will be taking time off to teach ECE.

INCREDIBLE YEARS

Come and join the Incredible Years Program and get Ideas, support and different strategies to manage challenging and typical behaviours. This is a fun and wonderful group with proven success. The age range for this program is 2-8 years of age but parents with children 9-12 may also benefit from strategies in this group. Refreshments and childcare available (please let us know if you will need childcare.) There is no cost for this program but pre-registering is necessary. • Call Carla at (250)992-2481 or • Meagan at (250) 992-4159 • Facilitated by Meagan Klotz from Child and Youth Mental Health.

STOP TRYING TO PERFECT

**YOUR CHILDREN, BUT
KEEP TRYING TO PERFECT
YOUR RELATIONSHIP
WITH THEM.**



**CHECK US OUT ON
FACEBOOK!**



SUPPORTED CHILD DEVELOPMENT

The SCD Program provides extra support for children up to nineteen years old in various programs in town including group and family daycares, StrongStarts, pre-schools and recreation programs. We have 77 children with special needs on our caseload from birth to 19 years old and have offered one to one support to 22 children and shared support to 14 children over the past several months. The SCD Program has presented several Play, Adapt, Learn and Socialize (PALS) Groups at a variety of child care centres. We have also offered Language Literacy Groups with the CDC Speech-Language Pathologist and Literacy Quesnel. We offer enriching experiences that promote social - communication skills and concept development in a variety of ways and we are always open to ideas or suggestions that might improve how we meet our clients needs. The SCD program is grateful to the childcare programs, community partners and service professionals who work closely with our staff.



DID YOU KNOW... ONE REASON THAT KITTENS SLEEP SO MUCH IS BECAUSE A GROWTH HORMONE IS RELEASED ONLY DURING SLEEP.



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EDUCATION IS AN ADMIRABLE THING, BUT IT IS WELL TO REMEMBER FROM TIME TO TIME THAT NOTHING THAT IS WORTH KNOWING CAN BE TAUGHT.
OSCAR WILDE



KNOCK, KNOCK WHO'S THERE? YODILHE

■ ■ ■ ■ ■
YODILHE WHO?

I DIDN'T KNOW YOU COULD YOU COULD YODEL!



SCHOOL-AGE OCCUPATIONAL THERAPY

Our school OT, Josh spent his summer preparing for the school year and helping out at the Youth Action Group Summer Day Camps. Josh is excited to get back into the schools and help students get the most out of their school days. The school-age Occupational Therapy Program focuses on enhancing occupational performance at school. Through school-based consultation, occupational therapy enhances students' ability to perform day-to-day tasks, with specific focus on school-based participation. Assessments and interventions focus on motor skills, printing and handwriting, sensory processing, accessibility & participation, and other skills related to participation in school activities. For more information on the SA OT program please contact Josh at the CDC. (250)992-2481.

DID YOU KNOW HIPPOPOTAMUS MILK IS PINK?



PREGNANCY OUTREACH PROGRAM

The Pregnancy Outreach Program is a great way to learn about pregnancy and make some new friends. We are always welcoming new moms and moms to be onto the program. Drop In groups, which include a free lunch, run every Wednesday for pregnant women and new mothers; pool days will be starting again in September so check the CDC calendar! For those that shy away from groups, individual support is available; we are here to listen, provide information and help you with any questions you may have. Common topics we cover with POP moms include: labour & delivery, healthy lifestyle choices, newborn expectations, postpartum depression, as well as relationship and parenting support. All services are free and confidential. Photo taken by Pregnancy Outreach Team during their latest baby shower.

EARLY INTERVENTION PHYSIOTHERAPY

This program operates Tuesday-Thursday and promotes the development of movement skills for children from birth to school entry. In September the hours will be expanded Monday-Friday to accommodate a practicum student.

Early movement skills are the building blocks for many play skills and functional abilities. Also, physical problems can be minimized or even avoided by early intervention. Anyone with a concern about a child's physical ability or development can request physiotherapy by contacting the Centre at 250-992-2481.





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~ September 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day! Closed	6	7 POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	8 Parent Gathering 10:00-11:30am	9	10
11	12	13	14 Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	15 Parent Gathering 10:00-11:30am	16	17
18	19	20 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	21 Baby Yoga 10:00- 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	22 Parent Gathering 10:00-11:30am	23	24
25	26	27 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	28 Baby Yoga 10:00- 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Prenatal Swim & Baby Swim 11:00-1:00pm	29 Parent Gathering 10:00-11:30am	30	Notes:



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~ October 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Autism Parent Support Group 6:00pm-8:00pm (Drop In)	4 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	5 Baby Yoga 10:00- 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	6 Parent Gathering 10:00-11:30am	7	8
9	10 Thanksgiving Day! Closed	11 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	12 Baby Yoga 10:00- 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	13 Parent Gathering 10:00-11:30am	14	15
16	17 Mother Goose 10:00-11:00 am	18 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	19 Baby Yoga 10:00- 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	20 Parent Gathering 10:00-11:30am Shake out BC Earth Quake Training	21	22
23	24 Mother Goose 10:00-11:00 am	25 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	26 Baby Yoga 10:00- 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Prenatal Swim & Baby Swim 11:00-1:00pm	27 Parent Gathering 10:00-11:30am	28	29 Variety Show Fund-raiser
30	31 Halloween! Mother Goose 10:00-11:00 am	Notes:				



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~ November 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Parents & Tots 9:30-10:30 (pre- register) Parents & Tots 11:00-12:00 (pre- register)	2 Baby Yoga 10:00– 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	3 Parent Gathering 10:00-11:30am	4	5
6	7 Autism Parent Support Group 6:00pm-8:00pm (Drop In) Mother Goose 10:00-11:00 am	8 Parents & Tots 9:30-10:30 (pre- register) Parents & Tots 11:00-12:00 (pre- register)	9 Baby Yoga 10:00– 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	10 Parent Gathering 10:00-11:30am	11 Remembrance Day Closed	12
13	14 Mother Goose 10:00-11:00 am	15 Parents & Tots 9:30-10:30 (pre- register) Parents & Tots 11:00-12:00 (pre- register)	16 Baby Yoga 10:00– 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	17 Parent Gathering 10:00-11:30am	18	19
20	21 Mother Goose 10:00-11:00 am	22 Parents & Tots 9:30-10:30 (pre- register) Parents & Tots 11:00-12:00 (pre- register)	23 Baby Yoga 10:00– 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Postnatal Drop In & Lunch 11:00-1:00pm POP Prenatal Drop In & Lunch 12:00-2:00pm	24 Parent Gathering 10:00-11:30am	25	26
27	28 Mother Goose 10:00-11:00 am	29 Parents & Tots 9:30-10:30 (pre- register) Parents & Tots 11:00-12:00 (pre- register)	30 Baby Yoga 10:00– 10:45 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Prenatal Swim & Baby Swim 11:00-1:00pm	Notes:		