



Quesnel & District
CHILD DEVELOPMENT CENTRE

APRIL- JUNE 2011 NEWSLETTER

Volume 2, Issue 2

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

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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!



VALENTINES DINNER AUCTION & DANCE SUCCESS

February 12/ 2011 was the Quesnel and District Child Development Centre's first annual Valentines Dinner, Auction and Dance Fundraiser. This event was a blast to plan and even more of a blast to attend. This event raised over 6,000 dollars through the live auction, door prize raffles, wine sales, and ticket sales. All of the money raised from this event will directly go to our programs and the children and families who use our services. The Valentines Dinner, Auction and Dance was decorated by Remarkable Events and Blumko Flower Art, music was provided by Northern Lights Harps and Night Owl Music, pictures done by Alluring Photography, the meal was provided by Jean's Side Door Catering.



WHEN THERE IS LIGHT IN THE CHILD, THERE IS HAPPINESS IN THE HOME. WHEN THERE IS HAPPINESS IN THE HOME HERE WILL BE HARMONY IN THE WORLD. WHEN THERE IS HARMONY IN THE WORLD, THERE WILL BE PEACE.

STAFF ANNIVERSARIES

The Quesnel & District Child development Centre would like to wish happy anniversary to Peggy—POP (13 years), Penny—IDP (17 years), Tina— EIP— OT (4 years) and Rose— POP (2 years). We would like to thank this fabulous foursome for their dedication and hard work throughout the years! It takes commitment like this to have such a successful organization.



The Infant Development program and the Pregnancy Outreach Program would like to welcome their new practicum student Lindsay Walker. Lindsay is currently attending the Social Service Worker Program at the College of New Caledonia.

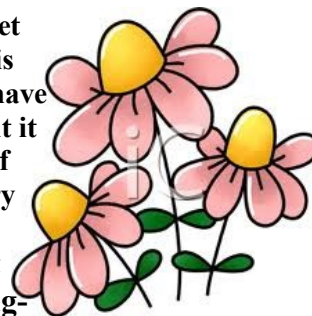
Q: HOW CAN YOU MAKE AN OCTOPUS LAUGH



A: TEN TICKLES

As you get older it is harder to have heroes, but it is sort of necessary

Ernest Hemmingway





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**“A LITTLE FROM YOU,
MEANS A LOT TO US”**



FAMILY SUPPORT

Carla, the Child Development Centre's Family Support Worker (FSW) offers family counseling as well as a variety of groups. The Child Development Centre takes pride in its ability to collaborate with others. Carla along with Megan from Child and Youth Mental Health offer "Incredible Years", a parenting group. Together with Lauren and Brianne from Quesnel Family Services Parents meet weekly in the support group "Parent Gathering" to discuss the joys and challenges facing all parents. The Autism Support group meets on the first Monday of the Month. Child minding is available for all the groups offered by the Family Support Program. Incredible Years is by pre-registration. To learn more about the Family Support Program call Carla at us at 250-992-2481 or visit our Website www.quesnelcdc.com. Check out our calendar for dates and times of her programs.

Q: HOW CAN A COWBOY RIDE INTO TOWN ON FRIDAY, STAY TWO NIGHTS, AND RIDE OUT ON FRIDAY?



A: HIS HORSE IS NAMED FRIDAY.



SUPPORTED CHILD DEVELOPMENT PROGRAM

The SCD Program provides extra support for children up to nineteen years old in various programs in town including group and family daycares, Strong-Starts, preschools and recreation programs. We have 75 children who have special needs on our caseload from birth to 19 years old. SCD works closely with the CDC Speech-Language Pathologist and Literacy Quesnel to present an eight week Language and Literacy Program for invited children on caseload. We offered a Motor Development group for school age children with the CDC school aged Occupational Therapist this winter to enhance skills of children on both caseloads. Balance, coordination, and fitness were built into the weekly fun sessions. The SCD program would like to send out a special thanks to all of the child care programs and community partners that work closely with their staff.

SPRING IS HERE! TIME TO CHOOSE A BATHING SUIT FOR YOUR BABY BUMP!

Swimming is a fabulous way to stay fit and healthy and a great way to exercise while pregnant. It is very relaxing, and a great way to show off your nice baby bump. Ideally a maternity bathing suit must have support in 3 key areas - your bust, hips and tummy. For bust support, if you are smaller, you may be able to pull off a halter style, which tend to be very flattering. If you are graciously endowed, you should tend to lean towards the wider strap tanks and empire waist, which adds more support. Try to find adjustable straps so you can increase the length as you need it. When it comes to showing off your baby bump, you must decide what is comfortable for you. Make sure that your suit is not too tight and has enough room for you to grow into. Through your pregnancy, your hips will expand, so make sure you buy a maternity swimsuit which has lycra or is adjustable.



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



WHAT DO YOU CALL A THREE-LEGGED DONKEY?



A WONKEY!



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**A LION GOT LOOSE FROM THE
CIRCUS AND ATE EVERYBODY
BUT CLOWNS. WHY?**

■ ■ ■ ■ ■
BECAUSE THEY TASTE FUNNY!



EARLY INTERVENTION

OCCUPATIONAL THERAPY

Tina's clients get to play, build, swing, complete puzzles and have a good time while she completes her assessments. Early Intervention Occupational Therapy has a room called the "Sensory Room" where children can interact with fiber-optic strands, vibrating pillows and a light up bubble column! Tina enjoys interacting with the children for various activities including puzzles and games for gross and fine motor skills. These fun games are to test finger dexterity and daily motion. Tina assists children to be more successful in their daily routines through strategies for self-care, attention, focus, sensory behaviours and parent child enjoyment. For more information please call Tina at (250)992-2481.



SCHOOL AGE OCCUPATIONAL THERAPY

Our school OT, Josh continues to be busy working with students throughout the district to improve participation and performance at school. Before the Christmas break the OT department supervised a student, Karson Wong, who was completing his term 4 placement through UBC-OT. In addition to his OT experience Karson also tried ice-fishing, skiing, and got to skate on a frozen lake...a full Northern experience and a whole lot of fun for a city boy from Vancouver! Karson brought a great presence to the CDC and it was a pleasure to have him as part of our team! In the upcoming months Josh will be sharing his clinical experience with researchers from Queen's university as they explore how occupational therapists can enable children and youth who have executive functioning skill issues to participate successfully in daily occupations. Also watch for more programs to be offered through the school-age OT program & SCD in the spring. For more information on the SA-OT program please contact Josh at the CDC. (250)992-2481.



One summer evening during a violent thunderstorm a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, 'Mommy, will you sleep with me tonight?' The mother smiled and gave him a reassuring hug. 'I can't dear,' she said. 'I have to sleep in Daddy's room.' A long silence was broken at last by his shaky little voice; 'The big sissy.'

**"SOME PEOPLE MAKE THINGS HAPPEN,
SOME PEOPLE WATCH THINGS HAPPEN,
AND SOME PEOPLE SAY 'WHAT JUST
HAPPENED?'"**



PREGNANCY

OUTREACH PROGRAM

Cooking together is a fun way to spend some time in the kitchen. POP moms are encouraged to help us cook the Drop In lunch; for your help we will send you home with a casserole dish of what was prepared that day.

We are always looking for new Moms, or Moms-To-Be, to join our program, so please let us know if you are interested. POP has lots of fun events planned for the spring! Pool days will include infant swim lessons, as well as a First Aid class. As the weather warms up, we will also have some Drop Ins at the park (including a picnic). Mom & baby activities are planned also. We look forward to seeing you at Drop In!



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~ April 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	CHILDREN ARE UNPREDICTABLE. YOU NEVER KNOW WHAT INCONSISTENCY THEY'RE GOING TO CATCH YOU IN NEXT.				1 Mother Goose 9:30-10:30 am Language & Literacy 10:00- 11:30 am (Pre-register)	2
3	4 Autism Parent Support Group 6:00pm-8:00pm (Drop In) Incredible Years 9:00-11:00am (Pre-Register)	5 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	6 Baby Yoga 12:30-1:30 (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 Language & Literacy 1:00- 2:30pm (Pre-register)	7 Parent Gathering 10:00-11:30am	8 Mother Goose 9:30-10:30 am Language & Literacy 10:00- 11:30 am (Pre-register)	9
10	11 Incredible Years 9:00-11:00am (Pre-Register)	12 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	13 Baby Yoga 12:30-1:30 (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 Language & Literacy 1:00- 2:30pm (Pre-register)	14 Parent Gathering 10:00-11:30am	15 Mother Goose 9:30-10:30 am Language & Literacy 10:00- 11:30 am (Pre-register)	16
17	18 Incredible Years 9:00-11:00am (Pre-Register) 	19 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	20 Baby Yoga 12:30-1:30 (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 Language & Literacy 1:00- 2:30pm (Pre-register)	21 Parent Gathering 10:00-11:30am	22 Closed For Good Friday	23
24	25 Closed For Easter Monday	26 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	27 Baby Yoga 12:30-1:30 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Prenatal Swim & Baby Swim 11:00-1:00pm Language & Literacy 1:00- 2:30pm (Pre-register)	28 Parent Gathering 10:00-11:30am 	29 Mother Goose 9:30-10:30 am Language & Literacy 10:00- 11:30 am (Pre-register)	30



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8	9 Incredible Years 9:00-11:00am (Pre-Register)	10 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	11 Baby Yoga 12:30-1:30 (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 Language & Literacy 1:00- 2:30pm (Pre-register)	12 Parent Gathering 10:00-11:30am	13 Mother Goose 9:30-10:30 am Language & Literacy 10:00- 11:30 am (Pre-register)	14	
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22	23 Closed For Victoria Day	24 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	25 Baby Yoga 12:30-1:30 (Pre-Register) Infant Massage 1:00-2:00 (Ongoing Registration) POP Prenatal Swim & BabySwim 10:30-12:30 pm	26 Parent Gathering 10:00-11:30am	27 Mother Goose 9:30-10:30 am	28	
29	30	31 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	Notes: WHAT GOES ZZUB ZZUB? ■ ■ ■ ■ ■ ■ ■ ■ A BEE FLYING BACKWARDS				



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19	20 	21 Parents & Tots 9:30-10:30 (pre-register) Parents & Tots 11:00-12:00 (pre-register)	22 Baby Yoga 12:30-1:30 (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	23 Parent Gathering 10:00-11:30am	24 Mother Goose 9:30-10:30 am	25
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