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Cowichan Valley Child Care Resource and Referral Spring 2020

Coordinators Message

We are blessed with Spring and at the same time challenged with COVID-19 and must do the best we can to follow the protocols to flatten the curve. This means stay home, wash our hands, do not touch our face, cough and sneeze into the crook of our elbow and distance ourselves socially and physically from each other.

All of this is a lot to ask from a busy society, plus it is causing many anxious moments. One thing I am sure of... is that everyone reading this has the fortitude to carry out this challenge. If you feel for any reason that you need help, we are only a phone call, email or Facebook post away.

Currently the CCRR office is closed to public access, please phone 250-746-4135 Ext 235 if you have questions or need support. We are stronger together, even when practicing social and physical distancing 😊

All CCRR Programs are focusing on providing referrals to Tier 1 Essential Service Workers for Temporary Emergency Care <http://www.gov.bc.ca/essential-service-child-care>

New CCRR Programs Provincial Website <http://gov.bc.ca/ChildCareResourceReferralCentres>

Thank you for your patience as we all navigate these ever changing times.

Please stay safe, be kind and follow the directions of [BC Centre for Disease Control](#)

All the Best,

Carmen Barclay



CCRR Websites

Cowichan Valley CCRR www.clementscentre.org

Provincial CCRR Websites

<http://gov.bc.ca/ChildCareResourceReferralCentres>

Like us on Facebook!

<https://www.facebook.com/CVCCRR/>



The CCRR is a program of Sundrops,
funded by the Province



Cowichan Valley CCRR

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Office Hours:

8:30 AM —4:00 PM Monday to Friday

CCRR Closed Statutory Holidays:

Closed to Public Access Until Further Notice

Cowichan Valley Child Care Resource & Referral

Ministry of Children and Family Development (MCFD) Updates



Government is taking steps to protect those providing essential services by ensuring they cannot be held liable for damages caused by exposure to COVID-19 caused by continuing to operate, so long as they are complying with orders from the provincial health officer and other regulatory bodies. This order applies to all essential services, including child care centres.

For more information on the order, please visit: https://archive.news.gov.bc.ca/releases/news_releases_2017-2021/2020AG0029-000616.htm

Child Care Covid-19 Resources:

For Childcare BC's Covid-19 Updates: www.gov.bc.ca/ChildCareCovid-19Response

For the essential workers matching form: <http://www.gov.bc.ca/essential-service-child-care>

For questions relating to Childcare BC Funding, please phone the Child Care Operating Funding call centre: 1 888 338-6622, Option 2.

Tier 1 (highest priority): employed in Health and Health Services, Social Services, Law Enforcement, First Responders, and Emergency Response. For child care, Tier 1 also includes children referred by MCFD and Delegated Aboriginal Agency social workers. (For example, those who provide direct to public health services, like doctors, those who are health service providers like pharmacies, those who work in public safety like fire fighters and those who serve vulnerable populations like residential care for individuals with mental health and substance use challenges.)

Review the full list of roles that are considered [essential services](#) during this time.

Additional Provincial and Federal Covid-19 Resources:

For MCFD's Covid-19 Updates: www.gov.bc.ca/MCFD-COVID

For information on BC's Action Plan and other government resources and updates, visit: www.gov.bc.ca/covid19

To learn more about Canada's COVID-19 Economic Response Plan, visit: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

For resources to help manage COVID-19 related stress, anxiety and depression, visit: https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf

Information for Parents and Families: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-response-covid-19/child-care-response-covid-19-parent?keyword=Parent&keyword=CCRR>

See page 4 for good news of successful Start Up and New Spaces grant recipient...



Cowichan Valley Child Care Resource & Referral



FIRST NATIONS UPDATES

Hiiye'yu Lelum House of Friendship



Due to COVID-19

Essential Services Only

Please Visit Hiiye'yu Lelum Facebook for Updates

[https://www.facebook.com/hiiyeyulelum/
photos/
a.818573628304148/1498501443644693/?
type=3&theater](https://www.facebook.com/hiiyeyulelum/photos/a.818573628304148/1498501443644693/?type=3&theater)

Hiiye'yu Lelum Society 250-748-2242

BC Aboriginal Child Care Society

The situation with COVID-19 is extremely dynamic and we will continue to share information and resources to help support you.



HOW IS COVID-19 AFFECTING WORK AT BCACCS?

Staff will work remotely, but remain reachable by email and phone during regular work days Monday-Friday 9:00am-5:00pm.

Though you might experience a short delay, your voicemails, emails and letter mail will continue to be answered while we monitor the situation and carry on with our work.

A list of contacts can be found [here](#) or email reception@acc-society.bc.ca and we will direct your request to the appropriate person.

First Nations Health Authority

The FNHA is working with provincial partners and the Public Health Agency of Canada to actively monitor and respond to the COVID-19 pandemic declared by the World Health Organization (WHO).



First Nations Health Authority
Health through wellness

The FNHA is following the advice of Dr. Bonnie Henry, BC Public Health Officer, to reduce the impacts of COVID-19 and to keep you as safe as possible. The pandemic is escalating here in BC and all around us. Now more than ever, we all need to work together to protect each other, especially our Elders and people who are vulnerable. Everyone has a role to play in reducing the spread of COVID-19 and protecting the people we love.

The most important things we can do to limit the spread of COVID-19 are:

- * Stay home as much as possible and limit contact with other people
- * Wash your hands frequently with soap and water for at least 20 seconds
- * Avoid touching your face



Cowichan Valley Child Care Resource & Referral

Professional Development & Networking



With the onset of COVID-19 we have suspended all face to face training and networking. We are exploring online local options. Please check your email, CCRR private care provider Facebook group or the public Facebook page Cowichan Valley CCRR for current updates. Below are some current online training opportunities.

Early Years Professional Development: a portal for you to search for Early Years Training across BC Visit: <https://earlyyearsbc.ca/>



Early Childhood Investigations: Free webinars for early childhood education
<https://www.earlychildhoodwebinars.com/>



Crisis and Trauma Resource Institute: <https://ca.ctrinstitute.com/online-training/>



We are very happy for Brittne Schwab, owner of Britters Critters Daycare, a new Family Child Care centre in the Cowichan Valley.

Brittne recognized a need and invested her time, energy and money in opening a centre. We are honoured to have been a support through this process and look forward to continuing to support Brittne on her journey as a professional child care provider.

"When I began looking for child care for my young son, I found that every centre had no spaces and long waitlists. When I began looking into opening my own centre, the local child care resource and referral team told me about the grants that were available to apply for. These grants have made it possible for me to build a fence and purchase resources and toys for my facility. I felt very supported while working through the application process. Any time I had questions or needed guidance, it was easy to reach someone at the ministry."

We recognize the other successful New Spaces applicants, three new school-based child care centres will be located at Alexander Elementary, Mill Bay Elementary and Palsson Elementary. Cowichan Valley CCRR is excited to support these professional providers on their child care journey too!

Spaces Funds Childcare BC New Spaces Fund:
www.gov.bc.ca/childcare/newspacesfund

GOOD NEWS!

GOOD BEGINNINGS FAMILY CHILD CARE GRADUATE IS A SUCCESSFUL GRANT APPLICANT!

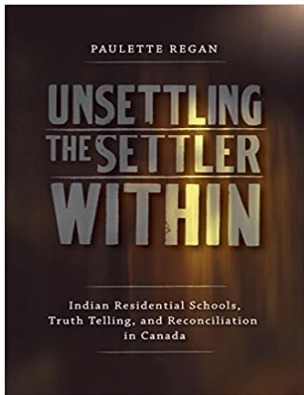


For more information on child care in the Cowichan Valley, visit the Clements Centre Society:
www.clementscentre.org/children/child-care-rr/



Literacy Corner

Reconciliation Book Club Feedback



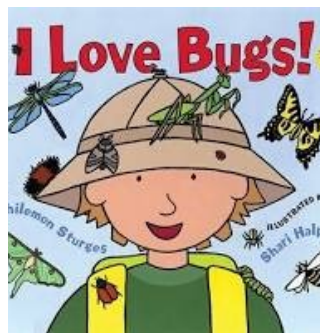
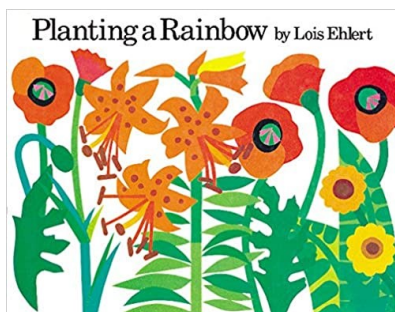
Unsettling the Settler Within

By Paulette Regan

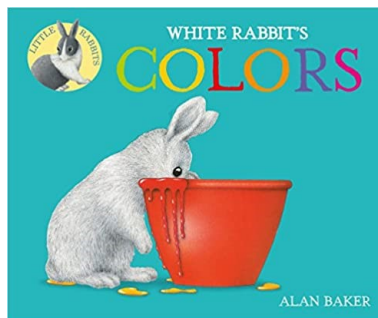
Unsettling the Settler Within argues that non-Aboriginal Canadians must undergo their own process of decolonization in order to truly participate in the transformative possibilities of reconciliation. A passionate call to action, this powerful book offers a new and hopeful path toward healing the wounds of the past.

If you would like to read this book it is available locally at the Cowichan Valley CCRR library.

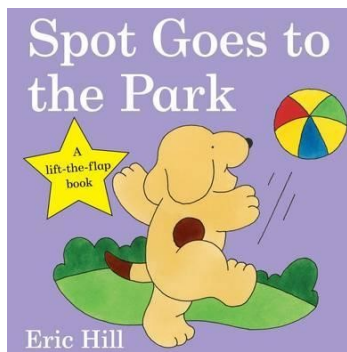
CCRR Staff's Top Picks for Spring



Click on picture to go to Amazon.ca



- ◆ **Planting a Rainbow** by Lois Ehlert
- ◆ **I Love Bugs!** by Philemon Sturges
- ◆ **Big Sarah's Little Boots** by Brenda Clark
- ◆ **White Rabbit's Color Book** by Alan Baker
- ◆ **The Tiny Seed** by Eric Carle
- ◆ **Spot Goes to the Park** by Eric Hill



Nutrition & Physical Activity

Baked Apples

A classic camping treat that doesn't involve marshmallows! Bring the fun of camp food indoors with this nutritious dessert or breakfast. Get kids involved by having them fill their own apples. Apples are the number one fruit grown in BC and come in so many different varieties, colours and tastes.



INGREDIENTS

- ◆ 5 apples
- ◆ 1 cup raisins (chop these for children 4 and under to prevent choking)
- ◆ 1 cup shredded unsweetened coconut
- ◆ 1 cup rolled oats or granola (read labels to choose nut-free if needed)
- ◆ 1 Tbsp cinnamon

Equipment List

Oven
Aluminum Foil or Parchment Paper
Baking Sheet
Knife
Cutting Board

INSTRUCTIONS

1. Preheat the oven to 375F.
2. Cut apples in half and carve out the core, creating a hollow in the middle of the apple half.
3. Place each apple half on a square of aluminum foil.
4. Lay out the toppings in bowls and have kids fill their apple hollows with raisins, coconut, oats and cinnamon.
5. Help them fold their foil into a sealed packet and consider marking with their name.
6. Place foil packets on the baking sheet and bake for approximately 30 minutes until the apples are soft and you can pierce them easily with a fork.
7. Allow to cool slightly before serving.

Yield: 10 child size portions
Preparation Time: 15 minutes
Cooking Time: 30 minutes

<https://www.appetitetoplay.com/healthy-eating/recipes/baked-apples>



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS



BUGS IN A RUG!

How to Play

- Play music and have the kids move around and dance any way they want.
 - When the music stops, all the kids have to curl up as small as possible (like a bug) with their heads into their knees so they are unable to see.
 - While the children do this, select one person to be covered up by a blanket so no one can see who it is.
 - Then, all the other children must stand up and guess who is under the blanket.
- Play as many times as necessary to have every child be hidden.

Change it Up

If curling up on the ground is difficult for anyone in the group, the participants can remain still in any position they like and close their eyes.