

What's Inside?

- P.1 Contact & Hours of Operation
- P.2 MCFD Updates
- P.3 Regional CCRR News
- P.4 More Child Care News
- P.5 GOOD BEGINNINGS Training
- P.6 Toy Lending Library & Safety Tips
- P.7 Top Summer Book Picks
- P. 8 Appetite to Play
- P. 9 May Events
- P.10 Celebrating YOU Event Donors/Services
- P. 11 Partners in Child Care

Summer Greetings to All,

We are super happy to head into summer mode here at the Cowichan Valley CCRR! Summer is a time for all to enjoy the fresh local foods this lovely valley has to offer, get in lots of outdoor time and connect with our families and friends!

For the CCRR it is time to do all the above plus refresh the toy and equipment library, plan training and networking activities for the fall and continue to supply our awesome services and supports! Summer office hours remain the same (see below) and we will be available to help child care providers, families and community with child care related questions, tasks and activities.

We are excited to have a small lift in funding that will allow us to offer two late night openings each month! September 12 will be our first late opening until 7 PM. We will host an information session for the next Responsible Adult and Family Child Care trainings as well as have access to the toy library.

Thank you to all who participated in all our past events, we are excited and looking forward to more fun and learning together!

Looking Forward to Seeing You Soon!

Carmen

Program Coordinator



Your CCRR Team

Coordinator: (250) 746-4135 Ext.231

Carmen Barclay

Email: cbarclay@clementscentre.org

Consultant: (250) 746-4135 Ext.235

Rhiannon Oldford

Email: roldford@clementscentre.org

Office: Clements Centre Society

5856 Clements St, Duncan, V9L 3W3

Hours: 8:30—4:00 Monday to Friday

(Excluding Statutory Holidays)

CCRR Is Closed August 5 & September 2 2019

Like Us on Facebook!

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

CCRR Member Child Care Provider Group :



https://www.facebook.com/pg/CVCCRR/groups/?ref=page_internal

Cowichan Valley CCRR

www.clementscentre.org

Vancouver Island Regional CCRR

www.vancouverislandccrr.ca

The CCRR is a program of the Clements Centre, funded by the Province of BC



Cowichan Valley Child Care Resource & Referral

From the Ministry of Children and Family Development (MCFD)

Child Care MCFD Updates

MCFD Hours: Child Care Service Centre 8:30 am to 4:30 pm, Monday to Friday

Call Toll-free: 1 888 338-6622

ACCB Provides Relief: The Affordable Child Care Benefit is providing relief to families and is available to thousands of B.C. families with a yearly pre-tax household income of up to \$111,000 and can save families up to \$15,000 a year, per child, on the cost of child care. To learn more visit: <https://news.gov.bc.ca/releases/2018CFD0102-002310>

Note: Applying for ACCB is a FREE process, please beware of those who are asking for a fee to help you apply. Contact your local CCRR for assistance or call ACCB Toll Free 1-888-338-6622.

Claim Forms: Child Care Providers... did you know you can use your cellular phone to take a picture of your Affordable Child Care Benefit claim form and email to ACCBClaims@gov.bc.ca ? This is the preferred method and the quickest way to receiving payment, however, you can still fax and mail in your claim forms.

When to Submit Claim Forms?: Licensed Not Required send in their claim forms by the 7th of the current month. Registered Licensed Not Required and Licensed Child Care submit their claim forms on the 15th of the month prior. (Example for July Care the claim form is sent in June 15)

BCeID: Have you signed up for a BCeID yet? A BCeID is an account that provides secure electronic access to online government services. Update your ACCB information right from home! Take a picture with your phone and have it instantly upload instead of being back logged with being faxed. Need more information, check out this link: <https://www2.gov.bc.ca/gov/content/transportation/vehicle-safety-enforcement/information-education/register-bceid>

Fee Reduction: The Child Care Fee Reduction Initiative lowers the cost of child care for parents each month. Parents do not need to apply for the fee reduction. New applications from child care centres are still being accepted. To see who has opted in and to read more visit: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/child-care-operating-funding/child-care-fee-reduction-initiative-provider-opt-in-status?keyword=opted&keyword=in>

Reports: Facility Inspection Reports of licensed child care centres are available on-line: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/reporting-on-child-care-facilities/licensed-day-care-inspection-reports>

Safety Updates

Recalls... Worried about recalls on certain products, find the recall list available on-line:

<https://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php?cat=4>

Provincial Child Care Resource and Referral News

Provincial CCRR Annual Stats We Are Thrilled To Share!

The CCRR Program supports BC families and child care providers. Funded by the Ministry of Children and Family Development we are proud to increase access for families to community services and Government programs, and raise the quality of child care through training, resources and support.

Provincial CCRR 2018-2019 Fiscal Highlights:
27,336 Affordable Child Care Benefit Assistance
79,724 Child Care Referrals
1041 Training Opportunities
19,616 Training Participants
21,616 Resource Library Borrowers
2670 Support Visits to Child Care Programs

The CCRR is honoured to link families and child care providers to all local community services. We acknowledge with gratitude and honour that we live, play, and work on the lands of First Nation Peoples who are the original hosts and caretakers of this land.

Vancouver Island
Region CCRR
Team! →



MORE CHILD CARE NEWS!

Hiiye'yū Lelum House of Friendship

Welcomes all Women & Families

The Hiiye'yū Lelum Society is an important support for families in the Cowichan Valley.

Their goal is to have the healthiest babies possible by offering free, confidential personalized support. They help the community with their variety of support classes and counselling.

Hiiye'yū Lelum Society also offers Drop-In Groups with child-minding, transportation and with lunch provided.

Please contact Hiiye'yū Lelum Society for more information. 250-748-2242



Are you interested in becoming a qualified Early Childhood Educator? If so, apply to Vancouver Island University's Early Childhood Education and Care program today!

Starting this September, courses will be offered at the Cowichan Campus during evenings and Saturdays so students can balance work, parenting and other responsibilities. Students in VIU's ECEC program may also qualify for up to \$5,000 per term in bursaries! Don't delay! Apply today!

To Apply drop by the registration department at the Cowichan Campus or phone 250-746-3512.



Cowichan Valley steps up to bring child care to local families.

The Province is providing nearly \$3 million from its Childcare BC New Spaces Fund to help the school district build child care centres at Chemainus Elementary, Cowichan Valley Open Learning Co-operative school and Khowhemun Elementary, which will be operated by local non-profit organizations.

Projects are slated for completion in early 2020. Check out this link for more details: <https://news.gov.bc.ca/releases/2019CFD0067-001112>

Career in Child Care? You Are Not Alone!

GOOD BEGINNINGS Responsible Adult & Family Child Care Training

Want to work in a child care centre or offer child care in your home?

Course Dates: October 16 to November 27, 2019

Are you interested in offering child care in your home? Do you need more information about a career in Family Child Care? We can help! The CCRR offers Family Child Care training that covers everything you need to start your own home based child care business and prepare for the licensing process. If you are interested in taking the GOOD BEGINNINGS: Professional Development for Child Care Providers, Family Child Care course. Register to attend a free information session (see below).

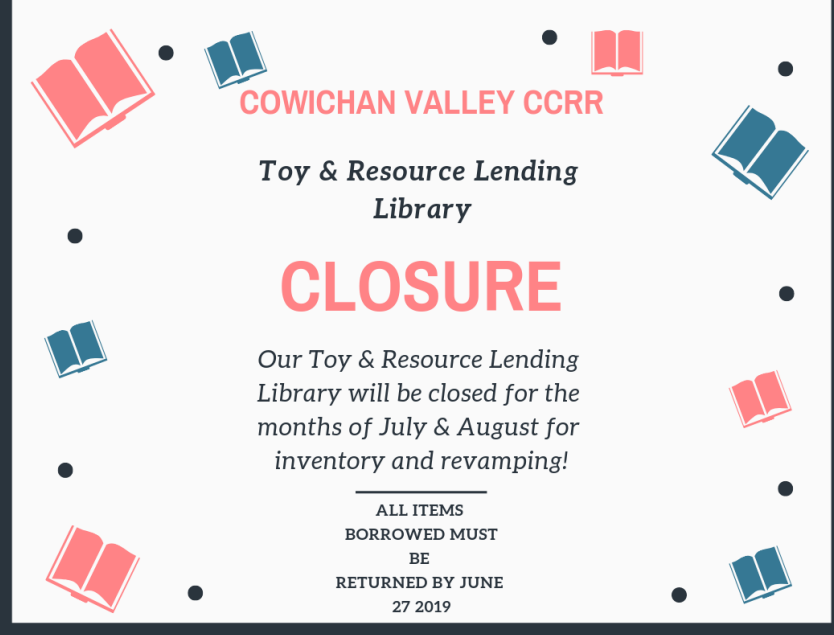
Now is a great opportunity to enter child care as a career and the CCRR is your partner for success! Specifically the Start Up grant funds up to \$4,500 and the New Spaces Grant up to \$250,000 for private providers. Plus you have the Cowichan Valley CCRR team for ongoing support for you and your families.



Are you looking to work in a licensed child care facility? We offer Responsible Adult training that gives you the 21 hours training you need to work with children. Responsible Adult job positions are needed to be filled in the Cowichan Valley!

We have two upcoming information sessions! August 22 and September 12 from 6-7pm. Call today to register for one of the information sessions! For more about either of the GOOD BEGINNINGS trainings, please contact Cowichan Valley CCRR Program Coordinator Carmen Barclay at 250-746-4135 Ext 231.

Toy & Resource Lending Library



COWICHAN VALLEY CCRR

Toy & Resource Lending Library

CLOSURE

Our Toy & Resource Lending Library will be closed for the months of July & August for inventory and revamping!

ALL ITEMS
BORROWED MUST
BE
RETURNED BY JUNE
27 2019

Are you a provider interested in CCRR resources? Join the CCRR Provider Facebook page for our Library Posts and Photo Albums to see what we have in store!

Can't make it in to pick up or drop off an item? That's okay! Call to schedule a time with one of our Consultants to bring the items you need to YOU!

250-746-4135 Ext 235



CCRR Member Child Care Provider Group:

https://www.facebook.com/pg/CVCCRR/groups/?ref=page_internal

Island Health—Child Care Licensing

Make sure you check out Licensing's latest newsletter to be up to date on reporting on air-quality in the summer time!

<https://www.islandhealth.ca/sites/default/files/2019-04/child-care-news-spring-2019.pdf>

Ultraviolet (UV) Index

Extreme	11 or higher
Very High	8 to 10
High	6 to 7
Moderate	3 to 5
Low	2 or less



Summer Weather Tips from Health Link BC

- ◆ Try to keep toddlers and children out of the sun during the peak hours of 10 a.m. to 4 p.m. This is when the sun is the strongest. When you are outside, look for trees and other naturally shady areas for children to play.
- ◆ Look at the weather on a daily basis to see what the sun's UV rating is.
- ◆ If you cannot keep your child out of the sun, make sure to protect their skin with "sun smart" clothing, a hat and sunscreen.
- ◆ Dermatologists strongly recommend a sunscreen with UVA and UVB protection and a Sun Protection Factor (SPF) of 30 or more if you and your child are out in the sun.
- ◆ Apply sunscreen 30 minutes before exposure to the sun so it is absorbed by the skin and less likely to rub or wash off. Re-apply every two hours.
- ◆ Encourage your child to drink plenty of water.



Cowichan Valley Child Care Resource & Referral



Are you a registered Child Care Provider with Cowichan Valley CCRR? YES...

Then this networking group is for you! Another benefit of belonging to a CCRR. There are three simple questions to answer and then you are in. We have the potential to connect, share, laugh and learn!

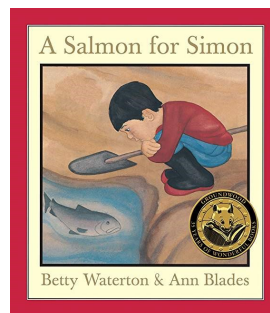
See you inside :)



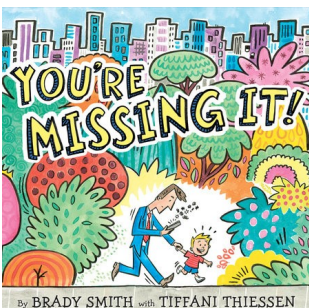
https://www.facebook.com/groups/288156791979968/?source_id=1865032433815566

Sundrops and CCRR Staff's Top Picks for Summer Books:

Click on pictures to link to Amazon



- Gurgle, Bubble, Splash by Richard Thompson
- A Salmon for Simon by Betty Waterton and Ann Blades
- All Are Welcome By Alexandra Penfold
- The Colors of Summer by Danna Smith and Amber Ren
- Llama Llama Learns to Swim by Anna Dewdney
- You're Missing It! by Brady Smith and Tiffani Thiessen
- Big Boys Cry by Jonty Howley





Yield: 10 child-sized portions
Preparation Time: 20 minutes
Cooking Time: 0 minutes

Find more ideas at www.appetitetoplay.com

INGREDIENTS

1 cup
pitted dates or prunes
1/4 cup
unsweetened shredded coconut
1/4 cup
hemp hearts or sesame seeds
2 Tbsp
cocoa powder
1/2 cup
rolled oats
1/2 cup
seed or nut butter (dependent on any allergy restrictions)

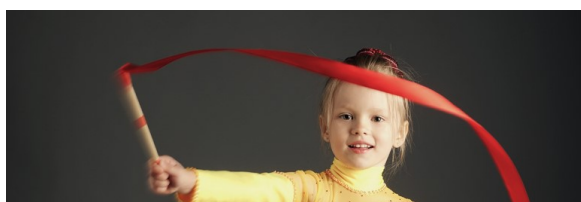
Energy Balls

INSTRUCTIONS

1. Soak the dates in boiling water for 30 minutes then drain (reserving the liquid) and puree in a food processor, adding the soaking liquid as needed to form a puree.
2. Add all remaining ingredients to the dates and process until a thick dough is formed.
3. Roll into balls (this can be fun to have kids help with!) and put on a tray to eat!



HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS



Equipment

1 ribbon stick or canning ring for each child

Physical Activity

Developing movement skills (body and spatial awareness, rhythm, timing); creativity; social skills (leading)

WRIGGLY RIBBONS

How to Play

1. With the children, hold the end of the ribbon stick or the canning ring and practice making patterns (e.g. figure 8, waves, rainbow, spiral, circle, wiggle).
2. Show the children how to use the whole arm, the lower arm (from the elbow) or just the wrist, to make the ribbon move. Change hands.
3. Invite the children to act out ideas using their ribbons (e.g. pretend it's a windshield wiper, a tornado, a bicycle wheel, a wiggly snake, etc.).

May was a FUN Month with the Cowichan Valley CCRR!

Child Care Tours



Every May is designated as Child Care Month. With that in mind, the Cowichan Valley CCRR and VIU ECE Department partnered to begin May with Child Care Tours. We piled into our vans and toured Eagle Wings, Parkside, Sunrise, Starchild and Mill Bay Nature School.

We stopped at Alderlea Farm for a delicious lunch! Everyone who attended the tours provided feedback that said it was inspirational to visit the centres and spend time with each other. The most inspiring of all was nature based play spaces, inside and out.

Traveling Felt Board Stories

Reducing screen time is easy when you have fun felt stories at your fingertips! Child care providers enjoyed creating and learning together. They made a traveling quiet box for felt story plus a file folder story! Our inspiring facilitator Rena Laberge shared many fun and creative ways to do interactive stories with children!



Celebrating YOU!



Celebrating YOU was the final event for Child Care Month... We feel privileged to have such amazing child care providers in the Cowichan Valley! The CCRR & VIU ECE, with help from community donors and local service providers (see pg.10), were able to pamper 21 child care providers at our Celebrating YOU event.

Care providers left feeling more relaxed, connected and rejuvenated... mission accomplished! We have excited and passionate people already discussing plans for next year!

2019 Event Donor List

Thank You for each Donation!

Please visit our Donors and check out their amazing businesses!

imagine that!

TEN OLD BOOKS

IB

LISE BROWN
ORGANIC SKIN CARE • MINERAL COSMETICS

Willow & Orchid
-BOUTIQUE & FLORAL DESIGN-

VOLUME ONE
BOOKSTORE

dancing dandelion
farms



WEST HOLME
TEA COMPANY

STEEPED IN NATURE

GIBBY'S
Café & Catering
OMG | HomeMade Goodness!



UNSWORTH
VINEYARDS

Khaya

HOME DECOR & GIFTS
250.746.6640

NEXTLEVEL
RIDING
.CA

WESTCOASTEES



Celebrating YOU!

Service Providers ~ Thank You!

Stephanie Cerins ~ Reflexology, Denise McLean ~ Reiki, Yaz Yamaguchi ~ Chair Massage,

Laura Sirmul ~ Tarot Readings, Jolene Homewood ~ Mini Manicures,

Jennifer Lawson, Artist & Willow Johnstone ~ Colour Me Beautiful

PARTNERS IN CHILD CARE



Sundrops Centre for Child Development supports children and their families.

- The Child Development Team provides children, birth to 5 years, who are at risk for / or have a developmental delay or disability with development. Consultation includes speech and language, physical and occupational therapy.
- As part of the Child Development team, Supported Child Development supports children, birth to 12 years with extra support needs to attend child care.
- The Children's Family Support program provides life skills activities for school age children with disabilities

For more information visit: <http://www.clementscentre.org/children/>



Early Childhood Educators (ECE) of BC, in partnership with the Province of BC has enhanced and expanded the ECE Bursary Program known as the ECE Education Support Fund. There are two programs designed to increase the number of students entering, re-establishing and graduating from recognized ECE post-secondary programs. The ECE Bursary Fund and the ECE Workforce Development Bursary Fund.

For more information on these exciting programs visit: http://www.ecebc.ca/programs/student_bursary.html



BC Family Child Care Association is a provincial association of Family Child Care providers. Membership includes:

Affiliation with the Canadian Child Care Federation — Access to the BCFCCA and CCCF members only area on each website

Provincial and Federal child care newsletters — Members Facebook pages

Discounted rate on the BCFCCA Professional Record Keeping Calendar

GOOD BEGINNINGS: Professional Development for Child Care Providers

For more information visit: <https://www.bcfcca.ca/>



Canadian Child Care Federation is a National organization that values children and offers education, information and resources that supports quality child care in Canada.

Check out their website: <http://www.cccf-fcsge.ca/>



The BC Aboriginal Child Care Society (BCACCS) is a Centre of Excellence for Indigenous early learning and child care.

BCACCS helps Indigenous communities develop high quality, culturally respectful, spiritually enriching, community child care services that are based in the child's culture, language and history. To learn more visit:

<https://www.acc-society.bc.ca/about/>



BC Aboriginal Child Care Society

Child Care Licensing Officers inspect, license and monitor over 1,000 licensed child care facilities in the Island Health region. They conduct regular routine inspections and at each inspection they leave an inspection report outlining the licensees' compliance with the requirements of current legislation and regulations. To access the licensing inspection reports:

https://www.healthspace.ca/Clients/VIHA/VIHA_Website.nsf/CCFL-Frameset

To access Child Care Licensing visit: <https://www.islandhealth.ca/our-services/community-care-facilities-licensing/child-care-licensing>

