



CDC KID CONNECTION

Prince George Child Development Centre

Volume I, Issue I

July 2007

WHAT'S HAPPENING?

Inside This Issue...

Prince George CDC Therapy 1st Annual

Physiotherapy

"Summer Boot Camp!"



When: Monday, Wednesday and Friday between August 13th – 24th.

Time: 9:00am–12:00pm

Cost: \$20 for full session.

Where: Child Development Centre and other community locations.

For Ages: 5 – 11 years

Special Notes: **A Caregiver **must** accompany the child for the duration of camp to supervise and provide hands-on assistance for activities and children must also have their own wheelchairs.** This will be a 6 day camp over 2 weeks for children who are working on standing and walking skills, but also use a wheelchair for short or long-distance mobility. Daily sessions will include stretches, strengthening exercises, standing /walking activities and wheelchair skills for outings or sports.

Goals:

1. Physical fitness preparation for school re-entry
2. Opportunity to socialize with peers that have similar issues.
3. Reinforcing appropriate exercises and activities
4. Experience and increase awareness of different options for recreational activities and resources within the city.

Contact Information: Call the CDC at 563-7168 and ask for Fabiola Toyata (ext. 222) - Ka-Kei Yeung (ext. 250) or contact your Physiotherapist.

Special Olympian:

~ Marinka VanHage ~

Marinka started the Special Olympics 8 years ago in Rhythmic Gymnastics. The Special Olympics has and continues to be a wonderful experience for Marinka where she not only has a lot of fun with her peers, but also gets the much needed exercise to keep her fit! It has been great for her family also. Alycia first started out helping with the coaching of Rhythmic Gym and now Patricia, Lorna and I (Wilma) help coach Rhythmic Gym and snowshoeing. Marinka has many accomplishments; here are just a few:

-**2003:** Marinka competed in the B.C.S.O Winter Games held in Kamloops - for snowshoeing she won 1 gold & 2 silver medals.

-**2004:** Special Olympics Canada Winter Games in PEI- 1 gold and 1 silver, again for snowshoeing.

-**2005:** BC Special Olympic summer games- for 10 pin bowling she won 2 gold & a bronze

-**2006:** Special Olympics Canada for ten pin bowling- Marinka came home with 2 gold a silver medal.

-**2007:** BC Special Olympics- 1 silver and 2 bronze for snowshoeing.

-In **October 2007** Marinka will travel to China to attend the Special Olympics. She will be competing in 10 pin bowling.

-In **February 2008** Marinka will travel to Quebec City where she will be competing in the Special Olympics Canada Winter Games for snowshoeing.



We would like to wish Marinka all the best in her future sporting endeavors and in all she does!

We are very proud of her!

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MESSAGE FROM THE EXECUTIVE DIRECTOR; Darrell Roze

Dear Parents, Care Givers, and Friends of the Child Development Centre,

It has now been several months since I started working with the Centre, in what has been a wonderful and fulfilling experience. I would like to thank the Centre's staff for the amazing commitment that they have demonstrated during this time toward providing services to the region's children and their families.

In 2008 the Cerebral Palsy Association of Prince George and District (the Association that runs the Child Development Centre) will have been in operation for 40 years. That is 40 years of providing an ever important service to some of the region's most vulnerable children. Looking back through our history, we have come a long way, moving from a small facility and providing a narrow but important focus, to where we are now - offering a breadth of services out of our newly expanded building and through outreach services.

In talking with parents and other service providers, I see tremendous opportunities to improve regional services to children. One change we soon expect to provide is outreach therapy services to Mackenzie. Although Northern Health has been providing speech therapy services to Mackenzie, a number of parents from the area have been driving their children down to our Centre in Prince George to receive physiotherapy and occupational therapy. This new service represents one of many positive changes that we hope to initiate in the coming years.

On another note, we received a wonderful and thoughtful estate donation of \$100,000 at the end of last year. If you are interested in a leaving a legacy to an organization that has touched your life or those around you, please consider the Child Development Centre. This could be through a bequest in your Will, or through other options, such as a "residual interest gift." This latter option allows you to receive a charitable tax receipt in the current year, while allowing you to retain the use of the property, or other asset, for the rest of your life or for a set term of years. If you are interested in exploring a potential gift to the Centre, please call Mary Jarbek at 563-7168 extension 217.

Until next time,

Darrell

CHILD SAFETY; Keeping Babies & Toddlers Out of Emergency

Reducing the Risk of Childhood Injury- Author: KIDS" DOC
Alberta Children's Hospital



Childhood injuries account for about 25% of all visits to the Emergency Department at Alberta Children's Hospital. These injuries vary in many ways but there is a common element—so many of these injuries can be prevented!

Young Babies: The ability to rollover increases the risk of falling. Prevent Falling: Install sturdy, wall-mounted gates at the top of stairs before your baby starts to crawl. Gates at the bottom of the stairs are also recommended.

Older Babies: Curiosity and mobility increase. Secure heavy furniture like bookcases and dressers to the wall to prevent toppling when your child climbs.

Toddlers: Food is the most common cause of choking for children. Preventing Choking: Avoid nuts, whole grapes, hot dogs, popcorn, gum and hard candy until at least 4 years of age.

13th Annual Prince George Kid's Fun Triathlon

When: Sunday, July 22nd, 2007 Starts @ 8:00am

Where: Four Seasons Leisure Pool to Fort George Park

Ages: 8 & under, 9-10 yrs, 11-12 yrs, 13-14 yrs, 15 yrs

The 'Kids Fun Triathlon' consists of three parts:

Swimming, cycling and running. Each of the legs is completed by an individual or a member of a relay team. Teams can consist of 2 or 3 members, boys, girls or mixed. Please specify on the registration form whether the child is an athlete with a disability (AWAD).

Registration Deadline: Monday, July 9, 2007 to

ensure a t-shirt. Entries will be accepted until 4:00pm, Wednesday, July 18th.

Additional Information: Contact Nicole Callaway at 562-1208.

SMART FUN PLAY FOR SKILL DEVELOPMENT



SUMMER 2007

Ready Set Learn

By: Occupational Therapist, Anu Tirrul-Jones
and Speech Language Pathologist, Zoe Watt.

Conversation vs. Quizzing

Language builds with listening and thinking about things. Comment on your child's play, rather than questioning them, e.g., 'I see you've colored the ball red-it looks good' rather than, 'What color did you make the ball?' This way your child is not quizzed into talking, but encouraged into communicating. It's fun and positive. They know they have your attention and that you acknowledge what they have done.

The Wheels on the Bus

Sing about the bus, then make up verses about other kinds of transport, The wheels on the bus go round and round, round and round, round and round, the wheels on the bus go round and round, all day long. The motor on the bus goes 'vroom, vroom, vroom', the bell on the bike...



Straws into Bracelets

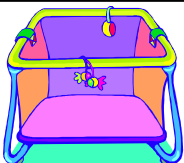
Outdoor play often means messier play - hooray! Cutting drinking straws is fun and the pieces that fly off don't matter so much in the backyard. For little ones who are just learning to manage scissors, one short snip and they have cut through something. Straws are stiff so there is no struggle with bending and tearing as with paper.

Hopscotch and Sidewalk Chalk

Sidewalk chalk is a great activity to increase gross and fine motor activities at the same time.

Making a hopscotch game is a great way to increase balance, coordinating and jumping.

Draw faces, fun drawings, and make the boxes for hopscotch!



Donation request!

If anyone has a Play Pen that they would be willing to donate please contact Llaesa North at the CDC at 563-7168, extension 236. Thank you.

Sledge Hockey



Sledge Hockey is ice hockey for persons with disabilities. They play on specially made sleds with skate blades on the bottom and use two hockey sticks to maneuver around. Sledge Hockey is open to both disabled and able-bodied people. This allows siblings and families to participate in a sport together. We are currently in the process of organizing a program here in Prince George. We are looking at having ice time for children and one for adults. If you or anyone you know is interested in participating or helping to organize the program please contact: **Bonita Ewert at 563-6769.**





News from...



The Early Childhood Education & Supported Child Development Departments

The Young Explorers and the Toddler Preschool classes are registering for September. Parents need to hurry if they want a placement as some classes are full and a waitlist has been started.

The Toddler and 3-5 Day care programs remain full with waitlist for all groups. September will see a change in children, as some move off the Kindergarten and new ones start.

Iris, Terri and Rita will continue to provide programming for the Toddler daycare. Maureen, Patti and Heather will work with children in the Orchard room while Colleen, Lynda and Nicki will provide programming in the Rainbow room.

Marylynn, Tanya and Renae will continue teaching the children in the Young Explorers 3-5 preschool and Candis, Donna and Kim will be in the Toddler Preschool program. The Therapy department will be working with the ECE teachers to offer specialized classes to children on Fridays. Their therapist will notify families.

Food For Thought; by Marylynn Brown



In my last column I mentioned the book "Disease Proof Your Child" by Dr. Joel Fuhrman. Recently I had the pleasure of spending time with him while I worked at the Okanogan Health Forum. Dr. Fuhrman's biggest concern for children is that the foods that many of them are eating are directly linked to the development of cancer, heart disease and diabetes, as well as allergies, autoimmune illness and obesity. These foods are usually high in saturated fats, trans fat and full of salt and sugar. Studies have shown that the more animal products in the diet the greater the cancer occurrence and the more fruits and vegetables included, the less cancer is found. Over 5 grams a day of saturated fat causes the disease rates to climb yet the majority of items found in the average American/Canadian diet are well in excess with cheese being the worst culprit! Parents need to model healthy eating habits for their children by introducing a variety of fruits and vegetables and keeping them on hand for snacks as well as meals. I'm including one of Joel's recipes for making breakfast a little more fun and definitely very healthy.

Recipe for Baked Apple / Cashew Raisin Cream Sauce

Blend 1 cup raw cashew nuts, 1 cup soy milk, and 1 cup raisins to make a creamy sauce and chill (can be done the night before). Sprinkle 4 large cored apples with cinnamon and bake at 200 degrees Fahrenheit for 20 minutes. Move from baking to serving dish and pour chilled cream sauce on top.

The Prince George Child Development Centre is currently sponsoring a research project to find out how it can best serve families of children with special needs who are involved with the therapy program...

As part of this study we want to hear from the parents/primary caregivers about what they think of the current therapy services, and get their ideas on how those services could be improved. The researchers will also be talking to the therapists themselves and to other community partners to get their opinions.

If you recently received a questionnaire in the mail from the CDC, please help us by filling it in and returning it. The more people we hear from, the more likely therapists will be able to make better decisions about how to use their limited time.

To thank people for taking the time to fill in the questionnaire, we are offering participants a chance to win a \$75 grocery gift certificate. Details on how to enter the draw are in your package.

If you have misplaced your copy of the questionnaire, please call Debbie at 563-7168 (local 225) and she will be happy to send you a new one. Thank you!

