

**CHILD CARE  
CONNECTIONS  
North Peace  
NEWSLETTER**



# August 2020

Summer has arrived and with it our new normal. Programs and events may not be fully opened, but we are all adjusting well. Our August newsletter includes some resources and fun ideas, and CCRR wishes you a wonderful month ahead!

**Child Care Resource & Referral Office**

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## August Office Hours

*\* We are continuing to offer  
office visits by appointment!  
Please feel welcome to book by  
phone or email.*

**Monday—Wednesday**

8:00am-4:30pm

**Thursday**

8:00am-6:30pm

**Friday**

8:00am-100pm

## Closures

August 3rd - BC Day

August 5 -Staff Training



SOUTH PEACE COMMUNITY RESOURCES SOCIETY

**Check out our Facebook Page :  
North Peace Child Care Resource & Referral**



# Good Beginnings:

## Professional Development for Family Child Care Providers

*The Good Beginnings: Professional Development for Family Child Care Providers is divided into two levels.*

**Level One** of this course includes the necessary components to meet the training requirements as a 'Responsible Adult'.

### **Level One - 20 Hour Responsible Adult**

Introduction to Child Care

Planning for Safety and Emergencies- Part 1

Planning for Safety and Emergencies- Part 2

Promoting Good Health and Nutrition

Exploring Children's Development

Guiding Children's Behavior

Planning for Play and Learning

Let's Play! Inspiring Children's Experiences and Activities

**Level Two** expands on the components in Level One and is intended for individuals who are currently, or who are interested in becoming providers of family child care in both the regulated and unregulated sectors. Participants must complete Level one to register in Level Two.

### **Level Two - The Business of Family Child Care**

Establishing Positive Relationships with Families and Community

Your Family Child Care Business

An Action Plan for Your Family Child Care

***Both of these courses are offered by Correspondence***

***Cost: Level 1 \$60.00***

***Level 2 \$30.00***

***Contact CCRR for more information or to register contact Moya Fenney  
250-785-5701 or [prococrrnp@spcrs.ca](mailto:prococrrnp@spcrs.ca)***



## Sunshine – Approach with Caution

With the growing concern of a thinning ozone layer and UV-B's association with a steady increase in skin cancer, parents and child care providers need to be cautious about exposing children – and themselves – to the sun. Because it takes several hours for a sunburn to show, do not use reddening of the skin as an indicator of too much time spent in the sun. Don't let cloudy days fool you! UV rays do penetrate clouds. In addition, keep in mind that water and sand reflect the sun's rays and can therefore increase the danger of sunburn.

When a child has a sunburn, do not apply medication to the skin unless you have consulted with a physician. There is no cure for sunburn. You can reduce the sting by applying a cool wet cloth to the affected area four times a day for 15 to 20 minutes at a time. Children under 6 months of age should never be exposed to direct sunlight; always put them under an umbrella. In addition, sunscreen is not recommended for very young children.

### Precautions

1. Wear non-transparent clothing (fabrics with tight weave) and a wide brimmed hat. Baseball caps are inadequate because they leave the neck and the delicate rim of the ear exposed. Always protect babies under six months from the sun with shade, hats and clothing. Sun block cream is not recommended for babies under six months old as they can rub it into their eyes or put it in their mouths.
2. Where skin is exposed, use a broad-spectrum sun block cream (one that blocks both UV-A and UV-B) of at least 30 SPF (sun protection factor) and no PABA (which contains certain allergy causing properties). Test sunscreen on the inner part of the child's arm for allergic reaction. If the area becomes irritated, switch brands. Products with milk or cream are recommended over products that contain alcohol. Apply sunscreen 15 to 20 minutes before going outside. Apply cream to the face, carefully avoiding the child's eyes. If, after using all precautions, the eyes are still irritated, discontinue use of that brand of sunscreen. Use products approved by the Canadian Dermatology Association.
3. Pay particular attention to behind the knees and the bottom of the feet. Even if the child is wearing a T-shirt, sunscreen should still be applied to the neck, shoulders, chest and head (if the child has little hair). The sun penetrates light fabrics, especially when they are wet. Sunscreen needs to be reapplied after water play.
4. Minimize time spent in sun between 10 am and 4 pm when the sun's rays are at their strongest and most harmful. Gradually increase a child's exposure to the sun. Ensure that outdoor play areas have some shade protection.
5. Wear high-quality sunglasses that absorb UV radiation when outdoors in bright sunlight. Poor quality sunglasses can do more harm than good because the dark lenses cause the pupils to dilate, making it easier for UV light to damage the delicate membrane of the retina.
6. Child care providers who apply lotion on several children should wash their hands after each application, especially if a child has any cuts.
7. In a child care setting, have parents complete an authorization form stating the brand of sunscreen to be used.
8. Always have liquids available before, during and after playtime.
9. Set a good example. Follow these precautions yourself.

Prolonged exposure to the sun's rays may cause serious effects in children. The chart below outlines what should be done:

Possible Condition	Symptoms	Treatment
Heat Exhaustion	<ul style="list-style-type: none"> <li>pale, clammy skin; heavy perspiration; fatigue, weakness; dizziness, fainting; headache, muscle cramps; nausea, vomiting</li> </ul>	<ul style="list-style-type: none"> <li>move child to cool, shady area</li> <li>treat for shock</li> <li>replace lost fluids by giving sips of water</li> <li>gradually cool by removing clothing and fanning constantly</li> </ul>
Heat Stroke/ Sun Stroke	<ul style="list-style-type: none"> <li>hot, dry skin; no sweating; high temperature (99EC, 102EF); headache, nausea, vomiting</li> </ul>	<ul style="list-style-type: none"> <li>move child to cool, shady area</li> <li>bathe child as quickly as possible in bath of cool water or in wet cold sheets; do not stop to remove clothing; place wet cloth on forehead</li> <li>if child is conscious and not feeling nauseated, give sips of cool water</li> <li>if child is unconscious and breathing, place in semi-prone position (flat on back, head and neck elevated); watch mouth for blood and vomit; clean with a cloth; treat for shock (see below)</li> <li>if unconscious and not breathing, seek medical attention immediately; commence CPR</li> </ul>
Shock	<ul style="list-style-type: none"> <li>pale, grey, mottled appearance; cold clammy skin, feels weak; irregular breathing; anxious, apathetic; nauseous, thirsty; weak, rapid pulse</li> </ul>	<ul style="list-style-type: none"> <li>if conscious, keep child lying down; elevate legs 20 cm (8") unless you suspect a broken bone/back injury; maintain normal body temperature; comfort and reassure child; encourage regular full breaths; continuously check that child remains conscious</li> <li>if unconscious and breathing, treat as above</li> <li>if unconscious and not breathing, seek medical attention immediately; commence CPR</li> </ul>



# 10 THINGS TO DO IN AUGUST



Don't fret, you still have one more month of summer!

Make the most of it with these simple suggestions.



## 1 Pack a picnic

Enjoy every last bit of the warm weather by packing a picnic. Visit your local parks or school grounds. Either way, enjoy the sunshine so the memory lasts well into fall.

## 2 Get your groove on -- with your kids!

In a few weeks, the kids will return to school and even though *you* may sigh in relief, your children will presumably be less than pleased. Really want to surprise them? Plan a return-to-school party for your kids and fill loot bags with fun school supplies!

## 3 Fire it up

The end of summer -- although sad -- isn't necessarily the end of the fun! Host an end-of-summer bonfire in your backyard. Roast marshmallows, sip hot chocolate and share laughter with good friends.

## 4 Book it

Come September, we begin to sow the seeds for staying indoors, so why not update your library with new fall titles? Say goodbye to summer and cosy up on the couch with a hot new book! Include the kids and buy a few new titles for them as well.

## 5 Closet clean-up

Time to store away your Hawaiian shirts and airy sundresses to make room for the season's new looks. Take extra initiative and have your clothes laundered and folded by a professional. It will make packing that much easier so the next time the warm weather rolls around, you're just as fresh as a daisy, too! Take this time to renew the kids clothes for a new school year as well!

## 6 Preserve nature

Take advantage of the delicious summer produce while you can and keep the spirit of summer alive by preserving your jams and spreads. Make it a family affair by creating personalized labels for every jar you make.

## 7 Clean sweep

You want to enjoy being outdoors as much as possible while you can, so invest in a house cleaning service to come to your home and do an entire overhaul. With your family coming in and out, dust and bacteria are sure to be everywhere, so instead of you scrubbing away, get a professional to do it. A small investment with a big reward!

## 8 Get crafty

Want to welcome autumn in a chic way? Create your own fall-inspired front door wreath. They're easy to make and can utilize all materials found in your own backyard. Take vines and berry leaves and get creative! The kids will want to be a part of this fun creation.

## 9 And a one, a two ...

It's time to forget about that old adage "the lazy days of summer." Get off the hammock and re-visit your fitness program for the new season. Best tip? Set a goal, whether it be a 2km walk or a 5km jog, write it in your calendar and keep it. Setting goals is an excellent way to commit to your health and overall well being!

## 10 Have a car wash...

Fall is just around the corner and what a great time to get ready by washing the car. Grab the kids, buckets, sponges and a hose and enjoy the last hot days of summer!



**Child Care Resource and Referral is excited to be joining with the City of Fort St. John for “Pop Up Park Play” this August! Summer fun will take place at the following locations from 10am-12pm! We will be following social distancing guidelines and we respectfully ask that you stay within your family unit due to COVID 19.**

Aug 6	Teddy Bear Picnic	Triangle Park	112 Avenue & 104 Street
Aug 13	Kite Kits	Panorama Ridge	88 Street and 114 Avenue
Aug 20	Sports Skills and Drills	Carriere Park	82 Street & 95 Avenue
Aug 27	Scavenger hunt	WI Centennial Park	110 Avenue & 104 Street



**Pop up Park Play**

**Thursdays in July & August**

**10am - 12pm**

**Follow the City of Fort St John Recreation on Facebook for weekly park locations**

 **FORT ST. JOHN**  
*The Energetic City*

**Please note: This program is free but will be cancelled in the event of poor weather.**

*We hope to see you there!*

# August Activities!

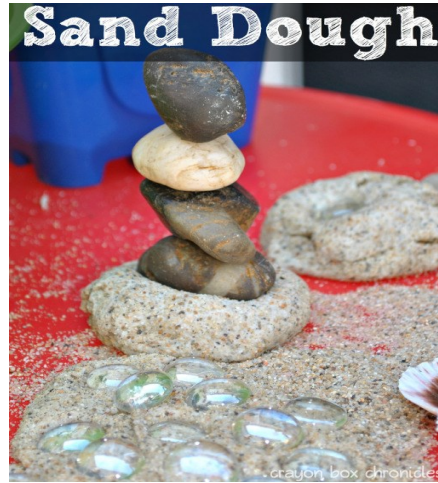
## Sand Dough

### Materials Needed:

- 2 cups of flour
- 3/4 cup of warm water
- 1 tablespoon oil
- 2 cups of play sand

### Next:

1. Pour 2 cups flour and 2 cups sand into bowl. Add warm water and oil. After mixing, if it is too tacky, gradually added another 1/2 cup of sand to achieve desired consistency {total 2-1/2 cups}. A sandy texture is best for sensory play, so you may added up to 3 cups total, plus more on the table during play. It helps to bind it together.
2. Add gems, sea shells, crab, pirates, boats, rocks, etc. into the sand dough! Sprinkle some on your table for more sensory fun!
3. It's simple, fun, and a great sensory experience!



## Glow Sticks Sensory Bottle

by Angela Thayer <https://teachingmama.org/glow-sticks-sensory-bottle/>

Are you ready to see one of the coolest sensory bottles we've made?! It's our Glow in the Dark Sensory Bottle! It's so easy and only needs 3 ingredients!

### You need these materials:

- water bottle (we used a plastic Voss bottle)
- clear dish soap
- water
- mini glow sticks

To make the bottle, pour clear dish soap into a bottle until the bottle is 75% full. Then add water until the bottle is almost to the top. Drop in the mini glow sticks. (Make sure you crack them so that they are glowing!) Glue the water bottle lid on so that little ones can't open the bottle. Use dish soap instead of just water because it helps the glow sticks float. Instead of floating to the top, they float around the bottle!



# August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3 CCRR CLOSED for BC Day!	4	5 CCRR CLOSED for Staff Training!	6 Pop Up Park Play 10am-12pm  See poster for more Information!	7	8
9	10	11	12	13 Pop Up Park Play 10am-12pm  See poster for more Information!	14	15
16	17	18	19	20 Pop Up Park Play 10am-12pm  See poster for more Information!	21	22
23 	24	25	26	27 Pop Up Park Play 10am-12pm  See poster for more Information!	28	29 
30	31					