GOOD BEGINNINGS BURSARY FUND

Do you live in Delta, Surrey or White Rock and are interested in taking the Good Beginnings Course at Child Care Options CCRR?

Students who complete the Good Beginnings course and become a registered license-required child care provider within a year are eligible for a $200 bursary towards the cost of the course.

Bursary deadline is March 31, 2020.

FREE INFORMATION SESSIONS FOR THE DELTA ECE PROGRAM

Delta Continuing Education ECE Department and Child Care Options CCRR are offering the following free information sessions (includes English assessment):

January 16 - Introduction to ECE-Assistant Program for the spring 2020 intake • 6:30-8:30pm • Surrey

February 10 - Post Basic Program for the Spring 2020 intake • 6:30-8:30pm • Surrey

Questions? Contact: Lisa Nicholson
Phone: 604.952.2815
Email: lnicholson@deltasd.bc.ca

PROGRAM MANAGER'S REPORT

“We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives.” ~Gary Zukhav

There’s a chill in the air and what better way to embrace the changing of the seasons and welcome winter than with our Winter Training Calendar. Grab a warm drink, comfy blanket and cozy up to see what we have to offer this winter!!

Do you love to learn? Do you reflect on your current practice? If so, you may be interested in our new Communities of Practice (CoP). We are excited to be offering two CoP’s this season. Unsure what a CoP is?

A Community of Practice is a group of people who “share a passion for something they do and learn how to do it better as they interact regularly” (Eienne Wenger). The idea behind a CoP is that through the process of sharing experiences and knowledge with others, we enable dialogue among members and begin to explore new possibilities and new ways of doing something.

Our first CoP started in December and applications are now open for the second CoP – Exploring the Revised BC Early Learning Framework. For more information please see page 7

Other exciting news we have to share is that we are hosting two Pedagogists in partnership with the BC Early Childhood Pedagogy Network (ECPN). This collaboration will elevate early childhood educators’ understanding of the BC Early Learning Framework and put it into practice. It is also intended to address the emotional needs of ECE’s in their day-to-day work; when being unsupported in this line of work, it is easy to feel burnt out and under-valued.

The CCRR is excited to be involved with the ECPN as this project is moving in the right direction to meet the needs of our child care providers and the children they care for, as well as making a visible difference in the quality of early care and learning experiences in the community. The two new Pedagogists will be joining our team in January and we will be sure to keep you in the loop as this project rolls out.

As you may be aware in accordance with government policy, the Ministry of Children and Family Development is conducting an open procurement for all CCRR services across the province. Current contracts will be ending March 31, 2020. Interested applicants were invited to submit an application to receive funding for the delivery of Child Care Resource and Referral (CCRR) services in locations across the province of BC.

As our CCRR is going through this procurement process we want to thank all of you for your continued support and feedback. We especially want to thank those of you that took part in our consultation process, with the goal to better understand the role and value of Child Care Options CCRR in Delta, Surrey and White Rock. Contracts will be awarded in the new year and we will be sure to keep you posted.

I personally want to thank the extremely dedicated and committed CCRR staff that during this unsettling time continue to provide you with the outstanding service, that you have come to expect from us. Thank you ladies!!

Happy Holidays!! We look forward to seeing you soon.

Sharlene
REGISTRATION POLICIES AND PROCEDURES

To reserve a space, payment must be received at the time of registration for the workshop. Registrations will not be processed until payment has been received. Post-dated cheques will not be accepted. Methods of payment include Visa and MasterCard. Payment by debit, cheque or cash is available for in-person registration. Registrations are accepted by telephone, by mail and online with payment.

Workshop cancellations:
Requests for workshop cancellations MUST be received at least 48 hours prior to the scheduled workshop date. Cancellation requests received before the 48 hour deadline will receive a credit voucher to be used towards future workshops at Child Care Options within the year. No refunds will be issued.

Course cancellations:
Requests for course cancellations MUST be received at least 72 hours prior to the scheduled course start date. Cancellation requests received before the 72 hour deadline will receive a cheque for the amount of the course minus a $25.00 administration fee. Cancellation requests received less than 72 hours prior to the scheduled course start date will be issued a credit voucher for the amount of the course minus a $25.00 administration fee. The credit voucher can be used towards future courses and workshops at Child Care Options within the year.

Not feeling well?
If you are registered for a workshop and you have flu-like symptoms such as a fever, cough, aches, and tiredness please do not attend the workshop and risk infecting other participants. If you cannot attend a workshop that you are registered for, we do not offer refunds but you can send a substitute in your place. Please call our office to inform of the substitution. No monies will be refunded or credits offered once the workshop or course starts.

If enrolment for any workshop is insufficient, Child Care Options may cancel or reschedule the class. In the case of cancellation, payment will be reimbursed or credited.

CALL 604.572.8032 FOR MORE INFORMATION

LADNER January 9
SURREY January 27 » February 24 » March 30

WORKSHOP LOCATIONS FOR CHILD CARE OPTIONS TRAINING

LADNER
Reach Child & Youth Development Society
5050 47th Avenue, Delta

SURREY
Child Care Options CCRR
#100-6846 King George Blvd, Surrey
Located directly behind the Denny’s Restaurant.
Please do not park in spots reserved for our neighbours.

CLOVERDALE RECREATION CENTRE
6188 176 St, Surrey

EAGLEQUEST COYOTE CREEK
7778 152 St, Surrey
**EMERGENCY CHILD CARE FIRST AID COURSE**

Cost: $100.00 • Surrey

Saturday, January 4 • 9:00 am - 6:00 pm

This 8-hour course meets Child Care Licensing regulations and Red Cross standards. Includes obstructed airway procedures, breathing emergencies, CPR for babies, children and youth as well as basic first aid for common injuries. In addition, it has a section on child safety. Participants will receive a manual and a certificate valid for three years.

**Instructor: Karen Clark**

As the owner and operator of The Vital Link, Karen has been teaching Red Cross First Aid and CPR courses for over 20 years. She has taught locally, provincially, nationally and internationally. Karen’s background and certification in ECE has made her very sought after in this field.

TO REGISTER PLEASE CONTACT KAREN AT VITAL LINK 604-644-4709 • WWW.VITAL-LINK.CA

**AFFORDABLE CHILD CARE BENEFIT SESSION**

Saturday, January 4 • 10:00 - 11:30 am

1.5 hours • Cost: Free • Surrey

Your child care families could be eligible for the Affordable Child Care Benefit (ACCB). Child care providers will learn how parents can apply for the Affordable Child Care Benefit and their role in the process to support families.

**Presenter: Daljit Dial**

CCRR Child Care Consultant

**GREAT CIRCLE TIMES**

Monday, January 6 • 6:30-8:30 pm

2 hours • Cost: $20.00 • Surrey

Come join us for great circle time ideas! In this interactive workshop, children’s staff from Surrey Libraries will share secrets for creating fun, easy story times, including practical, hands-on activities educators can do with children birth to age 6.

**SUITEABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS**

**Presenters: Yesenia Ricardo & Susan Andrews**

Yesenia and Susan are children’s services staff members at the Guildford Branch of Surrey Libraries. They love to sing songs, share rhymes, and engage children of all ages with the silly and wonderful magic of storytelling. OFFERED IN PARTNERSHIP WITH SURREY LIBRARIES

**YOGA FOR THE EARLY YEARS CLASSROOM**

4 weeks, Monday January 6, 13, 20 & 27

6:30-8:30 pm • 8 hours • Cost: $75.00 • Surrey

How is yoga different for early learners? In this series of workshops, you will learn how to create introspective learning spaces that foster peace and relationships. Integrate movement inspired by yoga and mindfulness throughout your day to support self-regulation and ease, from the inside out. Taken as a complete series, each workshop will build upon the previous and include resource creation and practice teaching so you can begin bringing yoga and mindfulness to your students immediately. Fill your toolbox with skills for stress reduction and resilience, for both students and teachers alike.

**Presenter: Josephine Chan**

Josephine holds a Bachelor’s Degree in Early Childhood Care and Education and is an experienced registered yoga teacher with Yoga Alliance USA. Her mission is to provide the early learning community with life-long tools for well-being and resilience.

**NOTE: PARTICIPANTS NEED TO BRING A YOGA MAT AND WATER BOTTLE.**

For details on each workshop component, please visit our website: www.childcareoptions.ca/events/yoga-for-the-early-years-classroom
ANTI-BIAS CURRICULUM:
CREATING OPPORTUNITIES FOR ALL CHILDREN TO HAVE A VOICE

Monday, January 13 • 6:30-9:30 pm • 3 hours
Cost: $30.00 • Surrey

This workshop introduces the ideas behind Anti-Bias Curriculum, which is an inclusive approach to celebrating all children and families in your center. Participants will learn what an Anti-Bias Curriculum is and learn how to create a curriculum that reflects values that reduce bias. During the workshop, participants will explore practical ideas for creating a play-based curriculum that allows all young children to be recognized and have a voice.

Presenter: Andrea Dawson
Andrea has worked with young children and their families for the past 20 years, most recently as part of Vancouver Community Health’s 0-5 Mental Health team. Andrea is a full time faculty at Langara College in the Early Childhood Education program.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

NOTE: IT IS IMPORTANT THAT PARTICIPANTS BRING COPIES OF THEIR CURRENT CURRICULUM/PROGRAMMING SHEETS TO CONSIDER HOW THEY COULD IMPLEMENT ASPECTS OF THE REVISED EARLY LEARNING FRAMEWORK IN THEIR PRACTICE/CENTER.

EXPLORE THE REVISED EARLY LEARNING FRAMEWORK
Thursday, January 9 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey

In this workshop participants will explore the revisions made to the BC Early Learning Framework and will engage in group discussions about the purpose behind the revisions. They will learn about words/concepts used in the Early Learning Framework such as pedagogical narration, inquiry and pathways. Participants will consider how to implement the Early Learning Framework theory into their early years settings.

Presenter: Ana Valle Rivera
Ana is an early childhood educator with Special Needs and Infant Toddler Certification. She is a mother, children’s book author, and workshop facilitator. Ana is currently a student at the University of Victoria studying Child and Youth Care.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

20 HOUR RESPONSIBLE ADULT COURSE
8 Weeks, Wednesdays, January 8 • 10:00 am -12:30 pm
20 hours • Cost: $180.00 includes workbook • Surrey

This course meets the requirements for 20 hours of training for “Responsible Adult” as stipulated by the Child Care Regulation to qualify for employment in family child care or school age child care settings. Through interactive sessions, this course covers basic concepts about child development, child guidance, health, safety, nutrition and programming. Participants must be at least 19 years old to register, attend all sessions and complete all assignments with a satisfactory mark in order to receive a certificate of completion.

Course Dates: January 8, 15, 22, 29, February 5, 12, 19, 26

Presenter: Shereen Garstin
CCRR Staff

SUITABLE FOR ANYONE WHO WANTS TO QUALIFY AS A RESPONSIBLE ADULT IN A CHILD CARE SETTING

PLEASE BRING A 2” BINDER TO THE FIRST CLASS.

Register online at childcareoptions.ca
EXPRESS YOURSELF:
FINE ARTS EXPLORATION FOR YOUNG CHILDREN
Saturday, January 18 • 9:30 am-4:00 pm
6 hours • Cost: $60.00 • Surrey
In this session we will explore principles and strategies for creating enjoyable and enriching opportunities for young children to explore fundamentals of art, music, dance and drama. Participants will move, create, laugh and learn in a safe, supportive environment. Participants will leave the session with detailed plans for a variety of tested activities for children ages 1-6 (with extensions for school-aged children), make and take demonstration pieces, and increased confidence to bring more art into their programs.

Presenter: Karen Begley
Karen supports and empowers educators to feel fantastic about the work they are already doing by making connections between their underlying values, everyday programming, and pedagogical theory. Her playful style makes for interactive workshops that generate new ideas and increase participants’ confidence and competency to bring practical and enriching experiences to the children in their care.

CHEMICAL AWARENESS - HOW TO CREATE A HEALTHIER HOME AND CHILD CARE ENVIRONMENT
Thursday, January 16 • 6:30-8:30 pm
2 hours • Cost: $10.00 • Surrey
This Health Canada workshop covers how chemicals in the environment affect health, safety with household chemicals, radon testing, air quality, food, drinking water, extreme heat and safety with consumer products. There will also be resources to take home.

Presenter: Kathleen Yan
Kathleen is a Risk Communications and Public Involvement Officer with the Environmental Health program at Health Canada. She delivers chemical awareness workshops to a wide range of audiences and she can also be found at various outreach events around BC.

PHOTOGRAPHS AND SOCIAL MEDIA IN CHILD CARE PROGRAMS
Saturday, January 18 • 10:00 am-2:30 pm
4 hours • Cost: $40.00 • Surrey
Social media is an effective tool for advertising and communicating about events in a child care program. As we share photographs about the children’s learning environment, projects and daily experiences, these become an extension of our programs. It is important to know your rights and responsibilities and to pay attention to how and what we share in order to ensure we respect the privacy of children, staff, families and anyone associated with our program. Come and explore the proper use of social media, photographs for educational purposes and advertising; copyright and photo consents.

Objectives:
• Assess the risks and responsibilities of using social media for a child care program.
• Learn how to use photographs for educational purposes and advertising.
• Examine what is copyright and the purpose of photo consent and release.

Presenters: Alberto Mejia-LeGresley & Nora Mejia
Alberto is a certified instructor by the Ministry of Advanced Education and has been a freelance photographer for over 20 years. He is an international award winning graphic designer for his photography and design work. He has been a teacher in Seoul, South Korea and has taught Design and Photography in Vancouver. Alberto’s classes are practical and aimed to inspire participants to explore their creativity.

Nora’s work in early childhood education is inspired by the principles of the Reggio Emilia approach as well as Montessori training. She works for Westcoast Child Care Resource Centre as a diversity trainer and has facilitated many workshops and courses related to early childhood education and child care. She has been enjoying working with children and their families for over 20 years in a variety of settings.

NOTE: PLEASE WEAR COMFORTABLE CLOTHES THAT PAINT CAN GET ON AND YOU ARE ABLE TO MOVE IN PHOTOS AND SOCIAL MEDIA IN CHILD CARE PROGRAMS
HELPING CHILDREN TELL THEIR STORIES

Monday, January 20 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey

Everyone has a story to tell! Helping children tell stories about themselves and the world they live in is one of the most empowering things we can do for children. Stories are much more than factual retelling of an event; and they are much more than words. Stories can be found in the songs, actions, art, and interactions of children. They involve imagination, exploration, chance-taking, and problem-solving skills at the highest levels. In this workshop we will explore how to facilitate opportunities for children to tell stories as well as practical advice for capturing the stories as they unfold.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Cassidy Taylor

Cassidy is a librarian and educator, who has spent the last decade working in various educational library settings. Teaching ESL, tutoring, and as an early childhood educator assistant. She is a curious soul who loves learning and sharing her knowledge with others. She loves her family, cats and honeybees. When she is not working at Westcoast Early Learning Library, you can find her in her backyard tending bees or on a long walk in the woods.

PRACTICAL STRATEGIES TO SUPPORT YOUNG CHILDREN WHEN THEY ARE FEELING ANXIOUS

Monday, January 27 • 6:30-8:30 pm
2 hours • Cost: $10.00 • Surrey

Simply telling children to “calm down” or “tough it out” or that they are “okay”, is not effective in truly helping children feel calm. In this workshop we will explore why it is important for young children to get to calm and why they need our help in getting to calm. We will also explore a number of practical strategies that with our support, will help them get there.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Rebecca Mitchell

Rebecca has a Master’s Degree in Developmental Psychology with a specialty in Infant/Early Childhood Mental Health. She has worked in the field for 25 years and currently holds a position with The Centre for Child Development.

POLICIES, PROCEDURES AND PARENT/PROVIDER CONTRACTS

Thursday, January 23 • 6:30-8:30 pm • 2 hours • Cost: $20 • Surrey

How are your policies and parent/provider contracts working for you? Are you just starting out, or would you like a little support? Have you had things come up and maybe you would like to add, change or tweak your policies and parent package? We will be discussing the importance of having this ready when families come to use your child care services. Join us to learn how these business pieces build your relationships with families, staff and support your licensing inspections.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS INCLUDING MANAGERS & ADMINISTRATORS

Presenter: Vicki Lepper

Vicki was providing licensed family child care in Coquitlam from 1989 to 2018 and is a passionate child care advocate. Vicki presents many workshops and believes in sharing her knowledge with those who have chosen a career working with children.

JOIN US TO EXPLORE THE NEWLY REVISED BC EARLY LEARNING FRAMEWORK!

In this Community of Practice we will explore the revised BC Early Learning Framework with a network of others on the same journey.
Cost: $10 5 sessions: January 23, February 6, 13, March 5 and 19

Applications are now being accepted.

Go to childcareoptions.ca/cop for more information
BASIC AMERICAN SIGN LANGUAGE FOR CHILD CARE SETTINGS

5 weeks, Thursday February 6, 13, 20, 27 & March 5
6:30-8:30 pm • 10 hours • Cost: $90.00 • Surrey

Join us to learn the basics of American Sign Language. This 5 week course is designed specifically for people working with young children. It begins with basic handshapes, alphabet, numbers, pronouns, colours, words and phrases. Then continues with more words in the categories of family, house, toys, questions, people, transportation, feelings, opposites, directions, safety and circle time.

Presenter: Kim Brown

Kim has been teaching a variety of American Sign Languages courses for 18 years. She carries a BA in Psychology and is an Early Childhood Special Needs Educator with over 30 years as a consultant, instructor, teacher and facilitator, all relating to family and children’s services.

TOWARDS RESILIENCE: AN INTRODUCTION TO APPLYING TRAUMA-SENSITIVE PRACTICE IN EARLY YEARS SETTINGS

Thursday, February 6 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey

In this workshop, participants will be introduced to trauma-sensitive and resilience-informed practice, and how it can be applied in the early years setting. This is an interactive workshop as participants are guided through movement to understand how the body may respond to distress, and given practical techniques based in movement and mindfulness that can help minimize these responses. Leave with an action plan for ways to modify your teaching practice in order to create a supportive and caring early learning environment.

Presenter: Josephine Chan - See biography on pg 4

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

NOTE: PLEASE BRING A 2" BINDER.

GOOD BEGINNINGS PROFESSIONAL DEVELOPMENT FOR FAMILY CHILD CARE PROVIDERS

6 Fridays, February 7, 14, 21, 28, March 6, 13
10:00 am–3:30 pm • 30 hours • Cost: $400 • Surrey

This course addresses the essential elements required for operating a quality home-based child care. It covers everything from child development, guidance, health and safety, to managing the business.

Presenter: Rosey Singh
CCRR Community Connector

PLEASE BRING A 2" BINDER TO THE FIRST CLASS

YOU WILL RECEIVE A CERTIFICATE UPON SUCCESSFUL COMPLETION OF THE PARENT PACKAGE AND THE COURSE.

PLEASE NOTE: THE FIRST CLASS WILL START AT 9:30 AM
Child care has evolved from getting children to comply and behave. We now know that when we focus on caring for both the hearts and minds of children, we create the path for children to develop loving relationships, optimal health, and success in endeavours that are meaningful to them … and they will behave. We accomplish this by meeting their primary attachment needs – when their hearts are safe, their brains will grow. We understand that as grown-ups we will lead them firmly and kindly. We will provide for them so they can lean into us. We know that when we meet their needs, we solicit their good intentions … and they will behave. And yet, we realize that most of us do not “behave” in the way we’d like to as the grown-ups all the time. We realize there is something missing between our intentions and actions. We tell ourselves that we will try to do better next time, and then before we know it, we’re caught up in the same old pattern. Real-life couple Dr. Vanessa Lapointe, R. Psych. and David Loyst, MSc have over 50 years of combined experience as professionals and parents. Hear what science and their experiences have taught them to create a revolutionary approach to caring for children. Hear their stories of success and failure and what that has taught them about educating resilient children. Come join us for an interactive learning experience to understand the needs of all children, and to reflect on your work with children and the challenges you face. Leave with tools so that you can begin the journey to becoming the caregiver you’ve always wanted to be.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Dr. Lapointe is a mom, registered psychologist, parenting educator, best-selling author, international speaker, and a regularly invited media guest. Founder and director of The Wishing Star Lapointe Developmental Clinic, she has been supporting families and children for almost 20 years and has previous experience in community mental health and the school system. She is also a connoisseur of all things to do with stunning footwear.

While navigating the journey of parenting her own two children, including the restructuring of her family through divorce, Dr. Vanessa has been challenged to grow herself up. Rather than hiding behind the glossy façade, she acknowledges how much she is in the muck of it just like everyone else. From this awakened place she journeys along on a path that leads for herself and her family, all of which has profoundly changed her life and is a significant influence on her speaking and practice.

Here is what people have said about David Loyst. He is:
Hilarious, brash, wise, confrontational, kind, a genius and an idiot.

Come and find out for yourself. David has been studying and teaching about parenting for over 30 years as a Speech Language Pathologist and Autism Consultant … and has been practicing with his own children for more than 20 years. David has experience practicing in hospitals, child development centres, child care centres, schools and more.
PROMOTING CHILDREN’S SUCCESS THROUGH POSITIVE RESOLUTIONS - THE TEACHING PYRAMID
Monday, February 10 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey
Come join this workshop that will provide you with concrete strategies to support the success of all children in your child care program. This workshop has a focus on the children that challenge us the most, you will learn to change your way of thinking and support their success.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Andrea James
Andrea James has been an Early Childhood Educator for over 30 years. She has a Masters in Early Childhood Education from UBC and currently is an instructor at Langara in the Early Childhood Education Program.

UNDERSTANDING HOW DECOLONIZING PRACTICE CAN SUPPORT INDIGENOUS CHILDREN AND YOUTH
Monday, February 24 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey
With an open heart and an open mind, participants will hear Jessica’s story. Participants will consider how taking a decolonizing perspective can support Indigenous children, youth and families, especially those being affected by the child welfare system. Participants will hopefully learn the difference between appropriation and appreciation of Indigenous culture. Participants will learn the importance of supporting Indigenous voices to inspire others to take decolonizing practice to education and child care.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenters: Ana Valle Rivera and Jessica Nadeau
Ana and Jessica are sisters not bound by blood but by love and relationship. As a child, Jessica had the odds stacked against her. Jessica came from an Indigenous heritage that had been affected by colonial trauma. Jessica ended up in the child welfare system and was statistically at risk for not graduating. When Jessica became a teen she fought for her rights and advocated for herself with social workers, family, and school. Jessica graduated and is now a happy and healthy member of society. Jessica is ready to share her inspiring story and Ana is ready to help others understand the importance of taking a decolonizing perspective to ECE, education and child and youth care, to support the resurgence of Indigenous children and youth.

RELATIONSHIP-BASED CHILD CARE PRACTICES: WHAT CHILDREN NEED TO GROW, LEARN AND THRIVE
Monday, February 24 • 6:30-8:30 pm
2 hours • Cost: $10.00 • Cloverdale Recreation Centre
In this workshop we will explore the science of connection. Experts in Interpersonal Neurobiology have confirmed that relationships are central to healthy brain development. It is relationships that build brain architecture and provide a foundation for a child’s future learning capacities. We will reflect on ‘Who I Need You to Be to Me’, relational foundations for supporting security. We will also look briefly at early brain development and expectations so that we are better positioned to support social and emotional development. engage with open ears, an open heart and an open mind.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Rebecca Mitchell
- See biography on page 7

BIG SCIENCE FOR LITTLE HANDS - SUPER SLEUTHS/BUBBLE AND FIZZ
Thursday, February 27 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey
How is ‘doing science’ like being a detective? They both use their senses to investigate to find out about their surroundings, developing skills like observing, making predictions and comparing. What is a bubble, how are bubbles made, what makes them pop? Experiment with things that bubble and fizz and practice thinking like a scientist.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Wendy Lorch
Wendy is the Early Learning Specialist at Science World, responsible for The Wonder Gallery, a space dedicated to under 5s, Preschool Curiosity Club and Big Science for Little Hands; hands-on educator workshops and science resources for educators.
SUPPORTING MENTAL HEALTH IN YOUNG CHILDREN
Monday, March 2 • 6:30-8:30 pm • 2 hours • Cost: $20.00 • Delta
The ABCs of Childhood Mental Health: Mental health has taken a central place in the minds of parents, caregivers, educators and other “big people” due to the significant number of children who are struggling. This workshop will explore the reasons for this struggle, the way mental health challenges typically present in children, and most importantly, what can be done to support children towards healthy development and actualizing their fullest potential.*

Presenter: Dr. Vanessa Lapointe - See biography on page 9

BEYOND BEHAVIOUR: RAISING RESILIENCE FOR CHILDREN WITH AUTISM, ADHD, ANXIETY...
Thursday, March 5 • 6:30-9:30 pm • 3 hours • Cost: $30.00 • Surrey
This lecture and group engagement style of workshop will explain the leading science behind common neurodevelopmental conditions (Autism, ADHD, Anxiety...). It will reveal accessible strategies to facilitate physical, mental and emotional balance and will introduce children who have recovered from diagnosed symptoms. Participants will discover sustainable solutions to create capacity for our children.
Participants will learn:
1) What leading science says now: realities for resilience.
2) How to identify the signs behind the symptoms of chronic neurodevelopmental conditions.
3) Strategies to empower physical, mental and emotional balance.
4) Sustainable solutions that create calmer classrooms and build better futures for our children.

Presenter: Michelle Riddle
Michelle is a Pediatric Occupational Therapist, Holistic Nutrition Consultant, Faculty Member with Vancouver Island University, and Adviser with University of Alberta’s Neurosciences Division. She has more than 25 years community based pediatric experience. She is a Queen’s University graduate and internationally acclaimed speaker. She develops client-centered programs that target the roots of function to empower mental, physical, and emotional balance for the children she serves. She collaborates with leading international scientists to reverse the rising tide of chronic neurodevelopmental conditions experienced by our children.
A COMPOSITION OF WONDER: EXPLORATION OF SOUND, MUSIC AND MOVEMENT
Saturday March 7 • 10:00 am-2:30 pm • 4 hours • Cost: $40.00 • Surrey
The sense of wonder is one of the most natural and present abilities of all children. The power to explore the world using all senses should always be cherished and fully utilized in child care centers, as the BC Early Learning Framework suggests. Our workshop will engage with the sense of hearing and the power of sound as a learning tool. Sound is a pedagogical material that, even if untouchable, is always present. Children feel, see, and acknowledge sound in a multitude of ways. Through conversation and hands-on provocations, we hope to uncover questions and make discoveries through experiments with sound, music and movement applying multiple mediums both conventional and unusual. Each participant will walk away with pedagogical materials that can be used immediately.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenters: Dr. Annabella Cant and Violet Jessen
Violet and Dr. Annabella are both professors at Capilano University’s School of Education and Childhood Studies. They are both passionate about ECCE and about sharing research and practices that benefit all educators, children, and families.

THE SENSITIVE SIDE OF AUTISM
Monday, March 9 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Surrey
People often think that an Autism Spectrum Diagnosis is all about behavior and sometimes a lack of communication. Every day we take information in from the world around us through our sensory systems: hearing, sight, smell, touch and our perceptions of motion, movement and gravity. How we process this information determines how we feel and respond to our social situations. Those on the spectrum experience our world just a bit differently and that determines how they relate in the environment and in social interactions.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Pam Collins
Pam is the very proud parent of two very different thinking young adult sons! She is also a Positive Behaviour Support Consultant/Parent Trainer for Reach Child and Youth Development Society.

RISKS VS. HAZARDS.
WHY IS RISKY PLAY IMPORTANT AND WHEN IS IT TOO DANGEROUS?
Monday, March 9 • 6:30-8:30 pm
2 hours • Cost: $20.00 • Cloverdale Recreation Centre
Gain an understanding of the importance of risk-taking for healthy child development, the difference between risks and hazards, the difference between healthy risks and just plain dangerous activities. Learn how to develop risk management policies for your organization. Come and learn about why it is important for children to take risks while they are growing and developing. Explore how to help children learn to identify, discuss and manage risks to support their physical, social and emotional development. We will also discuss how educators can understand when things are just too risky as well as how to spot the hazards and remove them from the setting.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Jennifer Hood
Jennifer has 25 years of experience working in gymnastics organizations across Canada. She is a certified teacher, specializing in primary education. In 2008 she opened Jump Gymnastics and now sees over 1000 children every week at two locations. She also consults for Gymnastics Canada and Sport for Life.
PRACTICAL STEPS TO BUILDING POSITIVE RELATIONSHIPS WITH YOUNG CHILDREN

Thursday, March 12 • 6:30-8:30 pm

2 hours • Cost: $10.00 • Surrey

A foundational component of good teaching is being able to build secure attachments with young children. When we build positive relationships with children, they will generally be more open to learning, as well as being more compliant and less likely to engage in challenging behaviors. In this workshop we will explore practical strategies in building these positive relationships.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Rebecca Mitchell
- See biography on page 7

CULTIVATING CONNECTIONS BETWEEN CHILDREN AND NATURAL SPACES

Monday, March 16 • 6:30-8:30 pm • 2 hours • Cost: $20.00 • Surrey

An introduction to the practice and philosophy of “Forest and Nature Schools”. Deepened with an exploration of practical methods and activities to include the forest in your center.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Cara Argo

Cara is the lead facilitator of the Vancouver based ‘Fresh Air Learning’ and ‘Out and About Adventures’. She is passionate about the need for all people to connect with the natural world and enjoys finding fun and exciting ways to learn from the forest with children. Cara completed her ECE training at Vancouver Community College and her B.A. in English and Cultural Studies at McMaster University.

BURNOUT PREVENTION AND SELF-CARE FOR CHILD CARE PROVIDERS

Thursday, March 19 • 6:30-8:30 pm • 2 hours • Cost: $20.00 • Surrey

Fill your cup first!

With so much to do as educators, making time to look after yourself is often the first to go. However, taking care of yourself is critical to being able to address the needs of others. As the saying goes, you can’t pour from an empty cup!

This workshop will include determining how lack of self-care can be detrimental as well as showcasing how self-care can look different for each person. Different methods of self-care, and what this can look like for different people will be discussed (for example: reading a book, exercising, or dancing). Along with self-care for the body, self-care for the mind and spirit will also be discussed and showcased through breathing, meditation, and other stress releasing techniques. Gurpreet will be sharing a list of her favourite self-care strategies and tips to reduce stress and burnout.

SUITABLE FOR ALL EARLY LEARNING AND CHILD CARE PROFESSIONALS

Presenter: Gurpreet Mangat

Gurpreet is an early childhood educator working at the City of Surrey. She has worked with children for the past decade and has three daughters of her own. She is extremely passionate about yoga, meditation, and growing spiritually. In the past couple of years she has learned to connect these passions with her love of teaching children. She is a certified children’s yoga, and mindfulness teacher, and is now sharing these tools and techniques with other educators. Her motto is “You can’t pour from an empty cup!”

with staff and colleagues ...
THE LEADERSHIP LENS
Saturday, March 21 • 10:00-2:30 pm • 4 hours • Cost: $40.00 • Surrey
Katelyn sees leadership as a lifestyle not just a set of skills. It is a way of influencing change, creating connections and building community. In the field of early childhood education, leadership is not only what drives systemic change but also what creates healthy classroom dynamics. This workshop will explore leadership in early childhood education specifically from the perspective of servant leadership. We will discuss the work of leadership experts such as Brené Brown and Drew Dudley. We will put theories into practice which develop our ability to see multiple perspectives and navigate through hard interactions and relationships. We will engage with the concepts of values and ethics to be conscious of how these show up in our lives and in others. Further, through learning new skills in this workshop we will develop a new awareness which will support our own personal and professional growth which will support our own wellness.

Presenter: Katelyn Moon
Katelyn is a long time early childhood educator who had a well renowned daycare in Chilliwack, Saplings Early Learning Childcare. She now works at the community level as a supervisor and develops programs and services that respond to youth needs.

THE IMPORTANCE OF AESTHETICS IN EARLY CHILD CARE SETTINGS - A REGGIO EMILIA INSPIRED WORKSHOP
Monday, March 23 • 6:30-8:30 pm • 2 hours • Cost: $20.00 • Surrey
Engage in self-reflection to consider how the concepts of aesthetics can be part of our early year's settings. Review Reggio Emilia inspired theory and aspects of the BC Early Learning Framework in relation to aesthetics. Reflect on how our image of the child and programming/curriculum connect with our environments.

Presenter: Ana Valle Rivera - Please see biography on page 5

MAKING MUSIC FOR FUN... WELCOME SPRING!
Thursday, March 26 • 6:30-8:30 pm • 2 hours • Cost: $20.00 • Surrey
Everyone can sing, the more you sing the better you sing. But...sometimes you are not feeling the 'sing' in your voice. This workshop will give you all the confidence you need to engage children in music experiences without singing a note! Come explore speech, movement, drama and percussion instruments while reinforcing your knowledge of why music enriches the lives of everyone! Come dressed to move and play. You will receive a lyric booklet including all covered materials.

Presenter: Christine Roskelley
Chris is an early childhood educator with over 35 years of experience. She works as a self-employed music enrichment teacher at UBC Child Care. Along with her work with children, Chris teaches music and movement courses at Burnaby and Delta Continuing Education.
CONNECTING AND COMMUNICATING WITH SOCIAL MEDIA

Monday, March 30 • 6:30-8:30 pm • 2 hours • Cost: $20.00 • Surrey

Social media is a powerful and effective way to advertise, connect and communicate with families, colleagues and the larger ECE community. Come learn about and discuss how to set up and manage social media for your classroom or centre. We will cover the pros and cons, safe practices, and how to choose what services to use.

Objectives:
• Learn how to use social media as a tool to advertise, connect, and communicate with families, colleagues and the larger ECE community.
• Have a brief introduction to various social media platforms (Facebook, Instagram, Twitter, Pinterest, etc.).
• Explore policies and procedures for using social media for your classroom or centre.
• Learn how using social media can be a powerful documentation tool for ECE teachers.

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Presenter: Cassidy Taylor, MLIS

Cassidy is a librarian and educator, who has spent the last decade working in various educational library settings. Teaching ESL, tutoring, and as an early childhood educator assistant. She is a curious soul who loves learning and sharing her knowledge with others. She loves her family, cats and honeybees. When she is not working at Westcoast Early Learning Library, you can find her in her backyard tending bees or on a long walk in the woods.

TRAINING REMINDERS

When you receive your confirmation please verify it with your records.

Please note your workshop dates on your personal calendar as Child Care Options does not phone participants to remind of workshops.

When a workshop has two available dates, please ensure you attend the date and location you have registered for.

Training certificates will be issued on the evening of your workshop. To receive a training certificate for the full length of the workshop, you must arrive on time, participate, and stay for the entire session.

Late arrivals to a workshop will be admitted at the discretion of the presenter, however, late arrivals will not be admitted into any courses. You must arrive on time as the class begins right away and there is a large amount of material to cover.

Replacement certificates and/or receipts will be issued for up to one year of the date of the workshop at a cost of $10.00 per certificate/receipt.

For replacement certificates for the GOOD BEGINNINGS and 20 Hour Responsible Adult courses please contact BCFCCA at office@bcfcca.ca

The Early Years Centre is a ‘scent aware’ building so please keep the use of colognes, perfumes and other scented personal care products to a minimum.

We are unable to accommodate children during a workshop or course.

Attending a workshop over the lunch break? Participants are on their own for lunch. The CCRR has a fridge and microwave for your convenience. As well there is a Denny’s Restaurant in our parking lot. Keep in mind you have 30 minutes for lunch unless otherwise noted.

Photographs may be taken during training, either by us or other participants. By registering, you will be giving permission that photos containing your image/likeness may be used.

LAMINATING

The laminator is available on the first and third Saturday of each month as well as the following Thursday evenings from 5:30-7:30 pm:

January 16 » February 20 » March 19

Please call ahead so we can have the laminator turned on and ready for your use.
BUILDING BRIDGES THROUGH UNDERSTANDING THE VILLAGE

Together in partnership with Delta Continuing Education’s ECE Department, Child Care Options CCRR is offering a full day of training in Delta for all early care and learning professionals. This training is to support the Early Learning Framework’s contribution to lasting reconciliation with Indigenous people.

Saturday, March 28, 2020  Time: 9:00 am - 4:30 pm  Cost: $20.00 (includes lunch and ELF book)

To learn more sign up for our e-bulletin or keep a watch on our workshop page at childcareoptions.ca

CONTACT US

604.572.8032  CHILDCAREOPTIONS.CA

OFFICE HOURS

Monday & Thursday: 9:00 am – 8:00 pm
Tuesday: 9:00 am – 12:00 pm
Wednesday & Friday: 9:00 am – 4:00 pm
1st & 3rd Saturdays: 9:00 am – 4:00 pm
Office is closed for statutory holidays and long weekends

OFFICE CLOSURES

December 25  Christmas Day
December 26  Boxing Day
January 1  New Years Day
January 31  Children the Heart of the Matter Conference
February 1  Children the Heart of the Matter Conference
February 17  Family Day

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