



Early Years Centre

NORTHEAST VANCOUVER

Newsletter

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SPECIAL POINTS OF INTEREST

- ▶ Early Years Centres help families access the services and information they need to help their children grow and develop
- ▶ Northeast Vancouver Early Years Centre (NVEYC) focuses on families living in Hastings Sunrise and Grandview Woodland neighbourhoods
- ▶ NVEYC builds stronger relationships with health, schools, MCFD, and community agencies so we can all better support families with young children
- ▶ Watch for improved information tools that make it easy for families and service providers to know what resources are available
- ▶ Look for our quarterly newsletters and monthly programs and activities calendars at our host agency and satellite locations

Contact info:

Iosefina Para
NVEYC Coordinator
604.254.5401 ext 252
nveyc@kiwassa.ca

Happy New Year everyone!

Wishing you an incredible 2018 full of joy and memorable moments!!!

In this winter edition we will be focusing more on parenting resources given the full time work and the challenges that come along with child rearing.

From the day your child is born through the teenage years, parenting is full of surprises. Just when you think you have a handle on one phase of your kid's life, they've probably moved on to something new.

From diaper changes to first steps and potty training, the early years are a blur of sleepless nights and reaching boundless milestones. Even in grade school and beyond, there's always something new to learn and discover as a parent.

Therefore, the following resources might offer you some useful information and insights that could make your parent life less stressful.

The Science of Early Childhood (SECD)

Through the BC Site Access, *SECD – North American Edition*, and *SECD – Child Development Primer* (in English and French) are available to anyone situated in British Columbia. You can access the Resource here: <http://content.scienceofecd.com/bcaccess/>



You can use this resource for:

- ▶ your own professional development, by delving into a variety of early years topics
- ▶ staff training, by selecting topics for staff meetings to encourage critical thinking and discussion
- ▶ parent education, by showing the video examples to parents/clients
- ▶ classes and workshops, by projecting and discussing the information in face-to-face sessions
- ▶ online teaching, by having students access the resources as their "textbook"

Nobody's Perfect

Nobody's Perfect is a facilitated, community-based parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education.

Within a group setting, parents participate in facilitated sessions that:

- ▶ promote positive parenting
- ▶ increase parents' understanding of children's health, safety, and behaviour
- ▶ help parents build on the skills they have and learn new ones



- ▶ improve parents' self-esteem and coping skills
- ▶ increase self-help and mutual support
- ▶ bring them in contact with community services and resources
- ▶ help prevent family violence

Nobody's Perfect

Nobody's Perfect is a place where parents can:

- ▶ **MEET** with other parents of young children (ages 0-5)
- ▶ **SHARE** questions or concerns and ideas about being a parent
- ▶ **LEARN** about child development, safety, health and behaviour
- ▶ **TALK** about real-life parenting experiences
- ▶ **WORK** together with the support of a trained facilitator
- ▶ **DISCOVER** ways of positive parenting

NOBODY'S PERFECT is owned by the Public Health Agency of Canada and delivered across Canada through provincial and territorial organizations.

How does NOBODY'S PERFECT work?

The program is offered in a broad range of settings in every Canadian province and territory. NOBODY'S PERFECT is liked and used by many parents, including immigrant and Aboriginal parents.

Trained facilitators offer the NOBODY'S PERFECT program using a learner-centered, strengths-

based approach, in line with the concepts of adult learning. This approach includes:

- ▶ involving parents in deciding what they want to learn
- ▶ creating a friendly, safe and non-judgmental atmosphere
- ▶ encouraging discussion
- ▶ creating learning activities which enable parents to understand their situation and solve some of their own problems
- ▶ being prepared to change the session plan to suit the needs and interests of parents
- ▶ encouraging self-help and mutual support

The NOBODY'S PERFECT program is supported with a series of five parent books named Safety, Body, Behaviour, Parents, and Mind, as well as growth and development charts. However, there is no set curriculum. Parents are encouraged to choose the topics of discussion.

Is NOBODY'S PERFECT effective?

Several studies have shown that participants in the NOBODY'S PERFECT parenting program experience increased:

- ▶ confidence in their parenting skills
- ▶ ability to cope with stress
- ▶ ability to problem solve

- ▶ resiliency
- ▶ self-sufficiency and independence
- ▶ frequency of positive parent-child interactions
- ▶ use of positive discipline techniques
- ▶ access to peer/social/community support

The most recent impact evaluation (PDF document) of the NOBODY'S PERFECT Program was completed in 2009, a combined partnership between the Canadian Association of Family Resource Programs (FRP Canada) and the Department of Human Ecology at the University of Alberta.

Program Materials

The NOBODY'S PERFECT program is supported with a series of five parent books named Safety, Body, Behaviour, Parents, and Mind, as well as growth and development charts. These resources can be purchased by organizations or trained facilitators who offer the NOBODY'S PERFECT program from FRP Canada. There is also available a series of parenting tips sheets that offer current and accessible information to parents and caregivers of children aged 0 - 5 years on a variety of topics. The materials can be used by the general public or as supplementary resources for the NOBODY'S PERFECT program. The tip sheets are also available in different languages.

(Internet resource by Government of Canada, Public Health Agency, Health promotion division)

Five toddler transitions tips

Transition times can be some of the most difficult periods of time throughout the day for preschool teachers to manage. Seamlessly moving a classroom of energetic toddlers from one activity to the next can seem almost impossible, especially when you're transitioning from activities to nap time, or from a loud and boisterous task to a quieter one. It can be incredibly challenging to move preschoolers away from an activity they're having fun with and get them to focus on a completely different lesson!

By carefully planning your daily schedule and incorporating clever transition time activities into your routine, you can better manage this switch in focus within your classroom. We've assembled this list of creative transition activities for toddlers, designed to help facilitate periods of movement between tasks, stations, activities, mealtimes and more.

1. Transition Song

One of the most tried and true transition activities for toddlers is to make use of a transition song. Whether you create your own rhyme or choose a pre-existing song, a short tune that indicates what's coming next will ease the transition. Using the same song repeatedly will give

toddlers a sense of routine and signal to them that it's time to make a move. Encourage the class to participate in the song with you!

2. Countdown

A countdown is a simple way to give preschoolers warning that it's time to switch to a new activity. Your countdown from one or two minutes gives children time to prepare for the change, indicating that they will be switching gears very shortly. Together, count down the final ten seconds before it's time to switch.

3. Follow a Schedule

Display the daily schedule prominently in your classroom, complete with visual illustrations of each activity throughout the day and when they will occur. When it's time to transition to a new task or activity, gather the class and together point out what's coming next. Toddlers thrive on routines and can better handle transitions when they know what to expect.

4. Play Simon Says

When transition time comes, play a quick game of Simon Says. This game is designed to capture toddlers' attention and will make them focus intently on what

you, their teacher, are saying. Start with simple directions like, "Simon Says touch your nose!", then move on to things like, "Simon says sit for circle time" to make your move into the next activity.

5. Use Movement

Get moving between activities. Ask toddlers to reach up high in the air, touch their toes, or even do a few jumping jacks. Whatever type of movement you choose, establish a routine that children will get used to performing in between activities.

For more on managing your lesson plan and daily routines, take a moment to learn more about HiMama child care software. Our innovative platform offers a range of features to help you plan your daily schedule and slot in these crucial transition activities for toddlers!

(Internet resource by Supporting Child Care in the Settlement Community)

