

# Hello Spring !

Spring Break is fast approaching, and inside this issue you will find ideas on how to make the most of it! There's ideas for inside activities (if the weather doesn't cooperate), and ideas for outside (if it does!).

As the cold winter weather slowly passes, we look forward to sunny days spent outside with friends and family, and life (hopefully) returning to normal. Take time to enjoy the cherry blossoms popping up all over town, and get out and explore all that this beautiful city has to offer.

*"Nothing ever seems impossible in spring, you know."*

*– L.M. Montgomery*



## The Sooke/West Shore Team

### Reception:

Shelley Noyes

### Consultants:

West Shore—Amanda Leggett

Sooke—Erin Holler

### Coordinator:

Daphne Raymond

The Sooke / West Shore CCRR is  
a program of Sooke Family Resource  
Society

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# CRAFT TIME!



# CIRCLE TIME!

## Five Flowers Tall

*(Sung to: Five Little Ducks)*

Five flowers tall in the flower shop, *(hold up hand with five fingers standing tall)*

Blooming brightly, with the petals at the top.

Along came \_\_\_\_\_ *(name a child)* with a dollar one day,  
Bought a \_\_\_\_\_ *(child names a color)* flower and took it away. *(put one finger down)*

*Repeat for the remaining four fingers.*

## Cows in the Barn

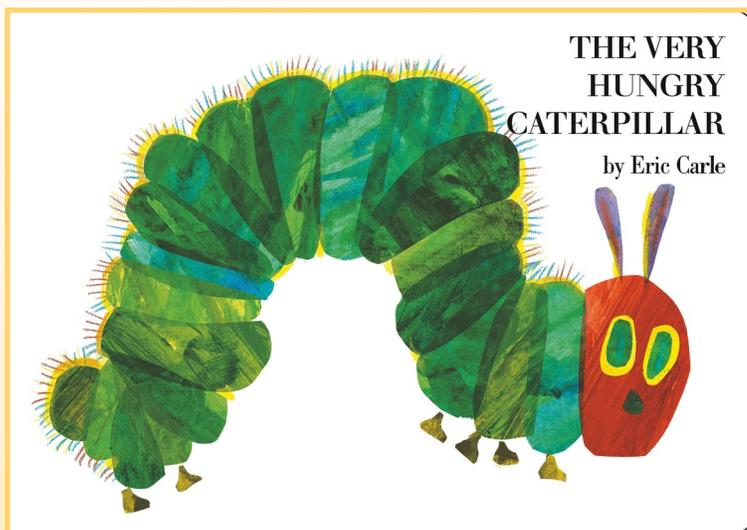
*(action song sung to "The Wheels on the Bus")*

The cows in the barn go moo, moo, moo,  
Moo, moo, moo,  
Moo, moo, moo.

The cows in the barn go moo, moo, moo,  
Moo, moo all day long.

*Repeat with other animals and animal noises.*

# Book & Craft Combo



# Risky Play Resource

“There is a rising understanding of the importance of having our children playing outside and in nature as evidenced by the emergence of movements like forest preschools, loose parts play, and adventurous risky play. We know now that when children are engaged in child-led play outside, they tend to play longer, feel excitement and joy, master fundamental movement skills, experience both success and failure, and learn how to manage risk. Research has shown that levels of stress and anxiety drop dramatically when playing outside. All key elements to a healthy and happy life.” - Dawn Clark, 2018

The full article by Clark can be found [here](#).

Check out this Outside Play video to help parents understand the importance of outside play time. You can find the video [here](#).

## COVID-19: 24/7 Playful Parenting

**Evidence-based playful parenting tips available in more than 100 languages. (Great for parents and caregivers!)**

Parenting for Lifelong Health (PLH) provides open-source and evidence-based playful parenting resources to support parents and caregivers during the COVID-19 pandemic and beyond.

These resources focus on building positive parent-child relationships and reducing violence against children by learning through play, reinforcing positive and managing difficult behaviours, creating structure and routines, talking about COVID-19, keeping children safe online, and reducing stress and conflict.

More information can be found [here](#).

**Covid-19 Parenting**

Parenting during COVID-19 can be extra hard. It's normal to feel stressed and overwhelmed. Here are 6 tips to make things easier for you and your children.

- Spend quality time with your children.**  
Just 5 minutes every day can make a big difference. It helps children feel loved and important.
- Praise your child when they are behaving well.**  
Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.
- Say the behaviour you want to see.**  
Use positive words when telling your child what to do: like "Please put your clothes away" (instead of "Don't make a mess").
- Create a flexible but consistent daily routine.**  
Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- When children misbehave.**  
Catch difficult behaviour early and redirect your children with something interesting or fun.
- Take care of yourself.**  
Talk to someone when you feel lonely. Take 5 deep breaths when you feel stress or anger. You are not alone.

For more information click on the following links: [TIPS FROM WHO](#) [TIPS FROM UNICEF](#) [OTHER LANGUAGES](#) [EVIDENCE BASE](#)

Logos: UNICEF, WHO, End Violence Against Children, CDC, CHILDRHO, METRIS, UNIVERSITY OF OXFORD, USAID, UNODC.

# Spring Break with the Vancouver Island Regional Library!

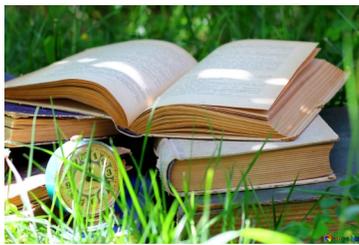


## “Me and My Shadow” (Kid’s Spring Break)

March 5 – April 5, 2022

Bring your shadow along and join for a LIVE virtual Shadow Puppet program, a shadow guessing game and fun shadow-y activities you can pick up at the library to do at home.

More info can be found [here](#).



## Spring Break Teen Reading Club

March 5—April 5, 2022

Simply read\* books for a chance to win a fun prize!

There are two ways to get entered:

Start the challenge on the Beanstack app [virl.beanstack.org](http://virl.beanstack.org), record your reading and automatically be entered or

Email at [teensc@virl.bc.ca](mailto:teensc@virl.bc.ca) to let them know what you read.

That’s it! Each book read = one draw slip = one chance to win a fun prize! You can also earn extra draw slips by doing the optional Bonus Tasks™:

1. Read a book with the word “Shadow” or “shadows” in the title.
2. Read a book that has been challenged or Banned. For a list of some banned books check out the Freedom to Read Website.
3. “Read” a wordless graphic novel or story without words. Type “wordless graphic novel” into VIRL’s catalogue search box or “stories without words” to find one in their collection.

# Outdoor Activities For Spring Break

(From the CBC Parents Website [here](#))



## ACTIVE PLAY

1. Go on an outdoor expedition! [Make a field guide](#) to document the trip.
2. Try [geocaching](#): it's an activity where you use GPS to find treasures hidden in secret locations — and it turned 20 in 2020!
3. Make snowshoe or footprint art in the snow. Kids can plan an intricate design on paper and then stomp it in the snow.
4. Go tobogganing at a local snowy hill.
5. Bundle up and play a winter version of your favourite summer sports. Try soccer or baseball.
6. Create an obstacle course in your backyard or a nearby park.

## SCIENCE AND NATURE

7. Challenge your family's senses. [Ask kids to identify object using senses other than vision.](#)
8. [Go birdwatching.](#) Research the birds you might find in your area, then head outside and look for them.
9. [Collect and measure leaves or branches that kids find outside.](#)
10. Make a nature collection. If you have more than one kid, ask kids to compare their collections.
11. If it's still winter where you live, [try a winter scavenger hunt. We have one you can print.](#)
12. Use sun-sensitive paper to make leaf or nature prints.
13. [Make backyard critter feeders](#) with oranges, nuts and dried fruits.
14. Construct a weather shelter outside. Kids can decide what materials they want to use, then build a shelter that would protect them from rain, snow, wind or sun.
15. Make a snow structure. Use buckets, shovels and sticks to reinforce the structure.



## CREATIVE AND IMAGINATIVE PLAY

16. Plan a nature photo scavenger hunt. Make a list of things to take pictures of, then head out on a nature walk and snap photos.
17. Put on an outdoor play, puppet show or dance performance.
18. [Gather up some pinecones and make rainbow ornaments.](#)
19. Use the weather to make art! Try snow painting or rain art.
20. Build a pretend outdoor cafe. Kids can collect objects from nature and use them as "ingredients" to make fancy meals.
21. If the temperature is below zero, use an ice cube tray, food colouring and string to make rainbow ice garlands. Hang them in the trees to brighten up a dreary day.



# Child Care Grants

## Grants to support early childhood educator workforce development:

### ECEBC Bursary Programs for students and professionals:



- ECE Student Bursary
- ECE Workforce Development Bursary Fund

More information about the Bursaries can be found [here](#).

### Grants to support existing licensed childcare programs:

- Childcare BC Maintenance Fund

### Grants to Create New Child Care Spaces

- Childcare BC New Spaces Fund
- Start-Up Grant for Becoming a Licensed Child Care Facility

More information about the Grants for facilities can be found [here](#).



Early Years  
Professional Development

Check out The Early Years Professional Development (EYPD) portal where you can search for and view upcoming training events in communities across B.C. Anyone working with young children can now find, plan and schedule professional development in the early years sector. The EYPD web portal is a pilot project developed by BCcampus on behalf of the British Columbia Office for The Early Years. Visit the [EarlyYearsBC.ca](https://earlyyearsbc.ca/) website and see what you're missing!

<https://earlyyearsbc.ca/>

# Up Coming Training Opportunities

## Sooke/West Shore CCRR

### Engaging Program Activities and Experiences for Infants and Toddlers

Wed. April 27, 2022 6:30-8:30 pm

“Incorporating new activities and experiences based on children’s interests and needs can be a challenge in Infant Toddler settings. Discover how one source of inspiration can inspire activities in your program. Learn great ideas for adding interactive, creative hands-on learning opportunities for Infants and Toddlers.” (Hansen. 2021)

**Facilitator: Julie Hansen; Host: Amanda Leggett**

Workshop is in-person in the Early Years Room at 345 Wale Rd.

### Circle Time Make & Take \*Waitlist being taken\*

Wed. May 25, 2022 6:30-8:30pm

Let’s Celebrate! May is Child Care Appreciation month! In this workshop you will learn songs and rhymes to bring to your circle time fun and then we will spend some time making a new felt story to take home with you

**Facilitator: Erin Holler & Amanda Leggett**

Workshop will be offered in person in the Early Years room at 325 Wale Rd.

### Dispelling Myths and Stereotypes

Saturday, June 4, 2022 9:00am-12:00pm

This workshop introduces participants to the key concepts of colonization, privilege and stereotyping. While encouraging meaningful relationship-building strategies with Indigenous community members and organizations, the learning is applicable to many areas in our professional and personal lives.

Workshop Outcomes:

- Reflect on how privilege and stereotypes impact our work and relationships;
- Strengthen collaborative working relationships with Indigenous communities;
- Apply anti-oppressive, decolonizing ideologies and methods into our work and daily life

**Facilitator: Indigenous Perspectives Society; Host: Amanda Leggett**

Workshop will be offered via Zoom

**Please email [aleggett@sfrs.ca](mailto:aleggett@sfrs.ca) to register for any of these workshops**

## Contact Us

Give us a call for more information about our services

**Sooke Office:**

**#100-6672 Wadams Way**

**Sooke, BC**

**V9Z 0H3**

**Phone: 250-642-5152**

**E-mail: [eholler@sfrs.ca](mailto:eholler@sfrs.ca)**

**West Shore Office:**

**345 Wale Road**

**Colwood, BC**

**V9B 6X2**

**Phone: 250-940-4882**

**E-mail: [aleggett@sfrs.ca](mailto:aleggett@sfrs.ca)**

Your communities' best source  
of child care  
information & resources

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