

Spring 2025

Sooke-West Shore Newsletter

Your communities' best source of child care information & resources

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H E L L O

A Note from the Sooke/West Shore CCRR

It may not seem like it, but Spring is creeping up on us. We are all looking forward to some sunshine and spending time outside.

We have many exciting Professional Development opportunities in the coming months, including the Community of Practice with our CCRR Consultant, Melanie (look for her update in the following pages!). Make sure to sign up for any and all opportunities before spaces fill up!

Remember that we're here to support and guide you, whether it be over the phone, through a site support visit or, with our many different resources. All you have to do is ask!

Appetite to Play for Families: Free Facilitator Training

Appetite to Play is a provincial program in British Columbia to promote eating well and physical activity in the early years. We are excited to announce that we have developed a new training module for community facilitators to deliver workshops to parents in your communities. Take this self-paced, free training online, at your convenience and a professional development certificate is provided.

What you will learn:

- Evidence based knowledge and best practices for bringing information about physical activity and food & feeding to parents in a culturally-sensitive, trauma informed manner.
- In this training, you will receive a toolkit of six 20 minute workshops and a suite of handouts and supporting information and how to bring this content to parents.
- At the end of training, you are welcome to use the information and tools provided in community-based group supports, as well as 1:1 in-home consultations.
- The full program will take 4 to 6 hours to complete.

Who should take this training:

This training is useful for anyone who works with parents and caregivers of children 0-6 years of age to create healthy eating and physical activity opportunities for children:

- You may be a healthcare provider, such as a public health nurse, health promotion or primary care provider
- You may run programs for parents such as baby & me, parent & tot programs or parent groups.
- You may provide outreach programs or home visits for families who need some extra support.

To register, click on the below link or scan the QR code:

CLICK HERE



Please email atpinfo@cw.bc.ca for more info.



Appetite to Play is delivered in partnership through:

Are you a parent or caregiver of a young child aged 0 – 6 who is experiencing mild to moderate anxiety?

**Learn how to see and
respond to your young
child's everyday anxiety.**

Everyday Anxiety for Early Years (EASEY) at Home is a collection of evidence-informed and culturally relevant resources such as downloadable tip sheets and activities.

Topics include:

- how to create calm and well-being in your child (and yourself!)
- common sources and signs of stress in the early years, and ways to reduce stress in the home
- how to guide your child through big emotions and fears
- how to recognize the many faces of anxiety and support your child through times of separation



For more information, please visit
healthymindsbc.gov.bc.ca



Ministry of
Children and Family
Development



NEED STAFF?

Are you a daycare provider with job opportunities to fill?

The Sooke-West Shore CCRR can post any employment opportunities you may have, on the Early Years Professional Development portal (EYPD).

Simply email us at sooke-westshoreccrr@sfrs.ca and we'll send you a form to fill out.



Spring Songs, Finger Plays, and Poems

Baby Bumble Bee

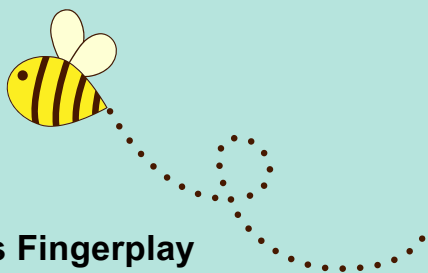
I'm bringing home a baby bumblebee, (*cup hands together as if holding bee*)

Won't my mommy be so proud of me,
I'm bringing home a baby bumblebee,
Ouch! It stung me! (*shake hand as if just stung*)

I'm squishing up the baby bumblebee, (*squish bee between palms of hands*)

Won't my mommy be so proud of me,
I'm squishing up a baby bumblebee,
Ooh! It's all over me (*open up hands to look at mess*)

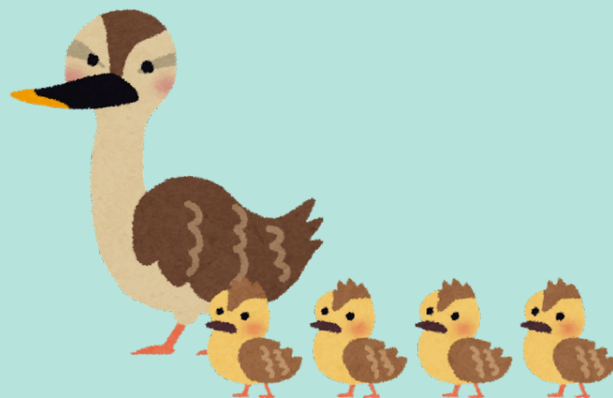
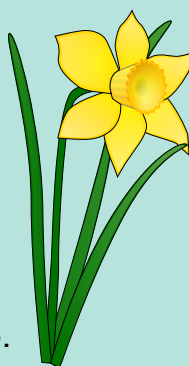
I'm licking up my baby bumble bee (*pretend to lick hands*)
Won't my mommy be so proud of me,
I'm licking up my baby bumble bee,
Mmm.. Tastes like strawberry (*get the children to tell you what it tastes like*).



Daffodils Fingerplay

(*Show fingers or make daffodil puppets from cupcake liners and craft sticks!*)

One little daffodil had nothing much to do,
Out popped another one, then there were two.
Two little daffodils were smiling at a bee,
Out popped another one, then there were three.
Three little daffodils were growing by the door,
Out popped another one, then there were four.
Four little daffodils were glad to be alive,
Out popped another one, then there were five.
Five little daffodils were wearing golden crowns,
They danced in the breeze in green satin gowns.



Six Little Ducks

Six little ducks that I once knew,
Fat ones, skinny ones, fair ones too
But the one little duck with the
feathers on his back
He led the other with a quack
quack quack
Quack quack quack
Quack quack quack
He led the others with a quack
quack quack

Down to the river they would go
Wobble wobble wobble wobble to
and fro
But the one little duck with the
feathers on his back
He led the other with a quack
quack quack
Quack quack quack
Quack quack quack
He led the others with a quack
quack quack

Home from the river they would go
Wobble wobble wobble wobble ho
ho hum
But the one little duck with the
feathers on his back
He led the others with a quack
quack quack
Quack quack quack
Quack quack quack
He led the others with a quack quack
quack

Crafty Corner



Critter Crudités

Ingredients

Snails

- celery stalks
- peanut butter/cream cheese
- sliced apple
- sliced orange
- sliced kiwi
- sliced cucumber
- sliced tomato
- cashews

Caterpillars

- celery stalks
- peanut butter/cream cheese
- grapes
- blueberries
- grape tomatoes
- candy eyes
- celery/radish matchsticks



Instructions

Step 1: Make the snails. Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

Step 2: Make the caterpillars. Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.

From: Woman's Day US



Qualicum First Nation Culture Program - Culture Kits

Part of our Toy/Equipment and Resource Lending Library, the Qualicum Culture Kits are developmentally and culturally appropriate to enhance children's play and learning experiences.

This is a FREE service with the kits being generously donated by the Qualicum First Nation; however, users are required to complete and sign a membership form and a specific Terms of Use Form for the use of the Culture Kits.

Items may be borrowed for up to one month (30 days) on a "first come, first serve" basis, and extensions are at the Sooke/ West Shore CCRR discretion.

Please note: The Culture Kits are not for children under 3 years of age.

Contact Erin at eholler@sfrs.ca to book a kit.



Culture Kits:

1. At the Seashore (pictured)
2. Canoe
3. Mother Earth
4. Salmon
5. Tracks & Scat
6. Traditional Foods
7. Vancouver Island Land Animals

Professional Development & Learning Opportunities with Sooke-West Shore CCRR

Professional Development Info and Other Updates From Melanie

Community of Practice

This year's Community of Practice has been amazing! Thank you all for your heart and commitment to the field, the children, and especially each other. I always look forward to the second Tuesday of the month – and gathering and connecting with everyone that evening.

Workshops

We had a wonderful workshop with Nathalia Gagnon in March and are lucky to have her coming back in May for our Sooke-West Shore appreciation workshop.

There is still space in the April workshop – Let's get Messy – Art and Sensory, and the May appreciation workshop – see links below:

General workshops and Community of Practice:

<https://outlook.office365.com/owa/calendar/SookeWestShoreCCRRWorkshops@sfrs.ca/bookings/>

Appreciation workshop (May – with Nathalia) and events (June):

<https://outlook.office365.com/owa/calendar/SookeWestShoreCCRRMemberEvents@sfrs.ca/bookings/>

Supportive Community Outreach:

Check your emails for information on Site Visits and a new playgroup for Licensed Family daycares!



-Melanie Langman, Sooke-West Shore CCRR Consultant



There's still space in our
remaining Spring Professional
Development opportunities.

More information on what's
offered can be found [here](#).

**Registration Information for Workshops and Community of Practice
(C.o.P.):**

Call: 250-940-4882

Email: Sooke-WestshoreCCRR@sfrs.ca

Link:

[https://outlook.office365.com/owa/calendar/SookeWestShoreCCRRWorkshops@sfrs.ca/
bookings/](https://outlook.office365.com/owa/calendar/SookeWestShoreCCRRWorkshops@sfrs.ca/bookings/)



Monday - Friday 8:30am - 4:30pm

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

Evenings: Wednesdays 4:30pm-6:30pm (Sooke)

Saturdays: 8:30am-12:30pm (West Shore)

Website: <https://www.sfrs.ca/programs/child-care-resource-and-referral-ccrr>

Telephone: (250) 940-4882

Email: Sooke-WestShoreCCRR@sfrs.ca

Facebook: Sooke-West Shore Child Care Resource & Referral AND
Sooke Family Resource Society

Instagram: @sookewestshore_ccrr

www.gov.bc.ca/ChildCareResourceReferralCentres or

Toll-free: 1 888 338-6622 (Option 4).