

Winter 2024/25

# Sooke-West Shore Newsletter

*Your communities' best source of child care information & resources*

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# A Note from the Sooke/West Shore CCRR

The winter season is finally upon us, here in the Sooke/West Shore region.

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!

We look forward to connecting with you all in the coming months and wish you all a relaxing and enjoyable holiday season, and the very best for 2025.

# 12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and Engaged



heartmindonline.org



Secure and Calm

## 1. Take a Time-In



Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.

## 2. Listening Break



Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.

## 3. Rainbow Breath



Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.

## 4. Sing Vowel Sounds



Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.

## 5. Face Painting



Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.

## 6. Cool Down



Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.

## 7. Smell the Flowers



The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.

## 8. Move Like Animals



Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.

## 9. Smiling Contest



See how long you can smile for together! Turning a frown upside down can really make you feel happier!

## 10. Tense and Release



Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.

## 11. Freeze Dance



Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.

## 12. Reflect Together



Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.

# DID YOU KNOW?

The Early Years Professional Development Portal is an online platform for families, child care providers and the child care workforce to:

- Discover learning opportunities and professional development hosted by Child Care Resource and Referral service providers throughout B.C.
- Connect with a local community of practice
- Share or explore local employment opportunities

[www.earlyyearsbc.ca](http://www.earlyyearsbc.ca)



# BC Transit Kids Tour Program

The Kids Tour Program is an activity organized by BC Transit for children ages 3-6 (preschool and daycare groups). The program includes a tour of the BC Transit facility, mechanic garage, and concludes with a ride in a double decker through the bus wash. The program serves to educate and excite children about transit and to create lifelong transit users.

Currently, this program is only offered in BC Transit's head office in Victoria due to administrative needs.

More information on how to book a tour can be found at:  
<https://www.bctransit.com/business/kids-tour-program/>

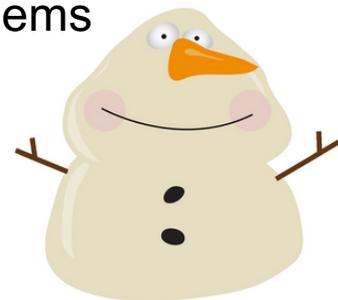
(BC Transit Corporation, 2024)



## Snowman Songs, Finger Plays, and Poems

### Snowmen

Five little snowmen standing round my door.  
This one melted and then there were four.  
Four little snowmen beneath a green pine tree.  
This one melted and then there were three.  
Three little snowmen with caps and mittens blue.  
This one melted and then there were two.  
Two little snowmen standing in the sun.  
This one melted and then there was one.  
One little snowman started to run.  
But soon he melted and then there were none.



### I'm a Little Snowman Tune: I'm a Little Teapot

I'm a little snowman short and fat.  
Here are my buttons, here is my hat.  
When the sun comes out, I cannot play.  
I just slowly melt away!

### I Built a Little Snowman

I built a little snowman. { make circle with hands }  
He had a carrot nose. { point to nose }  
Along came a bunny. { hold up to bent fingers }  
And what do you suppose?  
That hungry little bunny, { make bunny again }  
Looking for his lunch, { hop bunny around }  
Ate the snowman's nose. { pretend bunny is eating nose }  
Nibble! Nibble! Crunch! { pretend to be eating a carrot }

### Five Little Snowmen

Five little snowmen sitting on the ground,  
(pat hands on floor)

The first one said; "oh my aren't we round."  
(make circle with arms)

The second one said; "there are snowflakes in the air."  
(wiggle fingers above head)

The third one said; "but we don't care."  
(shrug shoulders)

The fourth one said; "lets run and run and run."  
(pat hands quickly on the floor)

The fifth one said; "I'm ready for some fun."  
(smile)

Whew went the wind (blow) and out came the sun  
(make circle with arms over head)

And the five little snowman knew their fun was done.  
(pretend you're melting)

### Once There was a Snowman

Once there was a snowman,  
snowman, snowman  
Once there was a snowman tall, tall,  
tall.  
In the sun it melted, melted, melted,  
In the sun it melted small, small, small.



# Crafty Corner



## Easy Rudolf Reindeer Chocolate Crispy Cakes

### Ingredients

- 150 g dark chocolate
- 50 g butter
- 2 Tbsp honey
- 120 g rice crispy cereal

### To decorate:

- 24 pretzels
- 24 edible candy eyeballs
- 12 red smarties



### Instructions

1. Line a 12 hole muffin tin with muffin cases.
2. Break the chocolate into chunks and place in a large microwave safe bowl.
3. Add the butter and honey to the bowl, then pop it into the microwave and heat in short bursts of around 30 seconds, stirring in between, until the chocolate has melted. Be careful not to overheat.
4. Stir well to completely combine the ingredients, then add the rice crispy cereal to the bowl.
5. Carefully mix together until the cereal is completely coated in the chocolate mixture.
6. Spoon the mixture into the muffin tin, dividing equally between the 12 cases.
7. Working quickly, decorate each crispy cake with 2 pretzels, 2 edible candy eyeballs and a red smartie, to make reindeer antlers, eyes and nose.
8. Once decorated, pop the crispy cakes in the fridge to chill for an hour or so until set.



## 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](mailto: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 Updates From Melanie

How is it already December!

Our last community of practice had some great discussion about language and perspective. Our next community of practice is fast approaching – December 12, 2024 from 6:30-8:30pm! There are a few spaces left if you'd like to come join us and experience what this is all about (registration closes Dec. 9th). This series runs until May, building on previous sessions, and building community together. Come laugh, connect and enjoy some good company while having some tasty food. If you are interested in the entire series, please register individually for each month.

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

I've really enjoyed coming out and visiting with the Family Child Care and In-home-multi-age providers. I'm excited to come visit you and your centre and see how we can better support you. I've already visited 5 centres so far and will be visiting a few more centres in the coming weeks. If you received a call from me – do reach out, I'd love to connect and get to know you and your centre! If you haven't yet heard from me and would like to get in touch about a visit, send me an email at [mlangman@sfrs.ca](mailto:mlangman@sfrs.ca). For those I've already visited – thank you for having me and I will be sending out an email in January seeing about interest in another visit, and who might be interested in having me to do a story or activity with their group.

You can also find me at the monthly Strong Start Superpod at Eagle Ridge Centre. Come say hi – I'd love to meet you!

If you know anyone who is curious about or looking at possibly starting and opening a Licensed Family Child Care, we will be having an online Information session Thursday January 23rd from 6:30-8:30pm.

Please share this information with anyone you think might benefit from or may be interested.

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

Have a safe and warm winter respite – however that looks for you.

Look forward to seeing or meeting you soon!

-Melanie Langman, Sooke-West Shore CCRR Consultant



Our Winter 2025  
CCRR Professional  
Development Guide is out now!  
There's still space in our  
December 2024 Workshop.  
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](mailto: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](mailto:Sooke-WestShoreCCRR@sfrs.ca)

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

**Instagram:** [@sookewestshore\\_ccrr](https://www.instagram.com/sookewestshore_ccrr)

[www.gov.bc.ca/ChildCareResourceReferralCentres](http://www.gov.bc.ca/ChildCareResourceReferralCentres) or Toll-free: 1 888 338-6622 (Option 4).