



Have you heard?

from the Executive Director...

Merry Christmas! I hope everyone is setting aside some time for a wonderful family holiday season!



It is hard for me to believe that it has been one year since I began my employment with Ridge Meadows Child Development Centre as the Executive Director. What a year it has been! There have been many challenges on the financial front, I believe we are finally beginning to see a light at the end of the tunnel and can begin to plan for new ideas for service to flow in the New Year.

I cannot say enough about the wonderful, dedicated and professional staff who provide service to the children and families of Maple Ridge and Pitt Meadows. As an agency, we are truly blessed to have the staff we have; how they do not waver on their commitment to quality, family centred service, especially through tough times.

I would also like to acknowledge the Board of Directors, lead by our President Randy Meszaros, who have provided strong leadership to ensure the agency stays strong and healthy in these tough times. We said good bye to Marie Mandoli, our Past President at our AGM in September. Marie had given six years to this organization, serving many as President and Past President, sharing her passion for ensuring all children have opportunities to live quality lives in their community. Thank You Marie!

The New Year will bring new faces around the Centre as some of our past staff move on to new challenges and new faces replace them. We saw Sarah Genius and Jackie Bowater in the Speech Department off on maternity leave, and said goodbye to Jodi Barclay (Administrative Coordinator). We welcome back Kate Smith (SLP), Julie Obodzinski (PT) and welcome, -new to the crew- Anna Nguyen (SLP), Rebecca Johnston (Key Worker), and Angie MacKenzie (Executive Assistant/Human Resources). We also welcome Jackie Bowater, SLP, back to work on a casual basis.

Finally I would like to say THANK YOU to Rachel Pukesh and Shannon Adams for all their work towards this year's Children's Christmas Party. I can say that I had a great time and believe I saw many smiling faces.

Merry Christmas Everyone and a Happy New Year!

Trish Salisbury Executive Director

trish@rmcdc.com

December 2013



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Happy Holidays!

from the SLP Department...

We welcome **Kate Smith** back on December 2nd from her maternity leave and **Anna Nguyen** as a new Speech-Language Pathologist who joined our organization on November 25th.



Toys for Thought this Holiday Season...

With the holiday season fast approaching, many parents/caregivers and families may wonder what toys they should get for their child. It is sometimes daunting to head into the toy aisles during the holiday season with no idea of where to start.

Toy	Language (vocabulary, concepts, questions)
Stacking Toys (e.g., nesting cups, blocks, shape sorters) 	<p>Location words (in, out, on, under, down) Size concepts (big, bigger, biggest, small, smaller, smallest, medium, large) Colour concepts (red, blue, green, yellow, orange etc.)</p> <p><u>Activities to try:</u> You can draw or tape pictures of any target words (e.g., animals, types of food) on the cups and pretend play with them or play a following directions game (i.e., put the cow cup in front of the horse cup)</p>
Toy Phone 	<p>There are a million things that adults use their phones to talk about and so what better toy than a toy phone to help your child talk! There are many things parents can work on including:</p> <p>Social communication (my turn, your turn) Wh- questions (who is it? Where are we going?) Any target vocabulary</p> <p><u>Activities to try:</u> You can ask your child questions such as "who is it?" or "where are we going?" Also, it is a great opportunity to talk about any type of target vocabulary and to expand on it. For example, you can talk about animals and describe what colour they are and what they do.</p>
Mr. Potato Head/Baby Doll 	<p>Body parts (arm, leg, head, nose, eyes) Action words (sleeping, jumping, crying) Feelings (happy, sad, excited) Pretend play</p>
Baby Stroller/Grocery Cart Cars/Trucks/Trains/Boats Balls 	<p>Action words (pushing, walking, crashing, sinking, floating) Location words (in, under, behind, in front) Texture words (hard, soft, bumpy, smooth) Size concepts (big, bigger, biggest, small, smaller, smallest, medium, large) Social communication (my turn, your turn)</p>
Play Sets (e.g., farm set, doctor/vet set, kitchen set, tunnel/tent sets, doll house) 	<p>Answering wh- questions (who is it? Where are we going?) Location words (in, under, behind, in front) Action words (jumping, cooking, pouring, washing) Following/giving directions</p>
YOU	<p>As parents/caregivers, your child absorbs so much language from you. The time you spend playing with your child, talking to your child and modeling language for them is important in helping them learn how to be great talkers!</p>

cont'd..from the SLP Department...

These toys a few suggestions of toys but just remember that if you ever find yourself overwhelmed and tempted to buy the toys with the flashy lights and batteries ...take a step back and take a deep breath. Sometimes the best toys are the simplest toys and, at times, not toys at all.

*Credit given to Katie Yeh for her suggestions, www.playingwithwords365.com

We wish your family a happy, fun and safe holiday season!

from the OT Department...

Happy Holidays from the Occupational Therapy Department!!

We hope that you have all had a fantastic Fall and that you enjoyed the beautiful Fall weather that we had.

The Early Intervention OT department has had a busy Fall with planning and facilitating a variety of groups for children under the age of 6 years old. This Fall we offered a variety of different groups from Kindergarten Readiness Groups to Feeding Groups. The School Based OT's have also been busy consulting to schools and facilitating professional development for staff in the district.

It may seem early but we are now

getting into the planning phase for children entering Kindergarten in 2014. Many of you will have already have heard from us about starting to organize planning meetings for your child or you will soon!

If you have a child entering Kindergarten in 2014 and they are receiving OT services or are on the OT waitlist and you have questions about this process, please don't hesitate to discuss this with your OT or if your child is on the waitlist call the centre at 604-463-0881 (315).

Now let's get crafty for the holidays... toddler/preschool style! The holidays is a great time to encourage children to participate in crafts. This will keep their little hands busy, develop their fine mo-

tor skills, make a mess, all while making fun crafts.

Here is an idea to get started:

The Marshmallow Snowman



This is a great activity to get children excited about art. They can eat while they are being crafty.

If your child is not yet interested in drawing shapes, this is also a great way to introduce circles. Draw the circles for them and then encourage them to glue the marshmallows on top. They are learning how to form circles in a fun way!

Source: <http://www.babble.com/toddler/25-christmas-crafts-for-toddlers/marshmallow-snowman/>

A BIG SHOUT OUT

A big THANK YOU to Barton and the Home Restaurant—Thank you so much for your donation to the Breakfast Food Fun Therapy Group at our centre. The food fun group was a huge success with many preschoolers touching, tasting, and eating new foods.



from the Physiotherapy Department...

It has been a busy Fall! Our group programs including the Kindergarten Readiness Group, and Gymnastics Group are winding down. We also ran two parent and tot Aquatic classes in collaboration with Parks and Leisure that were great for the kids and a lot of fun for everyone. The feedback has been so positive that we are already planning more classes for the Winter and Spring.

The cold winter weather is here and it is tempting to stay in the warm and hibernate, but for children (and adults!) getting outside to play on a regular basis is still important for physical and emotional wellbeing and development.

Outdoor play can be a pleasure year-round. It just takes a little more effort- and clothing (as they say in Scandinavia, "There's no such thing as the wrong weather, just the wrong clothing").

If we get some snow here are some fun games to try:

Show your kids how to make snow angels or go for toboggan rides. Bonson Park in Pitt Meadows is perfect for younger children to go sledding- no cars to worry about, gentle slopes, and quite contained. Kids will work so hard to climb the hill over and over!

When flurries are flying, give your child a piece of dark-colored construction paper and encourage her to catch and examine the snowflakes.

Toss snowballs against a wide target, like the side of the house or have a contest to see who can throw them the farthest.

Break out your favorite beach toys -- the buckets and shovels you used last summer are ideal for scooping and molding the snow. Shoveling the driveway? Let your little one "help out" by giving him a broom or small shovel.

On the days you stay indoors you can still keep your kids active. Try setting up an obstacle course for your little one to explore. It doesn't have to be fancy -- a couple of boxes with blankets draped between them can create a fascinating tunnel. Take all the cushions off the couch, throw them in a big pile, and go mountain climbing!

Music and movement go hand in hand. Put some music on and do silly dances or play Freeze Dance. Join in with your kids when you can—it's a great way to encourage your kids to be active and you will enjoy the benefit of the exercise too!

On a separate note, Lego is considering building new figures that would portray people with disabilities using wheelchairs, ramps and accessible parking signs for villages. Please visit the following website to vote to support Lego building an Accessibility Set for inclusion of people with disabilities in Lego Land. Lego would build this if 10,000 people contact them to say they are interested! Please use your networks to spread the word! This is just another (and important) avenue for changing attitudes toward people with disabilities (one lego at a time!) <http://lego.cuusoo.com/ideas/view/19418>

The Ridge Meadows Middle Childhood Matters Standing Committee is collecting information from families with children ages 6 to 12 years old regarding services, programs and resources in Pitt Meadows, Maple Ridge and Katzie First Nation. This collected information will help them understand the best ways to get information to you, what activities and information are important to you, etc. Once you complete there survey your email address or phone number will be entered in a draw for a chance to win one of three gift baskets. Your contact information on this survey will remain anonymous and will not be made public. For more information and to obtain a copy of the survey go to www.ridgemeadowskidsmatter.com

Happy Holidays!

from the Family Connections Department...

Happy Holidays and Merry Christmas!

We are please to announce Rebecca Johnson is our new Key Worker! She will be contacting families who are in the program as soon as she is settled. Her start date is January 6, 2014.

around the office...

Centre Closures

RMCDC will be closed on the following days:

- Monday, December 23 – Sunday, January 5, 2014—Reopening January 6, 2014
- Monday, February 10th for BC Day

RMCDC welcomes feedback from families to assist our attempts to provide quality services to the families we serve. Your written comments are appreciated and meaningful. We encourage you to sign your survey so that we can respond directly to any concerns you may have. Know there will be no reprisal for any comments you choose to make.

<http://www.surveymonkey.com/s/8FXMQ2L>

Just a reminder for parents to keep our staff and clients healthy:

If you or your child are sick or showing any signs of illness - for either a Centre or home visit - please call to cancel your appointment and don't share your bugs with other families or staff. Here are some precautions you can take to help safeguard yourself and those around you:

- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing
- Wash your hands! Wash your hands! Wash your hands!
- Avoid touching your eyes, nose or mouth
- Get plenty of sleep, drink plenty of fluids and stop to smell the flowers sometimes!



Are you a member?

Please support the Ridge Meadows Child Development Centre Society by taking out or updating a membership. Much of our funding is dependent on our having a significant membership. Your support is important to us.

Membership is free, so we encourage you to, please, complete the application attached (next page) to this newsletter and return it.



Check out our website at
www.rmcdc.com

You will find information about our programs, forms, handouts and helpful tips. Just type RMCD to your web browser and navigate your way! Your input and suggestions are welcome - please let us know what you think.



Yes!

I'd like to make a difference in the lives of children with special needs in my community by becoming a member!

A membership in our society:

- Enhances the agency's ability to qualify for funding
- Ensures you have a say (vote) at the annual general meeting
- Ensures that you receive regular communication via our quarterly newsletter.
- Membership is from date of application to the relevant Annual General Meeting



I would like to join the Ridge Meadows Child Development Centre Society for:

Five Years (Free)

Date: _____

One Year (Free) day -month -year



Name: _____

Street: _____

City: _____ Prov. _____

Postal Code: _____

Phone: _____

Email: _____

Signature: _____

I represent an organization: Yes _____ N/A _____

Name of organization: _____

**Ridge Meadows Child Development Centre Society
22610 Dewdney Trunk Road, Maple Ridge, BC V2X 3J9
Phone: 604-463-0881 Fax: 604-463-0026
www.rmc当地**

Tis' the Season



Thank you to all
those who attended
our Annual Family
Christmas Party
Dec 8th! Lots of
laughter and fun
filled the air!

A big THANK YOU to all the volunteers who helped make
this years' party a huge SUCCESS!!!

RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

PARENTS' RIGHTS AND RESPONSIBILITIES

PARENTS' RIGHTS

THE RIGHT TO INFORMATION

- You will receive copies of all reports written by RMCDC clinicians about your child and family
- You may request and distribute as many copies as you like
- You may request access to your child's file at any time by contacting the Executive Director.
(Please note: Under the Freedom Of Information and Protection of Privacy Act, RMCDC is not allowed to make copies of reports originating at other agencies. These need to be requested from the organization where they were written.)
- You are encouraged to ask questions about any aspect of the services you are receiving at the Centre.

Each time a new service or intervention is introduced to you, you have the right to receive complete and unbiased information that allows you to make an informed decision about whether or not to proceed. In particular, you have the right to:

- Know the potential benefits and/or risks of a service or intervention
- Know about any possible complications
- Know about reasonable alternatives, if they exist
- Know about any diagnostic assessments used that might affect the type of intervention provided
- Ask questions
- Receive adequate answers
- Receive information in a language that you understand, either verbally, with the assistance of an interpreter, or in writing, through the use of translated materials.
- Refuse any service or intervention after you have been informed by RMCDC staff of any potential risks associated with refusal.

THE RIGHT TO CONFIDENTIALITY

All staff and volunteers of Ridge Meadows Child Development Centre sign an oath of confidentiality when they are hired. Breaches of confidentiality are grounds for discipline up to and including termination.

- Personal information is held in confidence.
- Clinical information may be shared verbally with other members of your child's treatment team at RMCDC and elsewhere when to do so is deemed to be in the best interests of your child and family.
- Clinical information may be shared between a clinician and his or her supervisor or peer consultant.

RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

PARENTS' RIGHTS AND RESPONSIBILITIES continued...

THE RIGHT TO CONFIDENTIALITY continued...

- Client files will be accessed only by clinicians treating your child.
- Written information will not be released without your signed consent.
- Office staff who prepare reports and manage client files have access to information on a need-to-know basis.
- Volunteers do not have access to client files.
- By provincial law, all individuals are required to report suspected child abuse or neglect. RMCDC abides by this moral and legal obligation.

THE RIGHT TO COMPLAIN

Family members have the right to:

- Complain about services without jeopardizing those services
- Have confidentiality maintained throughout the complaint process
- Have a support person or advocate involved throughout the complaint process.

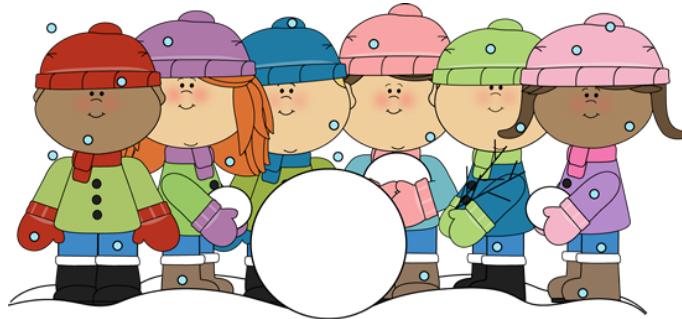
PARENT RESPONSIBILITIES

GIVE ADEQUATE NOTICE WHEN CANCELLING AN APPOINTMENT

Please call the Centre at 604-463-0881 as soon as possible if you need to cancel any appointment, whether scheduled for the Centre or at home.

CANCEL APPOINTMENTS WHEN YOU OR YOUR CHILD IS ILL OR HAS A COLD and follow the RMCDC infection control program (posted) : some of the children we work with may be compromised by viruses that would not affect otherwise healthy children.

ASSUME FULL RESPONSIBILITY for your children during visits at home and at the Centre.





Seasons Greetings from the Board and staff of Ridge Meadows Child Development Centre

We wish you all the best for a happy holiday season.

Cathy / Irish Salisbeery
J. Moffett / Shannan Adams
Barbara Andreasen / Lester Nelson
Shila Pae / Bev Mads
Shauna / Brent / Angie / Carol Middleton
Kim / Leukka / Jessica
Nancy

