

West Vancouver Child Development Centre  
June Newsletter

Thank You

Many thanks for those parents who participated in the May work party and for those who did the independent jobs. Your efforts and participation are greatly appreciated. For those who were not able to attend thank you very much for your contribution. We hope you will be joining us next time.

Happy Father's Day

For all the Fathers, Happy Father's Day on June 20th

Spring/Summer Gear

Please make sure your child have appropriate clothing for the warm and hot weather. These are the some of the items that you could bring and add them to your child/children cubby baskets.

2 long sleeves shirts	sunscreen	2 short sleeve shirts
Water shoes	sunglasses	Bathing suit / sun suit
Light pants	towel	Shorts
Sun hats	running shoes	Lightweight jacket

Please make sure your child/children are wearing closed toe footwear (no sandals please) during outside playtime. It is very frustrating to constantly take rocks out of your shoes when playing!!!!

Our Annual BBQ

As you are already aware of, our annual BBQ will take place on Thursday, June 3<sup>rd</sup> at John Lawson Park, by the covered picnic area. This event will take place rain or shine, so please dress accordingly! Please be sure to monitor your child/ren's whereabouts at all times while at the park – the staff will not be responsible for your children at this event. Hope to see you there!

Communication Skills

It is very important for the parents of the centre to communicate ANY concerns, problems, issues, questions or queries to the staff as soon as possible. We are unable to address any concerns, problems or issues if we are unaware that any exists. We cannot fix something if we do not know that it is broken.

Please, either speak to or e-mail ANY concerns to the Director, so that the centre can better serve you and to avoid any misunderstandings that may arise out of your concerns.

## Lunch Time

When a child is reluctant to eat his/her lunch, the staff, as professionally and legally as possible, encourage him/her to eat the lunch. We cannot force any child to eat if he/she declines the food. We encourage the parents to provide healthy choices in their child's lunch kit, as the parents decide what food is offered and the children decide whether and how much to eat.

(The following information is copied from Food F.L.A.I.R. booklet, put together by B.C. gov't 2010 Legacies Now.)

It is normal for your child to eat well one day and eat very little the next. After the first year of life, your child is not growing as quickly. If your child is in a growth spurt or has been physically active, you can expect a bigger appetite.

Most children go through periods when they are "picky eaters" or are "choosy" about the foods they eat. Some children have a short list of foods they will eat. Other children simply refuse to try new foods. Expect some picky eating and food "jags" – where your child wants the same food day after day.

Children may not want to eat if they are:

- Tired
- Distracted
- Not hungry
- Not feeling well
- Not familiar with a new food
- In a slow growth period

Preschools are beginning to learn about independence and power as well as about cooperation and sharing. Choosy or picky eating may be children's way of showing they can make their own choices. They know that their decision to eat or not to eat can get lots of attention.

Parents Provide – Children Decide

- Make every bite count by offering healthy, tasty and appealing food. It is up to your child to decide which foods to like and how much to eat.
- Avoid nagging or making deals with your child such as: 'Just two more bites" or "If you eat your vegetables, you will eat dessert." Let your child's fullness cues guide you.
- There is no need to reward a child for eating – just as you do not reward your child for everyday activities such as brushing his teeth or putting on his shoes.

Internet based Resources:

ActNow BC – Healthy Eating section includes information for families.

[www.actnowbc.gov.bc.ca](http://www.actnowbc.gov.bc.ca)

Healthy Start for Life: Promoting Healthy Eating and Physical Activity during the Toddler and Preschool Years (age 2-5) – on-line resource and course for families and caregivers. Includes how to tackle common feeding issues. [www.dietitians.ca/healthystart](http://www.dietitians.ca/healthystart)

Nutrition for Kids – includes a free “Feeding Kids” on-line newsletter written by Registered Dietitian Connie Evers. [www.nutritionforkids.com](http://www.nutritionforkids.com)