



# IDP UPDATE

## Richmond Infant Development Program



### Playgroup News

It's almost time for IDP Playgroup to begin!

**First Playgroup:** September 16

**When:** Tuesday mornings

**Time:** 10:00—11:15am

**Where:** South Arm Community Centre  
(8880 Williams Rd), large room immediately to the left of the main entrance

- IDP Playgroup is free of charge and open to all families currently involved in the Infant Development Program.
- Please note that due to the popularity of playgroup and the large number of families involved in IDP, we cannot accommodate families who are not a part of the Program.
- Out of consideration for others, please do not bring your child to playgroup if they are showing any sign of a cold, flu, or any other communicable illness.
- Please note that outside snacks and drinks are not permitted inside of the playgroup room. Cups for water will be available and a snack of animal cookies will be provided at circle time. If your child has food allergies, please speak with playgroup staff.

If you have any questions about playgroup, please speak with your IDP Consultant, or call us at (604) 279-7058.

### IDP Update Fall 2008

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#### Check out our websites:

[www.rscl.org](http://www.rscl.org)  
Richmond Society for  
Community Living

[www.idpofbc.ca](http://www.idpofbc.ca)  
Infant Development  
Program of BC

Contact Us:  
Phone: (604) 279-7058  
Email: [idp@rscl.org](mailto:idp@rscl.org)

### Programs

This fall IDP will be running two programs for our families. Each program will fill up quickly so please call the IDP Consultant listed for each program to register:



Discover how to use everyday routines and activities to help your child learn language and develop social skills, feel good about themselves, get their learning off to a good start.

Where: Richmond Family Place  
(8660 Ash Street)  
Time: 9:30am - 12pm  
Dates: Tues., Sept. 16 to Nov. Nov 18  
(No class Nov. 11)

Childcare and lunch will be provided.

To register call Annie at 604.279.7051.

Make The Connection 0-1



Starting early sets the stage for life!

Where: Rm. 345, Richmond Caring Place  
(7000 Minoru Blvd.)

Time: 10am - 11:30am  
Dates: Thurs., Oct 16 to Dec 11

*Suitable for parents with babies that are not crawling.*

To register call Annie at 604.279.7051 or  
Michelle at 604.279.7053.

## New and Familiar Faces

Richmond IDP is happy to welcome **MaraLea Schroeder** to the IDP team! MaraLea will be working with IDP as a Consultant and may be accompanying your IDP Consultant on home visits over the coming months.

In addition to her degree in Family Studies, MaraLea brings with her over 10 years of experience working with Richmond children and families. Most recently, MaraLea worked with Richmond families with the Supported Child Care Program.

Richmond IDP is also happy to welcome back **Carmyn Brandner** as a part-time Consultant.



## Websites

### Zero to Three presents Baby Brain Map

[http://www.zerotothree.org/site/PageServer?pagename=ter\\_util\\_babybrainflash](http://www.zerotothree.org/site/PageServer?pagename=ter_util_babybrainflash)

On this interactive website, you can find out how a baby's brain develops during a particular period of brain growth. You'll also learn what you can do to enrich a very young child's development.

### Bright Starts Learning Company

<http://www.brightstartslearning.com/>

Bright Starts Learning Company has strategically chosen a line of quality toys and games to stimulate children's learning through play. These developmentally appropriate toys are a great way to expand your child's verbal, logical, musical, spatial, and physical skills. Many of the toys they offer are not found in other toy stores.

### Speak, Read, Success Checklist

<http://www.yourlibrary.ca/community.cfm>

Click on Parents -> Speak, Read, Success Checklist

This interactive checklist helps parents determine if their child is at risk of having difficulty with verbal and written communication.

## Participate in Research!

This nursing study has important implications for the delivery of services and resources for families with special needs children. We would like to learn from your experiences.

If you choose to participate you will:

1. Complete a 20 – 30 minute survey over the phone at a time that is convenient for you then, if you choose,
2. Take part in a face-to-face interview for 30 – 60 minutes at a time and location that is convenient for you

If you are interested in participating in the study please contact:

- Jennifer Baumbusch at [baumbusch@nursing.ubc.ca](mailto:baumbusch@nursing.ubc.ca) or 604.290.6086
- Judy Lynam at [lynam@nursing.ubc.ca](mailto:lynam@nursing.ubc.ca) or 604.822.7476

### Mothers needed for research into preterm infants' night sleep patterns

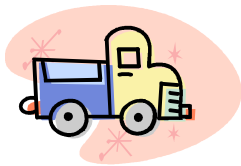
We are looking for volunteers to take part in the study who are:

- the mother of a preterm infant (Singletons and multiples) who is 5-6 months corrected of age and born between 28-36 weeks of gestation, with a birth weight of more than 1000 grams.
- has a preterm infant with NO medical diagnoses of congenital or neurologic problems or serious developmental delays.
- has a preterm infant is NOT currently receiving therapy for sleep problems from health care providers.
- NOT currently diagnosed with depression.

If you agree to participate in this study, you will be asked to answer an anonymous survey questionnaire which takes approximately 30 minutes of your time. In appreciation for your time, you will be entered in a draw for four gifts each worth 100 dollars

For more information about this study, or to volunteer for this study, please contact:

- Reem Ali at [reemjuma@interchange.ubc.ca](mailto:reemjuma@interchange.ubc.ca) or 604-221-4938
- Wendy Hall at [Wendy.Hall@nursing.ubc.ca](mailto:Wendy.Hall@nursing.ubc.ca) or 604-822-7447



## Fall Activities: Cars, Trucks, and Buses

### Talk Together

**For your baby:** Take a walk see how many vehicles you can spot. Point them out and repeat their names: Truck! Bus! Car! Start to help your child make sentences as you watch the traffic zooming by: Cars go. Trucks go. The bus stops. Now it goes. Watch and listen for your baby's attempt to tell you when he spots a four-wheeled wonder. Listen for ka, tuck, and ba sounds. Watch for your baby to point and gesture at a bright yellow bus.

**For your toddler:** This is an exciting time of year with school buses taking to the streets once again. Watch the traffic go by with your child. Use descriptor words to expand her vocabulary; notice the red car, the garbage truck, the yellow school bus. Use the actual terms for vehicles like bulldozers, front-end loaders, and cranes. Talk about how the school bus and the city bus are different. Read the stop signs with your child. Which cars does your child like best?

### Read Together

Read books with wheels! **For babies**, try:

- *My Car and Machines at Work* by Byron Barton
- *My First Truck Board Book* by DK Publishing,
- *Wheels on the Bus* by Annie Kubler
- *Truck Duck* by Michael Rex
- *Cars and Trucks from A to Z* by Richard Scarry

**For older toddlers**, good choices include:

- *Cars, Trucks and Things That Go* by Richard Scarry,
- *Miss Spider's New Car* by David Kirk,
- *Mike Mulligan and His Steam Shovel* by Virginia Lee Burton,
- *Don't Let the Pigeon Drive the Bus* by Mo Willems, and
- *My Race Car* and *My Fire Engine* by Michael Rex.



### Play Together

**For your baby:** Seat your baby in her high chair. Pour a little washable paint onto a paper plate. Tape a piece of paper to your baby's high chair tray. Dip the wheels of a die-cast car into the paint and let your baby "drive" it over the paper. Voila! Car art! Have a "car conversation" with your baby. Seat your baby on the floor and sit across from him. Roll a toy car to him and encourage him to roll it back. See if you can get this back-and-forth game going. Turn-taking activities like this one are practice for both "real" conversations later on, as well as sharing skills that will be developing over the next few years.

**For your toddler:** Play stop and go. Color one side of a paper plate red and write the word "stop" on it. Color the other side green and write the word "go." If you'd like, glue a popsicle stick to the bottom so you can easily hold it. Let your child pretend to be a car (encourage him to make vroom vroom honk honk noises). You will be the traffic light. Your "car" has to stop at the red sign and can go at the green sign. Once your child has the hang of this game, see if he'd like to tell you when to stop and go.

Have a car wash. Let your child pick out a few of her toy cars or a bicycle to wash. Fill a bucket with soapy water and give your child an assortment of rags and sponges. Watch her get everything squeaky clean. Have a towel nearby to make drying off easy when she is all done.





## Fall Activities: Pumpkins

### Talk Together

**For your baby:** Look at pumpkins in the pumpkin patch or at your local supermarket. Let your baby touch the pumpkins. Talk about how they look and feel—they're big, and round, and orange. Are they smooth or bumpy? Knock on the pumpkin. Is your baby interested in this sound? Let her try to knock on the pumpkin too.

**For your toddler:** Look at pumpkins in the pumpkin patch or at your local supermarket. Talk about the pumpkins with your toddler—their color, texture, shape, and size. Use new words to describe the pumpkins; this helps expand your child's vocabulary. For example, you can talk about the scratchy stalk or the tough vine. You can talk about where pumpkins grow—in a pumpkin patch. You can talk about how pumpkins grow—from seeds (think about buying a packet of pumpkin seeds to show your child). Which of the pumpkins is your child's favourite? Why?

### Read together:

Read stories about this most special part of fall—round, orange pumpkins! **For babies, try:**

- *Plumply Dumply Pumpkin* by Mary Serfozo
- *The Little Pumpkin Book* by Katy Bratun,
- *My Jack-O-Lantern* by Nancy J. Skarneas.

**For older toddlers,** good choices include.

- *Apples and Pumpkins* by Anne Rockwell
- *It's Pumpkin Time* by Zoe Hall
- *Pumpkin Pumpkin* by Jeanne Titherington
- *Too Many Pumpkins* by Linda White.

### Play Together

**For your baby:** Purchase a tiny pumpkin (or gourd) and let your baby finger-paint it using washable tempera paints. Give your baby a taste of pumpkin pie filling (look for a low/no sugar brand) or a pumpkin muffin. (But first talk to your paediatrician before introducing any new fruits and vegetables into your baby's diet.) What does your baby think of this new taste?

**For your toddler:** Line a table with newspaper or a plastic tablecloth. Cut the top off a pumpkin (adults only) so that your child can help you reach inside with a big spoon and take out all the seeds. Let your child play with the seeds and “pumpkin in-nards.” This kind of sensory play is great fun for toddlers who love to get messy. Be aware, though, that some children won't like the feeling of the smushy pumpkin and will want to get washed up right away. When you are done emptying the pumpkin, your child can paint it using washable tempera paints or draw on it using washable markers.

Do a cooking project with your toddler. Try making the easy pumpkin muffin recipe below. Involve your child in scooping, stirring, and dumping ingredients in. Be sure to keep him away, though, when it's time to use the oven and let those hot muffins cool down before you dig in!

#### Pumpkin Muffins

1/3 cup sugar

1/3 cup oil

3 eggs

15-oz. can of pumpkin pie filling

3 teaspoon pumpkin pie spice (or substitute 1 tsp cinnamon, 1 tsp nutmeg, and 1 tsp cloves)

1 box yellow cake mix

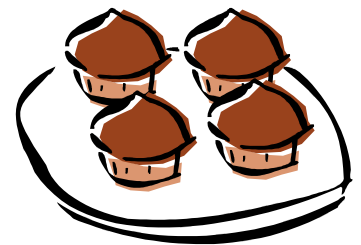
1 bag mini chocolate chips (optional)

Blend the sugar, oil, eggs and pumpkin together for 1 minute on high. (adults only)

Add the pumpkin pie spice and cake mix. Beat for 2 minutes on high. (adults only)

Mix the chocolate chips in by hand (if using).

Pour the batter into muffin papers placed in a muffin pan. Bake as the cake mix box directs. Stick a toothpick in (should come out clean) to check for doneness. Makes about 1 1/2 dozen muffins.



## Fall Activities: Trees



### Talk Together

**For your baby:** Lay a cozy blanket down on the grass and lie underneath a tree with your baby. Talk about the tree, the branches, the leaves and the wind. Repeat the word tree and let your baby touch the tree's trunk and leaves.

**For your toddler:** Take a walk with your toddler to see how many different trees and leaves you can find. Talk about how a maple tree leaves feel different than a pine tree's needles. Feel the tree's bark; how does your child think the bark feels? Is it rough or bumpy, smooth or sticky with sap? Look at the leaves on the ground. Collect some of your child's favourites and line them up on the ground. Name their colors. Then line them up by size, from big leaves to little leaves. Pick some leaves to bring home.

### Read together:

Read books all about trees and their leaves.

#### **For babies, try:**

- Chicka Chicka Boom Boom by Bill Martin Jr.
- Five Little Monkeys Sitting in a Tree by Eileen Christelow
- Leaf Baby by Mary Brigid Barrett

**For older toddlers,** good choices include.

- *Caps for Sale* by Esphyr Slobodkina
- *Go Dog Go* by P. D. Eastman
- *The Acorn and the Oak Tree* by Lori Froeb.

### Play Together

**For your baby:** Collect a few leaves, some crinkly, some not. Give them to your baby to play with and explore with his hands. Crinkle one so he can listen to the sound the leaf makes. Which leaves does he seem to like best? What does he like to do with the leaves? Play leaf peek-a-boo. Find a big leaf that you can use to cover (most) of your face. Hold it front of you and then pull it away: Peek-a-boo! See if your baby wants to take the leaf and play peek-a-boo with you.

**For your toddler:** Choose a few different leaves for your child to paint with. Squirt washable tempera paint onto a paper plate. Show your child how to dip the leaves into the paint and then "stamp" onto paper. Make "secret boxes" for your child to explore. Take three shoeboxes and cut a hand-sized hole in the side of each. Put a different interesting item inside each box (a few acorns, some crinkly leaves, a stick). Have your child put his hand inside and touch the object without looking. Can he guess what is inside? (Note: Some children may be reluctant to put their hand inside the box without knowing what is inside. That's okay—modify the activity by having your child help you put the items inside each box. This might help him or her feel more comfortable with touching without seeing.)



# StrongStart Centres

StrongStart BC is a free, drop-in early learning program for preschool-aged children (or younger) accompanied by a parent or caregiver.

Qualified early childhood educators lead learning activities, including stories, music and art to help children get ready for success in kindergarten.

Parents and caregivers attending StrongStart BC centres can expect to participate in organized sessions like story time, in play activities, and in serving a healthy snack.

Parents and caregivers are likely to discover new ways to support their children's learning at home, and may make valuable connections with others attending the centre.

## Locations:

1. Mitchell Elementary  
Start Date: Tuesday, September 2nd
2. Grauer Elementary  
Start Date: First week of September
3. Woodward Elementary  
Start Date: October 2008

Check the Richmond School District's website ([www.sd38.bc.ca](http://www.sd38.bc.ca)) for the exact start dates of Grauer and Woodward Centres.

**Hours:** Monday to Friday, 9am - 12pm

**Note:** Registration is required the first time you drop-in to StrongStart. Please bring your child's birth certificate to register.

