



# KEEPING IN TOUCH

CHILDMINDING MONITORING ADVISORY & SUPPORT

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Hello!

您好

Bonjour

مرحبا

ПРИВЕТ

Hola

هيلو

안녕하세요

## Having to say goodbye

Having to say goodbye can often be difficult in LINC childminding programs, especially at this time of year when a new term is starting. Families are adjusting to a new community and this may be the first time parents and their children have been separated from each other. In deciding to come to Canada, families have already had to experience a separation from other family, friends, home and country. It's our role to support parents and children

by understanding what separation anxiety is and how to help with the transition to Canadian life.

Separation anxiety happens when a child gets upset when separated from a parent or loved caregiver. Separation anxiety is normal during early childhood. It usually starts at about six to eight months of age and lasts until about two and a half to four years of age. Sometimes it can last longer if the child has had any painful separations in the

early years. Separation anxiety reflects the child's attempts to hold on to what is safe in a very scary world, and it will settle down as the child grows older.

A child generally starts worrying about being away from caregivers when he is old enough to know that there are special people in his life who look after him, and when he can clearly recognize the difference between family members and strangers.

## Helping Parents ...

*Let parents know that ...*

All children have to learn to deal with separations. It is part of learning about life. If the first separations are managed well, it helps children with the separations they will have to deal with all through their lives.

*Encourage parents ...*

To stay until he gets to feel comfortable with the staff and the environment. Show that you trust and like the caregiver, to help the child to know that he is safe.

Always say goodbye, even if you have to go while he is upset. This builds trust.

Sneaking out or trying to get away may make a child feel that you can't be trusted.

When going out, try to leave the child with someone he knows and trusts.

Let him keep his comforter (a teddy or blanket) if he has one.

Let the child keep something of yours (such as a scarf or a glove) when you are not there.

Help him to know when you will be coming back. Tell him in ways he understands, eg. "at lunch".

Be reliable and always come back when you say you will.

*Hospital for Sick Kids*

CMAS

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## Steps toward healthy attachment

Research has shown what many parents seem to know intuitively that being consistently available, sensitive and receptive to a child's signals helps promote healthy attachment. The following are general strategies for not only parents but caregivers, as well, to consider when responding to a child's signals of distress or need for comfort and protection:

- **Pay attention**  
Learn to recognize an infant's signs of distress.
- **Be responsive**  
Let the child know that you are aware of his or her distress and respond to it appropriately.
- **Be consistent**  
Consistent responding to your child's need for comfort creates a sense of security in the child.
- **Be accepting**  
Accept rather than judge or discount a child's emotional distress and discomfort.
- **Provide comfort**  
Soothe and comfort your child in response to distress.

## Are you moving, renovating or expanding your LINC Program?



Recently CMAS released a guide to help in planning the child-minding component of your program.

The guide, *From Selection to Set-up: How to Start a Childminding Program*, is designed to walk you through the steps to creating a space that works for children. While opening a new LINC program or renovating an existing one can be exciting, it also means that there are a lot of decisions that can have a large impact on your program.

Developing a physical space that meets the needs of adult learners, instructors, childminders, children and any other settlement services you deliver, can be a challenge.

Not only do you have to provide an environment conducive to second language learning, but you also have to create a place that supports newcomer families where their young children can grow and develop.

Ultimately, the primary focus in childminding comes down to the fact that children cannot protect themselves or get themselves out of at risk situations. Therefore, we have to anticipate risks and safety issues for them, and set up a safe and healthy space, on their behalf.

*From Selection to Set-up: How to Start a LINC Childminding Program* answers many of these questions. This guide presents material in three individual sections for easy access to ideas and information – a look from the outside in.

### What to look for in a building

The first section of the guide focuses on helping you decide where to move.

### Choosing the right space in the building for childminding

Once you have chosen the building, this information will help you to determine what interior space will work best for the children, while complementing the adult program.

### Setting up the space

This section is most valuable for the person setting up the room with information on room design, layout and creating a space, safe and comfortable for children.

**To obtain the guide**, please contact CMAS 416-395-5027.

### Other useful resources in *From Selection to Set-up: How to Start a LINC Childminding Program*

- *Space Requirement Information* – how much space do you need to meet *National LINC Childminding Requirements*?
- A *Checklist* to help you keep track when setting up a new or renovated site.

## 211 ... What is it?



**211** is an easy-to-remember three-digit phone number providing *free, confidential, multilingual access* to information about the full range of *community, social, health and government services*. It provides people with information and referral about all human services and programs delivered by governments or by non-government providers.

Just as **911** now means access to emergency services, **211** is the pathway to these *non-emergency human services*. All **211** calls are answered by live operators, certified information specialists who assess each caller's needs and link them to the best available services and programs, 24 hours a day, seven days a week.

### Who might call 211?

- A newcomer to Canada looking for language classes.
- New parents wanting to learn about options for child care.
- A family seeking counselling for a teen having school or social issues.
- A laid-off worker wanting to know about employment insurance.
- A caregiver for an elderly parent feeling overwhelmed and needing support.
- A concerned relative or friend of a senior looking for available home support services.

### Where is 211 available now?

**211** has been available to residents in Toronto and the Halton, Niagara and Simcoe regions in Ontario, since June 2002. In 2004, it started up in Edmonton, and in the spring of 2005 it was introduced in Calgary. Canada's **211** service is expected to be extended to all Canadians by 2011.

For more information contact: [www.211Canada.ca](http://www.211Canada.ca)

## Be Safe!

*Top 5 hidden home hazards*

*From the US Consumer Product Safety Commission*

- 1 Magnets.** Health Canada says there were 96 incidents of children swallowing magnets between 1992 and 2003.
- 2 Recalled Products.** Safe Kids Canada says people should not remove stickers with weight guidelines, manufacturing codes and model numbers – all useful information that helps consumers quickly check if the product is affected by a recall.
- 3 Unstable Furniture.** Safety agencies advise consumers that all heavy furniture be anchored securely to the floor or the wall.
- 4 Windows and curtain blinds.** According to a Canada Safety Council survey of 15 children's hospitals across the country, 362 children were admitted to emergency wards between 1990 and 2000 after falling from windows.
- 5 Pools and Spa Drains.** Young children are particularly vulnerable to pool and spa drains that can be surprisingly powerful enough to hold an adult under the water's surface.

## Nurturing New Roots: Supporting the Newcomer Family 2007 – "Ready to Learn!"

### Conference Update

**Nurturing New Roots**  
Supporting the Newcomer Family 2007  
The 6<sup>th</sup> Ontario Professional Development Conference For LINC Childminders

**"READY to LEARN!"**

Mark Your Calendars!  
November 22–23, 2007

Toronto Marriott  
Downtown Eaton Centre  
525 Bay Street  
Toronto, ON M5G 2L2

Information 416-760-2570 [apeden@lefca.org](mailto:apeden@lefca.org)

Logos for Immigration Canada, LINC, and CMAS.

The 6<sup>th</sup> LINC Childminders Professional Development Conference is getting closer and organizers Adele and Rosalie are working very hard to make it a success. This year our theme is "Ready to Learn!", and the organizing committee have lined up a number of exceptional speakers and workshop presenters. We're especially delighted to welcome **Kenise Murphy Kilbride**, Professor Emerita in the School of Early Childhood Education at Ryerson University as workshop presenter. Her workshops on *Supporting the Newcomer Family in LINC Childminding Programs* will give practical ideas on how programs can help newcomer parents with their settlement needs.

## TOY SAFETY

Recently, Mattel Inc. announced further recalls affecting millions more toys due to lead paint and the presence of small, powerful magnets that could be ingested by children. In total, about 18.2 million toys are affected worldwide – with more than 900,000 of them in Canada, and about 9.5 million in the U.S.

To find out specific juvenile product recalls go to:

### Health Canada

<http://www.hc-sc.gc.ca>

### U.S. Consumer Product Safety Commission

<http://www.cpsc.gov>

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## *In what ways are children exposed to lead?*

Health Canada identifies four categories of consumer products that children are likely to come into contact with and ingest in significant quantities, some of which may contain lead:

- Products intended to be or likely to be placed in or near the mouth, such as pacifiers, baby bottle nipples, crib toys, mouthpieces of musical instruments.
- Children's equipment, furniture, toys and other items intended for use by a child in learning or play, such as strollers and high chairs.
- Products intended for use in preparing, serving or storing food or beverages, such as cutlery, tableware and cooking utensils.
- Consumer products intended to be or likely to be melted or burned in enclosed spaces, such as candles and fuel for indoor lanterns.

Children are most vulnerable to lead exposure because they absorb it more easily than adults. Due to their low body weight, any amount of lead is more dangerous to children than it would be to adults. Children aged six and under are particularly vulnerable to lead contamination. Left untreated, lead poisoning can damage many internal organs, including the kidney, nervous system and brain.

## Special Events

**October 1–7, 2007**

NATIONAL FAMILY WEEK  
[www.familyservicecanada.org](http://www.familyservicecanada.org)

**October 13–21, 2007**

WEEK OF THE CHILD  
[www.aeceo.ca](http://www.aeceo.ca)

**October 13–14, 2007**

*Gander, Newfoundland*  
14<sup>TH</sup> ANNUAL CONFERENCE OF ASSOCIATION OF  
EARLY CHILDHOOD EDUCATORS OF  
NEWFOUNDLAND AND LABRADOR  
[www.aecenl.ca](http://www.aecenl.ca)

**October 19–20, 2007**

*Calgary, Alberta*  
CHILDREN MATTER SYMPOSIUM – Halfway There: A  
Canada Fit for Children in a World Fit for Children  
*For more information, contact Ellen Murray*  
[emurray@mtroyal.ca](mailto:emurray@mtroyal.ca)

*Keep in touch and let us know what's happening in your region!*

## *Let us introduce...*

**Helen Crouch** has recently joined us as a consultant on our CMAS team. Helen has been in the field of early childhood education for more than 25 years.

She comes with a wide variety of experience in daycare, has worked as a home child care advisor and has been actively involved in the estab-



lishment of an Ontario Early Years Centre in Toronto. While Helen has called Toronto home for the last 4 years, Calgary, Ottawa and Montreal have been part of her Canadian experience. Her work with newcomer families and her own experience as an immigrant to Canada will be a welcome addition to our CMAS office.