



ECD Support Services Program News

What's New

We will be making some changes to our website in the next few months to help keep the lines of communication open.

A subscription application will soon be available for those who would like to be notified whenever something new appears such as training, newsletters, and meeting minutes.

The ECDSS team would like to thank all of the programs that offered their time, feedback and ideas to us during our site visits. We are looking forward to getting to meet with all programs and compile all the suggestions for resources, supports and training ideas. This has certainly given us a lot of work for the summer.

CHEERS TO YOU ALL.

From all of us at ECDSS



This Month

Upcoming Events	2
Professional Development	2
Health News for You	3
Story of the Month	4
Community Event	5



HOMES Update

Visit our website www.ecdss.ca for 'cheat sheets' to assist you in your region 6 or provincial activity reporting requirements. You will find documents located in the Resource section.

If you would like any training, support for data collection or reporting utilizing the HOMES database please contact Christi Lein (818-0060) or Tracy Bridges (905-5986).



Upcoming Events

→ DON'T FORGET!

Body and Soul

Home Visitation Team Leaders Meeting

Date: June 16, 2008

Time: 12:30—4pm

Location: Bent Arrow

10117-150 street

***Please RSVP for lunch*
To Tracy at
t.bridges@shaw.ca**

IHSN (Interagency Head Start Network) Meeting

Leadership Council

Date: June 5, 2008

Time: 1-4pm

Location: North Edmonton Police Station

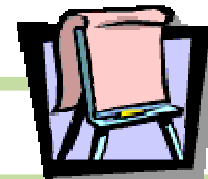
14203—50 street

IHSN Coordinators Meeting

Date: June 16, 2008

Time: 12-4pm

Location: TBA



Professional Development

ASQ-Ages & Stages Questionnaire Training

Date: August 26, 2008

Cost: \$50

ASQ:SE Ages & Stages Questionnaire: Social/Emotional Half day Training

Date: August 27, 2008

Cost: \$25

Kids Have Stress Too! Preschool

Date: September 20, 2008

Cost: \$200

Kids Have Stress Too! Facilitator

Date: September 25, 2008

Cost: \$200

Family Outreach Training

Date: November 14, 21, 28, 2008

Cost: \$150

Working with High Risk Families in Centre-based/Child care settings

Date: November 17, 18 & 19, 2008

Cost: \$350

Core Home Visiting Training

Date: December 1-5, 2008

Cost: \$250

Promoting Social & Emotional Competence in Young Children

Date: January 15-16, 2009

Cost: \$100

ASQ-Ages & Stages Questionnaire Training

Date: January 26, 2009

Cost: \$50

ASQ:SE Ages & Stages Questionnaire: Social/Emotional Half day Training

Date: January 27, 2009

Cost: \$25

Level 2 Core Relationship Based Practice Training

Date: February 12-13, 2009

Cost: \$100

Family Outreach Training

Date: March 9-11, 2009

Cost: \$150

Core Home Visiting Training

Date: March 16-20, 2009

Cost: \$250

Dates to keep in mind:

October 20, 2008 Region 6 All-Sites

February 26, 2009 ECDSS All-Sites

Visit www.ecdss.ca for more information and registration

Stay Healthy...Immunize

Immunization is the best and most effective way of protecting children and adults from common childhood illnesses and life-threatening infectious diseases. When an individual is immunized, a vaccine is given to stimulate a specific response from the immune system. The goal of a vaccine is to make a person immune to a germ prior to exposure. The immunization stimulates your body to produce antibodies to a specific germ and if you are exposed to that particular virus or bacteria your body will be better able to fight the germ.

Vaccines used to immunize have gone through extensive testing prior to being given to the public. Serious side-effects to immunizations are rare and far less severe than those associated with disease. A person may experience a small amount of redness, swelling, or tenderness at the site of injection.

If we were to stop immunizing, we would see an increase in outbreaks of once common infectious diseases. Infectious diseases know no borders. It is crucial that children and adults get immunized against vaccine-preventable infectious diseases. Keep your routine immunizations up to date to protect yourself and others around you. Also, don't forget additional immunizations may be required when you travel.

A frequently asked question regarding Immunization is:

Will multiple injections overwhelm the immune system?

No. Every day our bodies come into contact with millions of germs, causing our immune system to work continuously to protect us. So exposure to a few antigens (parts of weak or dead viruses or bacteria) in vaccines is easily handled by our immune systems. In fact, our immune system needs to be challenged continuously to stay vigorous.

For more information about routine or travel immunizations, contact Capital Health Link where nurses are available 24-7 to provide health advice and information. Call 408- LINK (5465) or toll free 1-866-408-LINK

This information taken from www.capitalhealth.ca and the CDC



Story of the Month — In Praise of SLOW How a worldwide movement is challenging the cult of speed. By Carl Honoré

(look forward to hearing Carl Honoré live at our All-Sites on Feb 26, 2009)

These days, children of all ages are growing up faster. Six-year-olds organize their social lives with cell phones, and teenagers launch businesses from their bedrooms. Anxiety about body shape, sex, consumer brands and careers starts earlier and earlier. Childhood itself seems to be getting shorter, with more girls now hitting puberty before their teens. Young people today are certainly busier, more scheduled, more rushed than my generation ever was. Recently, a teacher I know approached the parent of a child in her care. She felt the boy was spending too long at school and was enrolled in too many extracurricular activities. Give him a break, she suggested. The father was furious. "He has to learn to do a ten-hour day, just like me," he snapped. The child was four.

Children are not born obsessed with speed and productivity—we make them that way. Single-parent homes put extra pressure on kids to shoulder adult responsibilities. Advertisers encourage them to become consumers earlier. Schools teach them to live by the clock and use time as efficiently as possible. Parents reinforce that lesson by packing their schedules with extracurricular activities. Everything gives children the message that less is *not* more, and that faster is always better. One of the first phrases my son learned to say was: "Come on! Hurry up!"

Competition spurs many parents to rush their children. We all want our offspring to succeed in life. In a busy world, that means putting them on the fast track in everything—school, sports, art, music. It is no longer enough to keep up with the Joneses' children; now, our own little darlings have to outpace them in every discipline.

The fear that one's kids may fall behind is not new. Back in the eighteenth century, Samuel Johnson warned parents not to dither: "Whilst you stand deliberating which book your son shall read first, another boy has read both." In the 24/7 global economy, however, the pressure to stay ahead of the pack is more ferocious than ever, leading to what experts call "hyper-parenting," the compulsive drive to perfect one's children. To give their offspring a head start ambitious parents play Mozart to them in the womb, teach them sign language before they are six months old and use Baby Webster flash cards to teach them vocabulary from their first birthday.

Children increasingly pay a price for leading rushed lives. Kids as young as five now suffer from upset stomachs, headaches, insomnia, depression and eating disorders brought on by stress. Like everyone else in our "always-on" society, many children get too little sleep nowadays. This can make them cranky, jumpy and impatient. Sleep-deprived kids have more trouble making friends. And they stand a greater chance of being underweight, since deep sleep triggers the release of human growth hormone.

Whenever people talk of the need for children to slow down, play is always high on the agenda. Many studies show that unstructured time for play helps younger children develop their social and language skills, their creative powers and their ability to learn. Unstructured play is the opposite of "quality time," which implies industry, planning, scheduling and purpose. It is not a ballet lesson or a soccer practice. Unstructured play is digging for worms in the garden, messing about with toys in the bedroom, building castles with Lego, horsing around with other kids in the playground or just gazing out the bedroom window. It is about exploring the world, and your own reaction to it, at your own speed. To an adult used to making every second count, unstructured play looks like wasted time. And our reflex is to fill up those "empty" slots in the diary with entertaining and enriching activities.

Community Event

Dances Around the World



2nd Annual Fundraising Gala 2008

Friday, June 13, 2008

Hosted by

Multicultural Family Resource Society & Multicultural Health Brokers Co-op

*Proceeds go to supporting parenting groups and
children's programs of immigrant
and refugee communities.*

- ★ Maharaja, 9257-34A Ave.
- ★ South Asian & Other Food
- ★ Alcoholic Drinks Available
- ★ Dances and Performances
- ★ Curios for Sale
- ★ and more ...

For tickets contact:

423-1973
mchb@interbaun.com
10867 - 97 St. (109 Ave.)

\$38 per person or
\$350 per table of 10

- 6 pm cocktail
- 7 pm dinner
- 9 pm dancing

A night full of great food, fun and dancing!!



Edmonton & Area
Child & Family Services Region 6

Early Childhood Development Support Services is supported by funding through the Edmonton and Area Child and Family Services Authority (CFSA). This funding is provided to assist Early Childhood Development funded service providers with program delivery, program development, data collection, evaluation and training. Through ongoing collaboration with the CFSA, this newsletter is intended to provide information to service providers pertaining to these services.