



## ECD Support Services Program News

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### **HOMES Update**

ECDSS staff will be working over the summer to support programs with data collection and reporting.

If you would like to set up training please contact **Tracy Bridges at 780-905-5986** or **Christi Lein at 780-818-0060** to arrange a time.

For navigation or support calls contact **Chris Kerr at 780-914-4788**

## 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 Relationship Based Practice 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 Relationship Based Practice Training**

Date: March 16-20, 2009  
Cost: \$250



## Weaving Wisdom & Wellness for Our Children's Future

Early Childhood Development Support is pleased to present **'Weaving Wisdom & Wellness for Our Children's Future' Conference on October 20, 2008.**

This event has been specifically organized for practitioners of ECD programs in the Edmonton area.

Topics cover a spectrum of health and wellness topics that will engage, entice and enhance your work with children and families. Sign up for one morning session and one afternoon session, enjoy the keynote speakers, visit during lunch and be prepared to learn, laugh and share with highly knowledgeable presenters and your ECD colleagues.

Registration is limited to practitioners from Region 6 ECD funded programs and space is limited so register early.

**Visit our website at [www.ecdss.ca](http://www.ecdss.ca)  
For more information and registration**

### Taking a Road Trip with Your Baby

There's no question: Marathon car trips with a baby on board take a good amount of planning and organization. But it can be done — and yes, it can even be fun!

#### Planning the trip

In the hustle that precedes a trip, it can be easy to *let* things happen, instead of *making* things happen. Be proactive in making your trip decisions. Contemplating these questions, and coming up with the right answers, can help make your trip more successful:

- Does your baby sleep well in the car? If yes, plan your travel time to coincide with a nap or bedtime so your baby can sleep through part of the journey. If not, plan to leave immediately after a nap or upon waking in the morning. Don't fool yourself into thinking your baby will behave differently than usual in the car just because it's a special occasion.
- Is it necessary to make the trip all at once, or can you break it up with stops along the way? The longer your baby is strapped in the car seat, the more likely he or she will become fussy. Planning a few breaks can keep everyone in a better frame of mind.
- When estimating an arrival time, have you factored in plenty of extra time for unplanned surprises? A diaper explosion that requires a complete change of clothes or a baby whose inconsolable crying requires an unexpected 20-minute stop are just two of many things which could easily happen.

#### Preparing the car

Take plenty of time to get the car ready for your trip. If two adults are traveling, consider yourself lucky and arrange for one person to sit in the back seat next to the baby. If you are traveling alone with your little one, you'll need to be more creative in setting up the car, and you'll need to plan for more frequent stops along the way.

#### Car travel suggested checklist:

- Well-stocked diaper bag
- Baby's blanket
- Car seat pillow or head support
- Window shades (sun screens)
- Change of clothes for your baby
- Enormous box of toys and books
- Music or audio books
- Baby food, snacks, and drinks for your baby
- Sippy cups
- Snacks and drinks for the adults
- Cooler



Continued on next page...

## Health News for You by Kathy Newman R.N.

- Wet washcloths in bags, or moist towelettes
- Empty plastic bags for leftovers and trash
- Bottle warmer
- Baby's regular sleep music or white noise (if needed, bring extra batteries)
- Baby carrier/sling/stroller
- First aid kit/prescriptions/medications
- Jumper cables
- Cell phone
- Money/wallet/purse/ID
- Medical and insurance information/emergency phone numbers
- Maps/driving directions
- Camera/camcorder
- Suitcases



### During the journey

If you've carefully planned your trip and prepared your vehicle, you've already started out on the right foot. Now keep these things in mind as you make your way down the road:

- Be flexible. When you are traveling with a baby, even the best-laid plans can be disrupted. Try to stay relaxed, accept changes, and go with the flow.
- Stop when you need to. Trying to push "just a little farther" with a crying baby in the car can be dangerous, as you're distracted and nervous. Take the time to stop and calm your baby.
- Put safety first. Make sure that you keep your baby in his car seat. Many nursing mothers breastfeed their babies during trips. This can be dangerous in a moving car, even if you are both securely belted: You can't foresee an accident, and your body could slam forcefully into your baby. Instead, pull over and nurse your baby while he's still in his car seat. That way, when he falls asleep, you won't wake him up moving him back into his seat.

**Remember: *Never, ever leave your baby alone in the car – not even for a minute.***

### On the way home

You may be so relieved you've lived through your trip that you sort of forget the other trip ahead of you: the trip home. You'll need to organize the trip home as well as you did the trip out. A few days in advance, make certain that all your supplies are refilled and ready to go. Think about the best time to leave, and plan accordingly. In addition, think about what you learned on the trip to your destination that might make the trip home even easier. Is there something you wish you would have had but didn't? Something you felt you could have done differently? Did you find yourself saying, "I wish we would have..."? Now's the time to make any adjustments to your original travel plan so that your trip back home is pleasant and relaxed.

***This article is an excerpt from Gentle Baby Care by Elizabeth Pantley (McGraw-Hill, 2003).***

## Inner Power

*The most important accomplishment in life is to improve and change ourselves, to know ourselves, to understand why we are here, and to realize our true purpose in life.*

### Whole-Being—Well-Being

As spiritual and creative beings, why do the majority of men and women go through life only scratching the surface without experiencing the depth of who they are, living only a physical and reactive way of life? We find the greater majority drifting through life dissatisfied, uncertain, and trying to make sense of it all. There has been an enormous increase in knowledge, in technology, and in control over the physical forces of the outer world. But there has *not* been a corresponding increase in inner control, self-knowledge, and self-discipline. The effects of scientific and technological achievements have added tremendous complexity to our lives, creating a level of stress that we have been ill-prepared to handle. We live in a world where many people have what are called “complexes” because we lack both the *spiritual tools* to deal with our complex lives and the life skills to chart our own course.

Consider the overall confusion that characterizes our current times, especially on a spiritual level. I find it interesting that in spite of all the scientific and technological advancements, many people still do not know what life is really about, and many do not even slow down long enough to think about it. “Busyness” has become an epidemic! Most people are so caught up in the external procedures and processes of life that it does not occur to them to entertain questions such as, “who am I?” and “why am I alive?” Only when they are thrown into a crisis does their awareness surface momentarily. There is so much chaos in the world today because people do not know what the meaning and purpose of life is. As a result, their ambitions and behavior are guided by values that are not in harmony with truth, and this is destructive to both personal and planetary well-being. If there is any blessing to arise out of September 11th, 2001, it is that not only a nation, but also a world, was awakened to dare to ask such questions!

### Realization

Humanity is searching for awareness to some of life’s fundamental questions. All of our experiences are designed to bring us to the point where we ask what is the meaning of life?

### Question:

How much pain and adversity must we endure on both an individual and global level before we finally surrender to the Law of Life?

The variety of personal, social, political, and moral crises our world is facing cannot be solved independently, for they are only an effect of far deeper causes! Technology is not the cause of our problems—unbalanced living is. We do not want to lose or ignore all that we have accomplished, but we must regain all that we have forgotten.