



ECD Support Services Program News

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Just for You!

ECDSS is offering customizable workshops for your professional development needs. View the list of topics on our website and contact us to customize a workshop for your program or organization.

www.ecdss.ca

Topic examples include:

- NLP— Neuro-Linguistic Programming.™
- When Your Body Gets the Blues.
- The Power of Full Engagement.
- Kids Have Stress Too! Facilitator Training.
- Transitioning Working Relationships.
- Honoring the Family Story.

Did You Know?



In 1950, the United Nations General Assembly proposed its members declare **December 10 to be Human Rights Day**. This day marks the anniversary of the unanimous adoption of the *Universal Declaration of Human Rights* by the General Assembly in 1948. Since its adoption, the *Universal Declaration of Human Rights* has been regarded as a triumph as it brought together countries with political, religious, and cultural differences, and even conflicts. Translated into approximately 250 national and local languages, it has become the best known and most often cited document regarding human rights. The complete document is available at: <http://un.org/Overview/rights.html>

Book Review

'The Diversity Toolkit' by William Sonnenschein - How you can build and benefit from a diverse workforce.

'Implementing Diversity' by Marilyn Loden — Dozens of practical tips for leading the change effort.



Professional Development

Core Relationship Based Practice Training

Date: December 1-5, 2008
Cost: \$250 **SOLD OUT!**

Promoting Social & Emotional Competence in Young Children

Date: January 15-16, 2009
Cost: \$100

Mental Health First Aid Training

Date: January 19-20, 2009
Cost: \$75

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

Making Time for Our Children's Future

Date: February 26, 2009
Cost: \$80

Our Presenters



Carl Honoré—
Author/Professional Speaker/Nominee for the Writer's Trust Award Non-Fiction category will explore

the phenomenon of hyper-parenting and the impact it is having on our children.



Bill Gordon —
Teacher/Facilitator/Humorist and Motivator, will help us to find more Loving, Leisure and Laughter

in our daily lives.

Professional's Corner

Help employees manage holiday stress.

According to a poll performed by Accenture's HR Services, which included 600 full-time employees, 66% of the participants reported experiencing an increase in stress at work during the holidays. The top stress factors included trying to balance extra demands at home with work, holiday-shortened deadlines, and end-of-the-year business demands. Many organizations have found crafty ways of helping employees manage holiday stress. Some companies allow employees time to shop for gifts online, take a shopping day off, and loosen-up the dress codes. Planning a day where everyone gets together in the lunchroom for hot chocolate and treats to share holiday plans is also a great way to lighten up during the holiday season.

SIGN UP

Sign up for the Early Childhood Development Support Services monthly newsletter online.

Visit our website at: **www.ecdss.ca** and follow the registration links on the home page.



Health News for You by Kathy Newman R.N.

TOY SAFETY



Toy makers must ensure they produce safe toys which meet the safety standards set by Health Canada. Sometimes unsafe toys do make their way onto store shelves and into homes. You may also have older toys that are no longer safe or the way the toys are being used may expose children to hazards.

Here are some tips to help you choose safe toys and to help keep children safe when they play with toys.

When Buying Toys

Read and follow the age label, warnings, safety messages and assembly instructions for the toy. Look for sturdy, well-made toys. Remember that toys for older children may not be safe for younger children. **Note:** Check home-made toys for all of the same hazards listed below.

Choking Hazards

- Children under three years of age tend to put things in their mouths - small toys, small balls or small loose toy parts are choking hazards for these children.
- Know how the child plays - small toys can be dangerous even for children three and over who still tend to put things in their mouths.
- Check squeeze toys for loose or removable squeakers.
- Check toy cars and trucks for loose or removable wheels, tires or other small parts.
- Check the eyes, nose and other small items on stuffed and plush toys to make sure they cannot be pulled off.
- Check that infant toys like rattles and teethingers are large enough that they won't get stuck in an infant's throat.

Other Hazards

- Avoid toys with cords that are long enough to wrap around a child's neck, especially stretchy cords - the cords could strangle a child.
- Avoid loud toys - loud noise can damage a child's sensitive hearing - a toy that is loud for an adult is likely too loud for a child.
- Check that the toy does not have sharp points or edges - these could cut a child.



After Buying Toys

Always supervise children and teach them how to use toys safely.

- Promptly remove and discard all toy packaging such as plastic bags, plastic wrap, foam, staples and ties - these can suffocate or choke a child.
- Keep all toys, especially plush and soft toys, away from heat sources like stoves, fireplaces and heaters - they could catch fire and burn a child.
- Check toys often for hazards like loose parts, broken pieces or sharp edges, and repair or discard any weak or broken toys.

Toy Storage

- Store toys and games for older children separate from those for younger children.
- Use a toy box without a lid, or one with a lightweight lid that will not fall on a child.
- Not all storage boxes are good for toys. If the box has a lid, remove it or check to make sure:
 - *The box has air holes for breathing, in case a child climbs inside.
 - *The lid has a hinge that will hold it open in any position and it will stay open even if a child pushes down on it.
 - *There is no latch that could lock the lid and trap a child inside.



Remember that children should not have access to airtight storage bins - these could lead to suffocation if a child climbs inside.

Health News for You by Kathy Newman R.N.

MORE TOY SAFETY

Ride-on Toys

- Choose a ride-on toy that suits the child's age, size and abilities.
- Check that the ride-on toy will not tip when the child is using it - check that it is stable when weight is placed on any riding point.
- Use the ride-on toy far away from stairs, traffic, swimming pools and other dangerous areas.
- Be aware that a child on a wheeled ride-on toy can move very quickly - look for hazards like furniture, lamps, cords, decorations or appliances that could be knocked or pulled down onto a child, and remove the hazards before play begins.
- Baby walkers are hazardous - do not use them.

Toys with Batteries

- Only adults should install batteries.
- Install batteries properly - improper installation, or mixing different battery types, can cause batteries to leak or overheat and this could injure a child.
- Check that young children cannot open a toy's battery compartment.
- Make sure that a child does not take a battery-operated toy to bed - burns and other injuries could result from batteries leaking or overheating.
- Call a doctor or a poison control centre immediately if a child swallows a battery - batteries can be poisonous.

Latex Balloons

- Latex balloons have caused a number of deaths - the balloon can be inhaled and can block a child's airway.
- Always keep un-inflated latex balloons or broken balloon pieces out of reach of children.
- Latex balloons are best used for decoration, not for play.

Jewellery

- Never allow a child to suck or chew on metal jewellery - it may contain lead, and ingesting even small amounts of lead can be harmful to a child's health and development.
- Never place a necklace, string, ribbon or chain around the neck of a child under three years of age - the jewellery could strangle a child and small attachments could be a choking hazard.

More on Making Play Safe

- Keep small household items like broken crayons, coins, paper clips, pen caps, jewellery, hair clips, screws, buttons, keys, candy, gum, etc. out of the reach of children under three years of age - these items are common causes of choking.
- Decorations and collectibles can have loose small parts which could cause choking, or sharp parts that could cut - keep them out of children's reach.
- Check party favours like whistles and blowers for loose parts like small reeds - these could be inhaled.



Health Canada investigates safety related consumer complaints. If you would like more information, or if you think you have a toy that could be dangerous, [contact your nearest Health Canada Product Safety Office](#).

Story of the Month — TIPS FOR COPING WITH HOLIDAY STRESS

For some people, the holidays bring unwelcome guests — stress and depression. And it's no wonder: In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. So much for peace and joy, right?

Actually, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

Holiday stress and depression are often the result of three main trigger points.

- ♦ **Relationships.** Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're all thrust together for several days. Conflicts are bound to arise with so many different personalities, needs and interests. On the other hand, if you're facing the holidays without a loved one, you may find yourself especially sad or lonely.
- ♦ **Finances.** Like your relationships, your financial situation can cause stress at any time of the year. But overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy. You may find yourself in a financial spiral that leaves you with depression symptoms such as hopelessness, sadness and helplessness.
- ♦ **Physical demands.** The strain of shopping, attending social gatherings and preparing holiday meals can wipe you out. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. High demands, stress, lack of exercise, and overindulgence in food and drink are all ingredients for holiday illness.

Tips for coping with holiday stress.

1. **Have an attitude of gratitude.** Misery and gratitude cannot occupy the same space in our psychological house, and we have the power to choose between these emotional states. Regardless of what is causing your misery, it is a good idea to acknowledge and express it. You may need some alone time. On the contrary, you may feel better sharing and discussing your thoughts and feelings with someone.
2. **Remember, no matter what your plans, the holidays do not automatically take away feelings of aloneness, sadness, frustration, anger and fear.** If talking to a family member or friend about your feelings is not enough to make you feel better, you may want to seek professional help. It is crucial to find an outlet for your emotions. This will release tension and help you gain a fresh perspective.

Story of the Month— TIPS FOR COPING WITH HOLIDAY STRESS

3. **Be responsible for how you behave — you certainly have no control over how your relatives behave.** The most important part of avoiding holiday stress with our families is for each of us to feel mastery over and satisfaction with our own behaviors, attitudes and feelings. If you know that you've acted like the best person that you know how to be, you can walk away from any situation feeling good about yourself.
4. **Do not let the holidays become a reason for over-indulging** in food and drink. Some indulgence is acceptable, but overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity. By maintaining a balanced body and mind, you can avoid one of the great contributors to holiday stress; weight-gain.
5. **Learn to say no.** Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed. Establish your priorities and stick to them. Organize your time. Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion - this makes people cranky, irritable, and depressed.
6. **Rethink resolutions.** Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame. Choose only those resolutions that help you feel valuable and that provide more than only fleeting moments of happiness.

**Information compiled from: www.holistichealthtools.com; www.about.com;
www.mayoclinic.com**