EARLY YEARS PROGRAMS

Family Friendly Powell River website: www.familyfriendlypowellriver.ca

Websites & Contact Details

- Vancouver Coastal Health (VCH) <u>www.parenting.vch.ca</u>: 604-485-3310
- Inclusion Powell River and Cranberry Child Development and Family Resource Centre www.inclusionpr.ca: 604-483-4042
- Powell River Child, Youth and Family Services Society (PRCYFSS): www.prcvfss.com: 604-485-3090
- School District 47 (SD47): www.sd47.ca: 604-485-6271
- Tla'amin (CDRC): www.tlaaminhealth.com: 604-483-3009
- ▶ Powell River Public Library: www.prpl.ca : 604-485-4796
- Family Place & BOND: www.prepsociety.org: 604-485-2706
- MCFD Family & Child Protection: 604-485-0600
- MCFD Child & Youth Mental Health (CYMH): 604-485-0603
- ▶ United Way and ORCA Bus: www.unitedwayofpowellriver.ca : 604-485-2132
- Powell River and Region Transition House Society (PRRTHS): www.powellrivervictimservices.wordpress.com/services/powell-river-and-region-transition-house-society: 604-485-5335
- City of PR, Parks, Recreation and Culture: www.powellriverprc.ca: 604-485-2891

Online Resources

PRCYFSS Online Library Catalogue:

http://prcyfss.mlasolutions.com/m5/catalog/(S(pcdrifu1tpeqyuhmnk5bzctt))/
Default.aspx?internal=1&installation=Default

Screen Time: www.caringforkids.cps.ca/handouts/screen-time-and-young-children

Anxiety: www.anxietycanada.com

Childhood Development Milestones: www.healthlinkbc.ca/health-topics/abo8756

*CALL PROGRAMS OR CENTRES FOR MORE DETAILS AND TO REGISTER



Family Resources for Young Children

Connecting with Family, Friends and our Community

Building Relationships

Having Friends

Personal Well-Being

 Sense of joy and happiness

Sense of Agency

 Advocating for self and addressing your own needs

Kindness and Empathy

Caring for others

Health in Children

Social-Emotional

Ages 0-5Yrs

Sense Of Identity

Knowing "Who I am"

Sense of Belonging

 Contributing to the learning community

Self-Regulation

Identifying and managing emotions

POWELL RIVER EARLY YEARS:

MAKING CONNECTIONS

- Social-emotional health develops through relationships with people.
- Supportive relationships promote feelings of safety and connectedness. This provides the social support necessary to thrive socially, emotionally and academically.
- Strong social-emotional skills help children build confidence and feel successful in tackling new situations. This helps make new life adventures more successful.

REMEMBER ! YOU ARE YOUR CHILD'S MOST IMPORTANT CONNECTION

Just like other areas of health and development, such as speaking and walking,

your child needs your support, guidance and opportunities to practice social-emotional skills.

The Four Levels of Early Years (0-5 yrs) Programming

PRCYFSS

- Family Centre and Library Family Place
- Little Tykes

VCH

Healthy Babies

Infant Massage ▶ inclusionPR

Tla'amin CDRC

Family Place

▶ Food Skills

VCH

Prenatal Ed.

PRCYFSS

BOND

Open Access Group Programs

- Daily Programming
- Story Time
- Weekly Lunch Program

Tla'amin CDRC

Healthy Babies

Powell River Public Library

Story Time

inclusionPR

▶ IDP Playgroup

StrongStart SD47

- ▶ Edgehill
- Henderson
- Westview
- Kelly Creek

United Wav

ORCA Bus

Circle of Security

inclusionPR

- Tla'amin CDRC
- **PRCYFSS**
- CYMH
- ▶ SD47

Parenting Partnerships

Behaviours

ALL FAMILIES CAN ATTEND

"I have learned how to encourage my child to share."

Child May Be Showing Signs of Developmental Concern

Child Is Developing As

My two-year old is learning

My three-year old is learning to follow simple

Expected

to share.

- My 18 month-old has a hard time going to bed.
- My three-year old has a difficult time playing with his friends at preschool.
- My four-year old seems to be struggling to calm down.

Registered Group Programs

CYMH

- Parenting an ADHD Child
- Parenting a Traumatized Child

Mother Goose inclusion PR

- SD47
- ▶ CCRR
- ▶ inclusion PR
- Family Place
- Relationship Based Parenting Program

- Dealing with Challenging
- Positive Parenting Strategies

FAMILIES REGISTER IN PROGRAMS THAT SUPPORT SOCIAL/EMOTIONAL **DEVELOPMENT**

"I have learned how to guide my four-year- old, so he is able to calm himself down in most situations."

Child is Exhibiting Signs of Developmental Concern

- My two year old doesn't seem interested in playing or spending time with others.
- My three year old cries and gets very upset whenever we leave play group or preschool.
- My four year old is very nervous to go to new places.
- My four-year old refuses to stay at pre-school without me present.

Individual Support

inclusionPR

Infant Development Program

inclusion PR

Supported Child Development Program

PRCYFSS

PRRTHS

- Family Support Program
- Family Safety Programs

Tla'amin CDRC

 Aboriginal Supported Child Development

CHILDREN AND FAMILIES ARE INDIVIDUALLY SUPPORTED BY EARLY YEARS PRACTITIONERS

"I have learned how to help my four-year-old stay at preschool when I leave."

Child is Unable to Manage Activities of Daily Living Without The Support of an Adult

- My three-year old has extreme reactions to people and situations.
- My four-year old is aggressive toward children and adults. My four-year old does not respond to instructions or discipline and is defiant much of the time.

When my three-year old gets upset he/she stays upset for a long time.

Individual Intervention

CYMH

Child and Youth Mental Health.

CHILDREN AND FAMILIES ARE INDIVIDUALLY SUPPORTED BY MENTAL HEALTH PRACTITIONERS

"I have learned how to help my child manage conflicts."

"I have learned how to give my four-year-old directions so they are understandable and doable. We have a closer relationship now."