



IDP UPDATE

Richmond Infant Development Program



Playgroup News

Spring is almost here again! If you have not yet attended IDP Playgroup, we hope that you will join us this spring!

When: Tuesday mornings

Time: 10:00—11:15am

Where: South Arm Community Centre
(8880 Williams Rd), large room immediately to the left of the main entrance

IDP Playgroup provides a fun morning out for parents and children alike. Your child will enjoy the opportunity to play with new toys in a relaxed environment, make new friends, and sing songs at circle time. For parents, playgroup is an opportunity to enjoy a cup of coffee or tea while getting to know other parents who share similar experiences.

IDP Playgroup is free of charge and open to all families currently involved in the Infant Development Program. Siblings preschool aged and younger are welcome to attend. There is no need to register—Simply drop-in! We'd love to see you there.

Please note that due to the popularity of playgroup and the large number of families involved in IDP, we cannot accommodate families who are not a part of the Program. Some of the children who attend IDP Playgroup are particularly susceptible to germs. Out of consideration for others, please do not bring your child to playgroup if they are showing any sign of a cold, flu, or any other communicable illness. Please note that outside snacks and drinks are not permitted inside of the playgroup room. Cups for water will be available and a snack of animal cookies will be provided at circle time. If your child has food allergies, please speak with playgroup staff.

If you have any questions about playgroup, please speak with your IDP Consultant, or call us at (604) 279-7058.

IMPORTANT DATES:

IDP Playgroup will be **closed**

March 18th & 25th for Spring Break.

Have a Happy Spring!

IDP Update Spring 2008

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Check out our websites:

www.rscl.org

Richmond Society for
Community Living

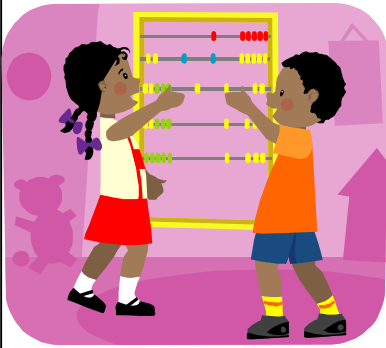
www.idpofbc.ca

Infant Development
Program of BC

Contact Us:

Phone: (604) 279-7058

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Play and Children's Mental Health

An article published in the Vancouver Sun in September 10, 2007, discusses the importance of play on children's mental health. Two hundred and seventy professionals from U.K., Canada, the U.S., Australia, and India signed a letter that "*blames 'the marked deterioration in children's mental health' on an overprotective society and too much 'sedentary entertainment.'*"

"In particular, outdoor, unstructured, and loosely supervised play is missing in children's lives, resulting in 'an explosion in children's clinically diagnosable mental health problems'"

"Whether it's time spent playing video games and with 'over-elaborate commercialized toys' that inhibit rather than stimulate creative play—or whether it's parents' anxiety about 'stranger danger'—children are getting few opportunities to engage in creative, interactive play."

"We have to trust children to play."

"You know, very small children are quite happy playing with an empty cardboard box. These days, we seem to isolate our children from each other, and they aren't given the opportunities to need to play together, to grow as people."

"Play is crucial to understanding what it's like to be some other kind of person. And when children see so much real and simulated death in violent video games and TV, 'it erodes [their] sense of security.'"

"I believe we're seeing more children who aren't sleeping well, who are more stressed—sometimes because their own parents are facing more stress. That's leading to more of them visiting doctors and psychologists."

"Toronto mother Flavia Ferrero, who has 2 children, aged nine and 12. 'They play a sport and a musical instrument each, but playtime with friends is completely unstructured. It's up to them what they do.'"

When arranging activities for your child, think about the including the following:

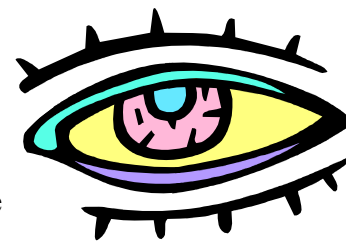
- Come to IDP Playgroup on Tuesday mornings
- Arrange play dates with other families with young children
- Drop-in to the Play & Learn sessions at Richmond Family Place
- Check-out the parent and baby programs at your local public library (see the back page for more information)



You Make the Difference

Congratulations to all of the families who have recently completed Richmond IDP & Richmond Family Place's first "You Make the Difference" class! "You Make the Difference" is a 9-week course for parents to discover how to use everyday routines and activities to help their children learn language and develop social skills, feel good about themselves, and get their learning off to a good start. A big "thank-you" to all of the families who attended!

Playing through the Senses

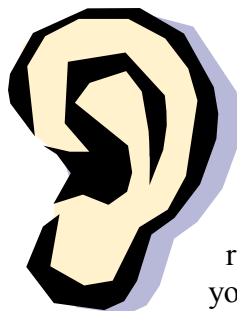


Flashlight Tag

Turn off the lights in a room and shine a flashlight on a wall or ceiling.

Babies: Have the baby watch the light as you move it around. You can shine light on different objects and tell the baby what they are. You can also guide your baby's fingers or feet to follow along with the light.

Toddlers: Shine the light on the floor and then jump into the light. You can also give your toddler a flashlight and have him chase your light or vice versa. Shine the light on a wall and then make shadow puppets!



Where's the Sound?

Babies: Put your baby in a car seat, recliner, or bumbo seat, walk back and forth in front of him as you sing songs, make funny noises, or talk to him. Then walk to the opposite side of the room and back again, letting the baby follow the sound of your voice.

Toddlers: Hide a noisemaking item (e.g. Long-playing musical toy, clock, or metronome) on a low shelf or table—or behind a cupboard door. Search together with your child to locate the source of the sound and retrieve the object. As you are searching for the item, ask your toddler to try to guess what is making the sound.

Babies: Tickle-Me Textures

Turn diaper changing time into a play and learning time! Gather several objects with different textures (e.g. Different kinds of fabric pieces—velvet and fleece, feathers, clean sponge with warm water, cotton balls, yarn) and gently rub an object across your baby's skin and watch for his/her response. Look for clues that indicate which textures your baby prefers.

Toddlers: Shaving Cream Car Wash

Squirt shaving cream or whipping cream onto a tray. "Drive" a toy car (Oplastic blocks, small balls, popsicle sticks, or plastic spoons) through the "cream wash". You can drive the car in a vertical or diagonal patterns or "write" with it.



What's that Smell?

Babies: Seat your baby in a car seat, recliner, or bumbo seat in a safe place where s/he can see you as you cook. As you use spices or different pieces of food, hold them in front of your baby to smell. Be sure to tell your baby what the smell is and what you are going to use it for. You can also let babies smell things like baby powder, candles, lotions, and any other odor producing products around the house. Be careful to not get the product in your baby's eyes or mouth.

Toddlers: Put odor producing foods/products into a small container (e.g. small yogurt containers, film canisters, salt shakers) and poke small holes on the top. Ask your child to guess what the smell is. You can also put the objects out and ask your child to pick up and give you the object s/he smells in the canister. Sample products:

| | | | | |
|---|-----------------|-----------|--------------------|--------------|
| NOTE: Use cotton balls for liquid scents. | onions | jam | peanut butter | cinnamon |
| | vanilla extract | perfume | peppermint extract | banana chunk |
| | vinegar | lemon oil | mothballs | baby powder |

In the Community

Free Community Events

Sat March 31 10:00-11:30am

Lang Centre 1-12 years

Easter Eggstravaganza

Pancake breakfast, children's crafts, petting farm and activities.

Sun April 8 12:00-2:00pm

Sea Island Community Centre 1-10 years

Easter Egg Hunt

Come out and join the fun. Parent participation.

4th Sun each month 1:00-4:00pm

Richmond Art Gallery All Ages

RAG Family Sundays

Drop in art program for parents and children. Each month work on a new exhibition related project.

Th April 19 9:00am—4:00pm

Britanna Heritage Shipyard

Ecofest

View environmental displays, listen to guest speakers and try some hands on activities.

RPL Programs for Children

Are you getting tired of the toys at home?

The Richmond Public Library has theme boxes for children 0-6 years old that includes books, CDs, and a toy. Themes include: animals, bedtime, body and clothing, families, mealtimes, behaviour, transportation, potty training, birthdays, dinosaurs, fairy tales, food, nature, emotions and celebrating diversity.

RPL also have numerous children programs including *story time, sing-along time, puppet shows, and parent education*. For a detailed list of programs, please visit www.yourlibrary.ca and then click the link **What's On -> Children's Programs**



New House for Richmond Family Place

Have you visited the new home for Richmond Family Place?

Situated at the Debeck House (8660 Ash St.), this new home is 3x the size of its previous location beside Gateway Theatre.

The new home provides space for 2 playrooms for drop-in Play & Learn sessions, parenting programs, and more room for the thrift store. The facility is also available for birthday party rentals on Saturday evenings and Sundays.

For a complete schedule of programs and drop-in Play & Learn sessions, go to www.richmondfamilyplace.ca.

NOTE: Please park in the Family Place lot or on the street. Do not park in the Debeck School parking lot, as it is strictly monitored.

Charlotte Diamond in Concert

Date: Wednesday March 19

Time: 2 - 3 pm

Location: Gateway Theatre
6500 Gilbert Road

Tickets are \$2 and can be purchased at the Kids' Place Info Desk at the Brighthouse (Main) Branch

