



Vancouver Island Cooperative
Preschool Association

Member of Parent Participation
Preschools International (PCPI)

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Registered Charity #0865584-20

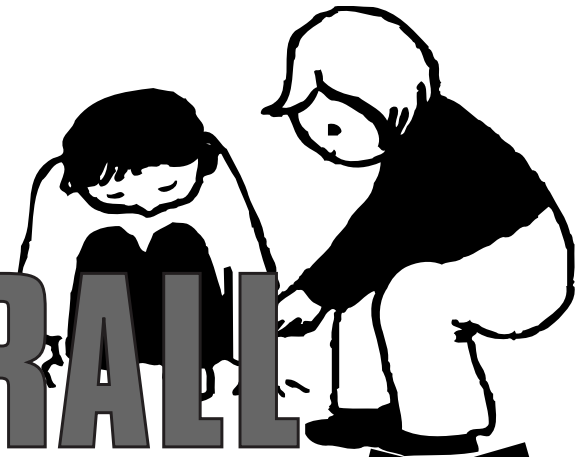
Editor: John Kilbank (480-4000)



COVERALL

Winter 2002

V I C P A



Comforting Your Young Child

When your child startles you from sleep screaming for help with the scary monster in his dream or under the bed. What do you do? Chances are you rush to his bedside, hug him tightly, caress his head gently with soothing assurances that you're there to help him. Perhaps you sing him a lullaby or ask his teddy bear if the monster is gone. The natural response to comfort guides you to appropriate action; in fact, you may be parenting at your creative best in such circumstances.

The very presence of a parent is a comfort to a baby or young child. Observe a newborn's building anxiety as he is passed from relative to relative—the crescendo of his crying urgently demands that he be returned to his mother where he settles down to be held quietly or fed.

Behold the preschooler pressing his nose to the window for a first glimpse of a returning parent. What a responsibility for parents to be the centre of their child's universe!

Children experience numerous stresses—uncomfortable clothing, eating meals they don't enjoy at times they'd rather be playing, routines and schedules controlled by adults, teasing and scolding, new siblings - the list goes on. By empathizing with their child's world

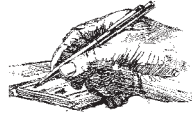
view, parents can lessen or even eliminate these tensions. Trips to pick up older siblings from activities can seem like one-hour jail terms for the young child, who must leave an interesting game to struggle into a snowsuit and be confined to a car seat. Parents can show they understand and respect that point of view by playing tapes, providing snacks or special toys in the car.

When parents listen for the hidden messages in their children's complaints, they can get to the heart of that upset - and hopefully respond in a meaningful way. For example, a child who screams, "I hate it when you remind me to buckle my seatbelt!" may actually be saying, "You don't think I'm smart and neither does my teacher...and this worries me."

It is no miracle that children show resiliency - an ability to adapt to severe stress and rebound to pre-stress levels - when they have caring, loving adults to support them. Care and stimulation in the early years does more than make children happier, easier to live with and less volatile in their daily lives. The research now shows that the kind of cuddling, talking and playing that parents do with children strengthens their capacity

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President's Pen



The past few months have been a time of settling in for both children and parents, of learning our roles and working to raise funds to make sure our preschools continue to provide the wonderful atmosphere we all feel is so important for our children. I personally have truly enjoyed working with many interesting and dedicated people. This fall I had the privilege of meeting many of the Honorary Lifetime Members of VICPA. I met almost 30 of the lifetime members and realized that although none of them still have children in cooperative preschool (many are now grandparents) they are still dedicated to the cause of cooperative preschool. It is an incredible group of people that are part of VICPA, from the first year parents to those who decide to stay on after their children have gone on to school and beyond.

The next few months will be busy ones for your executive as they begin the task of enrolling new families and searching for the people that will run your school next year. Please consider what

tasks you may take on next year in order to assure that your school will continue to run as smoothly as always. The people who take on executive positions in VICPA and your preschool have no formal training, they are parents like you who value the experience of cooperative preschool and are willing to take a little extra time to help keep your preschool and VICPA going. Being a part of the executive provides opportunity for individual growth and rewarding experiences.

The extra effort we put into supporting your preschool and ECEs now will benefit your family and your community in the future.

Our organization relies on dedicated parents like you, what can you do to help?

VICPA Office

The new office information is:
#27 - 14 Erskine Lane
Victoria, BC V8Z 7J7
Phone (250) 598-2667 (CO-OP)
Fax (250) 704-0415
www.vicpa.org
Email: vicpa@vicpa.org
Kerry Hall-Jardine
Administrative Coordinator

Office Hours:

Monday 10 - 3
Wed 10 - 2



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Nature Fun for Kids!



Nature rambles, activities, experiments, crafts and stories - each class with a different natural history theme.

Four 2-hour classes - \$40
Programs run January to June,
October to November

for 4 to 6-year olds..

Birds and Butterflies

Mondays or Fridays
Instructor: Margaret Lidkea

for 7 to 10-year olds..

Junior Nature Explorers

Sundays
Instructor: Mary Meek



**Swan Lake Christmas Hill
Nature Sanctuary**
3873 Swan Lake Road, Victoria
Phone 479-0211 to register

Vancouver Island Cooperative Preschool Association

Calendar of Events

January

- 22 VICPA Board Meeting, 7:00 p.m.
- 25 E.C.E. Committee Meeting
- 31 Treasurer's Workshop 7:00pm
- 31 Negotiating Contracts / Hiring Workshop 7:00pm

February

- 16-23 Parent Participation Preschool Week: Preschool open houses
- 17 Island Parent Education Fair
- 22 E.C.E. Committee Meeting
- 26 VICPA Board Meeting, 7:00 p.m.

March

- 1 Coverall Deadline
- 18-22 SPRING BREAK
- 26 VICPA BOARD Meeting, 7:00 p.m.

April

- 5 E.C.E. Committee Meeting
- 23 VICPA Board Meeting, 7:00 p.m.

May

- 3 E.C.E. Committee Meeting
- 4 MAKING TOMORROW CONFERENCE, UVIC
- 25 VICPA Annual Meeting, Emmanuel Baptist Church time TBA
- 25 SPRING Workshops for incoming preschool executives, Emmanuel Baptist

Parent Support Services of BC presents

The EFFECTIVE PARENTING EVENING SPEAKER SERIES 2002

Tuesday Evenings 7-9pm

Woodward Room, Begbie Hall, Royal Jubilee Hospital

1. January 29

A Good Enough Parent: What are your goals as a parent? Do you want your children to be good? Do you want to be an effective, loving parent? Do you want to parent differently than your parents? What does "good" mean? What is an effective parent? This workshop will challenge the deep belief systems that may be keeping you stuck.

Presenter: Allison Rees, MSc of LIFE (Living in Families Effectively) Seminars is a well-known parenting expert in the Victoria area. Her workshops are in-depth, humorous, down to earth and effective. Her material is gleaned from experience as an educator, counsellor and mother of two.

2. February 19

"Make Me!" and Other Dilemmas of Parenting This presentation will offer parents some guidelines for decision-making around issues of authority and control. Explore and develop creative strategies to use in frustrating situations.

Presenters: Michelle Koroll and Rena Miller have collaborated for many years in the field of parent education. They are founding members of Island Family Counselling Centre, with special interests in families with adolescents and non-traditional families. Both are instructors in the Faculty of Human and Social Development at University of Victoria.

3. March 19

Parenting In A Consumer Culture examines how cradle-to-grave brand consciousness, advertising targeting children as consumers, recreational shopping culture and consumerism as a whole affect children and family relationships. Jan and Kelly will share solutions for ways to parent in a consumer society and promote discussion about the issues and available strategies.

Presenters: Jan MacLennan, BScN is currently Manager of Family Programs for West Shore Community Resources/Capital Families Association. Jan has worked with children and their families for 27 years as a counsellor, educator health nurse and parent. Kelly Greenwell, BSW facilitates parent information and support groups for West Shore Community Resources/Capital Families Association. Kelly has eight years of social work experience.

4. April 16

Reflective Parenting: Caring for children can be an opportunity for personal growth and change if we choose that path. The most effective parent is one who models a questioning mind, a keen interest in life, and the ability to grow and change as a person. The greatest gift we can give our children is ourselves as models of capable people, and the loving encouragement for them to do the same. By putting the focus on to changing our own lives instead of trying to change and control our children, we in fact have the greatest influence.

Presenter: Martha McAlister brings to this workshop a comprehensive background with children and families. She is a skilled facilitator with a wide background in social work, education, foster care and child care. Martha currently works as the director of the UVic Family Centre.

Tickets: \$8.00 each or \$27.00 for the series

For more information leave a message at (250) 704-2662.

Thanks for helping to shape our future!

We on the VICPA strategic planning committee salute you for completing our strategic planning survey. Every organization needs a strategic plan to move into the future with a clear sense of direction. We are at the beginning of this planning process and we really need your input to help develop our priority issues. After the survey is completed a visioning process will take place with the Board, Honorary Life Members, ECE's reps who are interested and our office co-ordinator. Our session is scheduled for January 22nd. Our vision of the future will be the starting point of our plan. Once we have that in place we will look at our mission statement, complete an environmental scan and finally draft our strategic plan.

The plan will be the who, what, where and when of the next five years. VICPA is a fifty year old organization. It makes sense to really think about how we want to do business in the future, in order to ensure our sustainability and pave the way for growth. We look forward to sharing the results of our labours with you – here in the coverall. Thanks again for your commitment to children and families.

Shannon Turner, Chair
Strategic Planning Committee

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to learn and to cope emotionally with life's stresses. Providing care and stimulation in the early years of a child's development offers huge rewards in developmental terms" (Guy, 1997, 5).

Perhaps a child is suffering unduly from school stress, not enough free time, pressure from peers, too much responsibility at home or the weight of his parents' pending separation. As empathetic listeners, parents and all caregivers can help children feel safe in stressful times, taking their anxieties seriously and providing assurances of help with solutions.

The challenge is to stay tuned to children's stresses in order to respond in ways that help them develop their own stress management strategies. Parents don't necessarily need to "fix" every problem their child experiences, but the wisdom of life experience and an empathetic ear are powerful helping tools.

What calms you when you feel overwhelmed—a warm drink and a quiet time with a book? a physical workout? a chat with your family doctor? a body massage? Why not adapt your own stress-relieving strategies to comfort your child? You may find stress relief by taking a hot shower with classical music playing in the background; your child might relax by listening to Sharon, Lois & Bram as he plays in the tub.

The child who is encouraged to talk about his problems in a non-threatening environment knows that he is valued and that there are others to help him along. An understanding parent could well be a safety net for life.

Reprinted from Canadian Child Care Federation Resource Sheet, Summer 1998.

Reference - Guy, Kathleen A. (Ed.) (1997). Our Promise to Children. Ottawa: Canadian Institute of Child Health.



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Fundraising News

Thank you Island Farms Dairy! Our participation in the Daisy Dollars program has been renewed until December 31, 2004. Please continue collecting and submitting UPC's from Island Farms Dairy products.

Your support in this program helps fund workshops and provides funds that benefit VICPA Members and Preschools.



A Minute with Marketing

The Island Parent Magazine Education Fair 2002 "Transitions in Education" will be held on Sunday February 17th 11AM - 4PM at the Holiday Inn, Victoria. Encourage friends and family to visit the VICPA Display to learn more about the VICPA philosophy and how to contact a VICPA preschool near them.

February 16th - 23rd has been declared Parent Participation Preschool Week. Open Houses will be held at all VICPA Preschools and we look forward to welcoming new friends through our doors. Contact individual Preschools or the VICPA offices for dates and times of events.

Goldstream Preschool Drop-in

Wednesdays from 12:30 - 2:00pm
\$3.00 per child, (\$1.00 for siblings)
935 Goldstream Avenue
Gordon United Church (basement)

Please bring a healthy snack and a cup for water. No peanut products or sesame seeds please!
Goldstream Preschool is a member of VICPA.



Making Tomorrow Conference

Mark May 4th on your calendars everyone and join us for a great day of fun and learning. Come help celebrate the 25th Anniversary of the Making Tomorrow Conference. There's a great selection of workshops to choose from this year. There will be new workshops as well as many of the wonderful standard ones we've offered in the past. There's something for everyone!

If that's not enough to get you out for a great Saturday, we are delighted to announce that this year's keynote speaker is Mr. Fred Penner. He will starting off our day with his presentation of "Music is the Message", which is based on a simple philosophy; "by making a positive connection with the vulnerable developing child, we can affect positive adult attitudes".

We invite you to come, sing and be part of the moment!

Vancouver Island Cooperative
Preschool Association

In Cooperation with the
School of Child and Youth Care, University of Victoria

Island Parent
MAGAZINE

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Fred Penner's Accommodation provided by



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