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Newsletter of the NONA Child Development Centre

March 2006
Volume 5 , Issue 1



Over the Rainbow

Moving date gets closer every day

Happy spring everyone! It's getting warmer everyday and with the warm weather brings our highly anticipated move into our new building. We have a move date, and it is **May 15th, 2006**.

In order to accommodate the move, we will be closing the Centre from **May 15th to May 19th** inclusive. During that week we will be transferring 30 years worth of paper, equipment and memories – wish us luck! Once we are in and functioning, we will be welcoming our very first appointments to the new building on May 23rd, after the long weekend.

For a short period of time, entrance into the building will be somewhat complicated – stay tuned for more information as we work out the details. We will be sending out a reminder notice of all of this activity in April.

If you have any questions about the upcoming move or changes, please don't hesitate to contact us at 549-1281.



(L to R) Shari Shabits, Lorraine Donald and Helen Armstrong peek out among boxes in anticipation of moving day!

We thank you for your patience and generosity towards us over the last few months. We are all very excited about the new building, and can't wait to welcome all of you later this year.

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Program Updates

Infant Development Program

-Susan Wells & Denise Wright, IDP Consultants

Memories of IDP at “the House”

Our last newsletter from ‘the House’. It’s a shocking thought – there are so many sweet and wonderful memories. And the rooms echo with the vibrancy and colour that our babies and toddlers have brought here.

It was once described as a “colourful and fun oasis tucked in the back pocket of the main building!”

We are taking time to remember:

- ? *The generous donation made by the Kinsmen to help make the purchase of the house possible and the ribbon cutting ceremony with our Pediatrician, Dr. Art Sovereign.*
- ? *The wonderful parents who insisted the house needed brightening up – and they came and applied the clown wallpaper*

and sewed curtains to match.

- ? *Mother Goose groups with the wee babies settling comfortably within the coziness of*

the environment here. Coffee breaks always got longer and longer as parents made new and welcome friendships with each other.

- ? *Babies smiling, babies crying, babies laughing.*

- ? *Babies being babies and stealing our hearts away.*

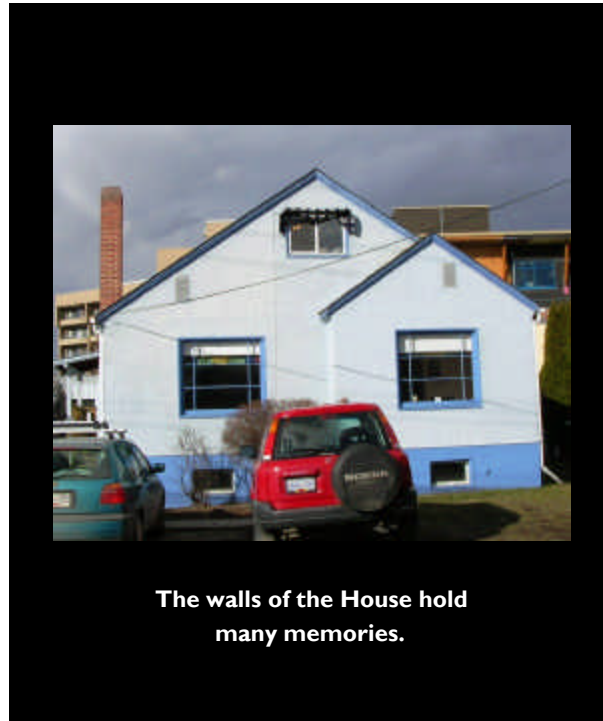
- ? *The clothing exchange – so much generosity*

from so many families.

- ? *Let’s Play groups every Monday morning since the day we moved here.. 2 year olds learning to separate from Mom or Dad, 2 year olds being introduced to their first opportunity to play with peers – sometimes with hitting, sometimes with great joy and exuberance, sometimes with trepidation. We love working and playing with all of the variations of presentation. Just imagine how many toddlers have played here!*

- ? *Toddlers jumping for joy, toddlers crying,*

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The walls of the House hold many memories.

P r o g r a m U p d a t e s

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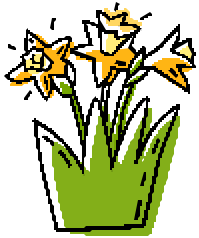
toddlers covered in glue and glitter galore...toddlers painting the walls when we weren't watching close enough, toddlers laughing with glee!

? Crazy days of dressing up for Hallowe'en and Winter Carnival.

? Thursday Connection groups – so much sharing and caring of each other. Families providing support to one another. Families cheering for every child's success. "Yeah!!!" Families feeling a sense of belonging to NONA – a part of a hub of activity and programs that support them and their children. And some families returning after years away from Connections, just to keep in touch with all of us.

P h y s i o - O c c u p a t i o n a l T h e r a p y

-Maureen Thiel, PT/OT, Sally Bassett, PT, Marie Shabits, OT, Diana Marie Gerty, OT



Spring is in the air and outdoor play is calling. Hopefully there is a playground near

you where you and your child can explore and discover new adventures in movement. For children who have

difficulty with movement and balance, Sally and Heather will be starting two "**Motoring with Music**" groups – one for new / insecure walkers and the other for children who can take a bit more challenge. If your child is moving well and you'd like to add a bit of challenge, check out the many gym programs at the Rec Centre (545 – 6035). Not only do they offer programs for a variety of ages from 7 months up, they also have weekly

drop – in sessions that you can pay per visit rather than committing to a full 10 to 12 week session. For children who have difficulty coping in large groups, **Aqua Percept** provides an individualized gym and swim program with one instructor to a maximum of 3 children. Marie and Sally will again be presenting at the instructors training session for this program. Talk to your child's therapist about which program might be a

M u s i c T h e r a p y P r o g r a m

-Heather Todd, MT

If you walk down the hall on a Thursday at NONA, chances are you will hear the sounds of drums, xylophone, and other instruments. It really is a delight to watch children come alive when given the opportunity to express themselves through music. And the best part is that they aren't even aware that we are working on communication goals such as increased eye contact, choice making and following basic directions or motor goals such as using hands together, sitting or kneeling!

Sally and I will be starting Motoring with Music groups on March 24, 2006. They will run until the end of April.

Have You Ever Been Fishing?

Have you even been fishing on a bright and sunny day? (*Pretend to cast fishing rod*)

When all the little fishies are swimmin' up and down the bay? (*Swim with hands*)

With your hands in your pockets & your pockets in your pants (*Put hands in pockets*)

And all the little fishies do the Hootchy Kootchy dance! (*Wiggle hips & do a little dance*)

P r o g r a m U p d a t e s

Supported Child Development Program

-Darlene Wolsey, SCD Manager, Shirley McGee, Laurie Russell, Teresa Deleurme, Lorri Hutchinson, SCD Consultants

The Supported Child Development Program has received additional funding to reduce our waitlist. This will enable us to hire another full time consultant for a period of one year. We hope this will make a significant reduction in our wait list as well as enable us to increase the wages of the SCD assistants working in child care settings.

We continue to provide services to the Okanagan Indian Band. Our consultant, Shirley McGee spends two days a

week working with staff and children who need extra support at the OKIB Child Care Facility.

We are starting the transition process for children born in 2001 who will be entering kindergarten in September.

We have a parent information evening scheduled. In March we will be meeting with Special Services staff to discuss the needs of individual children who are entering school. We will ask for your permission to do this. The kindergarten's are now accepting registration for September and you should register your child at your home school.



Family Support Program

-Lorraine Donald, Family Support Social Worker,

Hi everyone, the new building is approaching completion and the Family Support Program will be moving out of "The House" and into the "New". The program will leave behind many fond memories of Parent Support Group Meetings and Family Events crowded in the brightly coloured and homey environment of "The House". Sounds of laughter and crying filling the rooms and images of children and parents having fun and connecting with each other will be memories I will cherish. However, I will gladly leave behind the memories of my time spend in the Family Support Office in the attic of "The House" during Vernon's seasons of

extreme hot weather; wiping dripping sweat from my face. My new office will be a dream office. I will have a door and air conditioning, what more can I ask for, and families and children can come and visit me any time of the year. Also there will be great meeting rooms for Support Group Meetings, Sibshops and Family Events. Moving day is coming fast!

But regardless of location of the Family Support Program the program is available to families. March 2006 is already here and families will be facing many changes, some very positive and some very scary. Children are transitioning from programs, entering pre-school or day-care programs, and venturing off to Kindergarten classes, etc. Families

are faced with trying to understand and complete forms for funding, day care subsidy, and for benefits, etc. Families are confronted with new programs, new systems, and even new behaviours. If that is not enough, tax time is just around the corner, and the talk about disability tax credits and/or tax exemptions may seem very confusing.

The Family Support Program reminds families that the program is available to provide assistance to families to obtain information and resources, and provide practical and emotional support. Check my web site or just give me a call at 549-1281 ext. 215 or email Family.support@nona-cdc.com.

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P r o g r a m U p d a t e s

Respite Care Program

-Margaret Hudson, Respite Care Coordinator & the Respite Team

Hi from Respite Care!

The NONA Respite Care Program belongs to a Provincial Network of Respite Care and we have been invited to act as an Advisory Committee to the new agency, CLBC. Our annual meeting is coming up in May and we will be meeting with Susan Graham from CLBC.

I have questionnaires from CLBC to distribute to you before then to give feedback. Your comments and suggestions, as families

receiving respite services, are the **most important of all** so I hope to be in touch with you individually and make it as easy as possible for you to participate.

The latest news from MCFD/CLBC is that CLBC is preparing guidelines and standard provincial policies for all respite programs (adult and children). Respite would then be defined provincially, and our services standardized. **So now is the time to give your comments on what is working for you and what would work better.**

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Also, the two Parent Support and Educational Groups (1) for **Parents of Children with Special Needs** and (2) for **Parents with Children with Autism Spectrum Disorders** that meet on a regular basis provide an op-

At this same meeting in May, we will have a CLBC Pilot Update: Kerry Lawson will be our guest, as Manager of the pilot region. She will also address the July 1, 2006 split of children's services between MCFD and CLBC.

If you have any questions about the changes coming up, please give me a call at 549-1281 local 213



Madeline Sepat, Respite Caregiver, enjoys the library with Tayler and his sister, Cierra Walthers.

“How to bring **COMFORT** into your life

C – Challenge unhealthy beliefs and the belief that things cannot change;

O - Open up to others and share their thoughts;

M – Mind how you spend your energy;

F – Foster the art of saying “NO”;

O – Observe yourself, become inner directed;

R – Relax and; and

T – Take charge.”

Quote from Dr. Marla Shapiro from an address at University of Toronto to family doctors in 2004. We hope Respite Care brings **COMFORT** into your lives. Let us know if we can do better.

portunity for parents to learn about services, resources and benefits, and to gain support and information. New members are always welcome! Meeting will continue at “The House” until the middle of May.

P r o g r a m U p d a t e s

Flat Feet-They all start out that way

Many parents worry that their toddler has flat feet. In fact, a true arch doesn't develop until about age 5. At that point, the muscles that pass over the ankle and mid-foot complex are strong enough to support the bones. The mature alignment gives the foot both stability and flexibility. Around the time that the arch develops, there is a noticeable improvement in both balance and running.

Babies come with fat pads that fill in the arch area. When they first start walking, this forms a cushion and protects the joints. It gradually disappears as the muscles become stronger. For most children, no extra support is needed during this time. You can check that the muscles are working effectively by watching your child's foot action. If you pass a toy to the side, just out of reach, you should see the arch on that side draw up as your child shifts her weight. When the weight is re-entered, the arch usually settles back down.

Some children have difficulty getting the muscles synchronized. In that case, you may see the outside of the



foot draw upwards and the toes grip strongly. This action pushes the weight heavily through the bones that should form the arch. This is often the pattern that the therapists try to correct by making custom contoured insoles out of neoprene. Because they are flexible, the insoles encourage active muscle work rather than providing a prop. By supporting the instep in the correct alignment, the muscles are able to work more efficiently. Often providing this gentle support through 2 sizes of shoes is enough to get the feet on the way to developing their own arches.

Some children continue to have difficulty with their feet, especially if the muscles and ligaments are not strong enough to support the bones. If the soft insoles do not provide enough support for the child's feet, we may recommend orthotics. These may be pre-moulded or custom made by an Orthotist and will help to correct the alignment of the child's feet.

If you have concerns about your child's feet, speak to one of the Physio or Occupational Therapists.



Staff taking a tour of the 2nd floor of the new building in February 2006.