

"Believing in Potential"

Delta Association for Child Development

#3 - 3800 - 72nd Street,

Delta, V4K 3N2

(p) 604-946-6622

(f) 604-946-6223

www.deltachilddevelopment.org



HIGHLIGHTS IN THIS ISSUE

Do You Know About Our
Parent Email Network?

2



DACD Profession Day
2007 Family Surveys

3



Parent's Corner

4



DCDC and DSRP
Registration Information
and Dates

5



Teaching Empathy
to Young Children

6



Introducing **Delta Connex** A new program of the **Delta Association** for Child Development

We are pleased to announce that the Delta Association for Child Development has a new program for children with complex developmental behavioural conditions, such as FASD:

WHAT DOES THIS PROGRAM DO?

Connex is a service for parents in the community of Delta. Building on families strengths, key workers offer services such as: community connections, parent/peer support groups, help with forms or visits, integrated case management support including care team meetings, and full behavioural support.

WHO IS ELEGIBLE FOR THIS SERVICE?

Families who have children birth through nineteen who have a diagnosis of FAS, or have Complex Developmental Behavioural Conditions (CDBC). CDBC is describes children or youth who fall within the bottom 5th percent in at least one of the following areas: Development and Learning, Mental Health/ Behaviour, Adaptive and Social skills and Biomarkers.

To request a referral form or obtain more information, please contact Delta Connex program Coordinator: Camille Netherton @ 604.946.6622 ext. 302 or email @ camillen@deltachilddevelopment.org.

Fall Newsletter
2007

Delta Association for Child Development

Do You Know About Our Parent Email Network?

After surveying families DACD has revamped our Parent Network. We have made some exciting improvements to our already popular Electronic Parent Email Network.

This weekly email information service now provides up to date information for families of children with special needs of all ages on topics like:

- Autism research and developments
- ADHD
- Community Living BC and the Ministry for Children and Family Development Initiatives and updates
- DACD events and activities
- Provincial and local Education Initiatives
- Medical developments and new Research findings
- Policy and Legal issues and updates
- Upcoming training and educational opportunities and
- Seasonal activities or events

There is also a section where parents can connect with other parents, post questions and request help and advice for specific issues.

If you would like to receive a copy or want to find out more about the weekly email newsletter please contact: Si Stainton at sistainton@dccnet.com

***This is winter's
wheat we're sowing
and other hands
will harvest***

***Elizabeth Cady
Stanton***



Watch for our Annual Calendar of Workshops and Networking Opportunities

Our family survey revealed that networking is important to parents. However, education scored the highest in terms of parents' priorities regarding how they spend their time. Based on this feedback DACD will be combining networking opportunities with family workshops in the near future.

Watch for our annual calendar of workshops in the spring. These workshops and networking opportunities will be targeted to meet the variety of needs of families with special needs children of all ages. DACD's Annual Calendar of Events will provide information sessions to assist families with common issues like:

- Transitions to Elementary and High school
- Planning for Adulthood,
- Developing Advocacy skills,
- Understanding Sexuality
- Promoting Positive Behaviours
- Encouraging Social Skill Development and Making Friends and
- Financial planning

DACD Staff Professional Day

Recently, the entire staff of the Delta Association for Child Development had the opportunity to gather for a professional day. A staff committee, who based their planning on feedback from last year's professional day, organized the event and from the evaluation forms it appears that the majority of staff found this day informative, inspirational and a benefit to enhancing their personal capacity.

Our day began with a keynote address from a young man with Asperger's Syndrome, Myles McKee. A brave, honest address about the pros and cons of intervention and how Asperger's has impacted his life (with additions from his mom, Anita), proved to be the highlight for many of our staff and an inspiration for our afternoon speaker, Keith Pattinson, as well. Just before lunch and for the remainder of the afternoon we focused on asset building. While it might sound like we were gleaning information about our finances, we were actually learning how to enhance developmental assets in children. In previous newsletters we have focused in on the developmental assets and we plan to make it a regular feature in up coming newsletters as well. Please look for a list of the 40 developmental assets, listed on the newsletter insert.

To sum up the day, here is a quote from one of our EIBI staff:

"Thank you for this educational opportunity. It helps you become more motivated to try new things and work that much harder in the jobs we do."

2007 Family Satisfaction Survey

Look for your 2007 Family Satisfaction Survey with this Newsletter!! To ensure that we are meeting your needs, we conduct the Satisfaction Survey once a year to have your feedback. Your input will assist us in modifying our programs and/or maintaining them in their current form.

Please answer the questions on the survey and return it using the enclosed envelope. It will be returned to DACD's Executive Director, not to your staff person or program, to ensure confidentiality.

Like last year, we are offering some prizes to thank you for taking the time to fill out the survey. A draw will be held in late March. Your name will be entered into the draw if you write your name on the envelope. Please see the Survey introduction letter for more details.

Fundraising...

- Thank you to the many families and staff who participated in our Purdy's and Usborne Books fundraisers. We raised over \$1,200!
- Thank you to the many families who provided donations for gift hampers. Your generosity and support is exemplary.
- Tsawwassen Safeway has chosen DACD as their charity for this year's Because We Care Campaign. Look for the large sign at Safeway and watch the donations grow. You can help by telling the cashier you would like to round up your bill to nearest dollar for DACD or by volunteering at our next Safeway event. Just contact Sybille at 604-946-6622; ext. 338 and let her know how you can help.
- Our Gift of Speech campaign has been in full swing over the Holiday Season but we still require \$1,500 to reach our goal of \$19,000.



Parent's Corner....Motivating Teens

As a platform for parents to voice their questions and concerns we are featuring our "Parent's Corner" section in this newsletter. As parents, we all have similar issues and great ideas. If you have questions or suggestions please forward them to Camille at camillen@deltachilddevelopment.org. We will only use your first name or even change your name if you like. Remember, if you have the question it's likely that 50 other people are wondering about the same thing and if you have an answer, we'd definitely like to hear from you!

Question:

My husband and I spend most of our time arguing with our teens about getting out of bed on time, doing homework and turning off the TV. They are often tired (and starving) when they get home from school and getting them motivated is extremely difficult. Any suggestions or ideas?

Answer:

Many years ago my answer to teen motivation might have been: set up a job chart and give them a reward for keeping up their end of the bargain, then I read, "Hold on to your kids" by Dr. Gordon Neufeld and attended his three day workshop which completely changed my views on parenting and on life. My new ideas might be a little more complex but in the end they are really the most simple and make profound sense. They will achieve the lasting results we all want as parents.

As Dr. Neufeld points out, adolescence is really a transition time between childhood and adulthood, a process rather than a stage of development. It is a time of growing into maturity.

While our teen will naturally move away from their attachment to us, during this time, they will still yearn for that connection to us and we must become their cheerleader, their coach. We must move from a teaching role to a consultive one. We need to encourage them to think for themselves, value their emerging ideas, and encourage self-confidence.

We will have to let them make their own mistakes and remember not to nag them. They will openly seek us out if we establish a pattern of cooperation instead of power struggles. Remember this is a time of transition, so teens are vulnerable and will

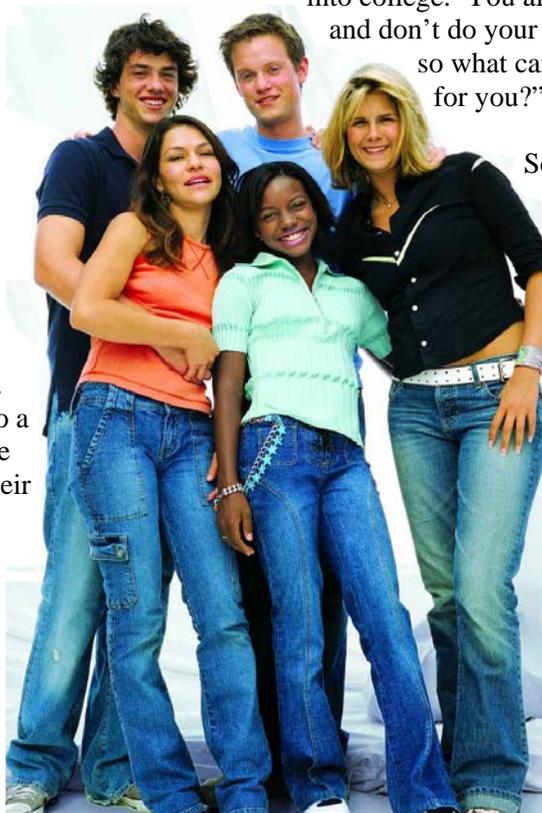
need us to model grace. (Some teens will even seek out transitional objects again like teddy bears) Give them your love, your time (when they want it), do not fill the void by giving them things. Practice saying, "I love you and the answer is no."

Teens will need real role models too; people representing the ideals of whom we want our children to become. If we don't provide appropriate adult models, teens will almost always fill the attachment gap with their peers. Even the most mature friend cannot have the perspective of an adult and therefore cannot be the best guide.

So the answer to your question about motivating teens is: Get them involved in the solution. Call a family meeting and state the facts, "We love you so much and we understand that you are tired and don't feel like getting out of bed or doing your homework. We know that one of your goals is to graduate from high school with grades to get into college. You already know, if you are late for class and don't do your homework, your grades will suffer, so what can we do to make this process easier for you?"

See what they come up with. Sometimes their creativity will astound you. Remember they are still quite idealistic in their thinking and think that if they can imagine it then it must be possible to get it done. Honouring this idealistic thinking can be quite motivating. Imposing our frame of reference will only increase their defences. If you can give them room for self-discovery and champion their efforts, they will once again be open to an outside reference.

For example: Your teen says they think a schedule might be helpful, it keeps them on track at school and if they could create their own one at home it might help them stay on track with homework.



You say: This is a great idea! I knew you'd think of something. You know, I've noticed you're really hungry when you come home. Maybe your schedule could start with a snack and then move in half hour intervals to keep you going strong.

They might say: Yeah a snack's a good idea but I'm too tired when I get home to make one.

RESIST THE URGE TO SOLVE THE PROBLEM. Instead reflect it back to them. "I wonder what a good solution to that problem might be?"

They might suggest they make a snack ahead of time and put it in the fridge. This is where you can slide in a compliment and supreme attachment and say, "That's a great idea! Or, you know, I always loved making you special snacks. I'd sure get a kick out of surprising you with something in the fridge each day."

Think of what a great connection something like that could be! You could put little post it reminders on their "snack bowl" like "I love you, see you at 6" or "Did you see that play today? I'd love to hear about it later" or "Remember you can call me at work if you need to chat". Kind, caring connections that your teen will likely roll their eyes at but secretly love.

So in conclusion, remember this is a time of transition; it is natural for your teen to be listening to you less and to themselves more. Be loving and understanding; to help someone do better they must first feel better about themselves. Encourage role models that best emulate your goals for your teen, get them involved in solving their problems, be their champion and relax, it only lasts 6 or 7 years!

For more information about Gordon Neufeld books or workshops go to: www.gordonneufeld.com

Volunteers Needed...

*Are you looking for a way to contribute to DACD?
Volunteers are needed to help out at fundraising events, please contact Sybille:
(604) 946-6622 ext. 338
sybillej@deltachilddevelopment.org
or visit our website:
www.deltachilddevelopment.org
and click on the **Volunteer Link**
for more information!*

Preschool Registration at DSRP: Delta School Readiness Program



For family, friends and neighbors of the families currently attending the preschool, Delta School Readiness Program Preschool registration for the year of September 2007 to June 2008 begins Monday January 29th, 2007 for families who are currently attending DSRP.

Brochures and registration forms will be available at the preschool on Monday, January 29th. Spaces are based on a first come/first serve basis.

For the general public: March 26th, DSRP registration will open the community, Spaces will be available on a first come/first serve basis.

Preschool Registration at DCDC: Delta Child Development Centre

DCDC In House registration begins Monday, February 19 at 8:00 a.m. - this is for any current children who will be returning and their age eligible siblings.

DCDC Waitlist registration begins Monday, March 5 at 8:00 a.m. - this is for any children who have been on the waitlist for a space for this current school year but were unable to be accommodated.

DCDC Community registration begins Monday, March 26 at 8:00 a.m. - this is for any children who will be new to the preschool in the 2007-2008 school year (even if they have had siblings attend in the past).

Registration will take place in person on the above dates but eligible families for each of these registrations may register by mail after these dates.

2007 - 2008 Preschool Fees will be as follows:
2 half days/week \$100.00/month
3 half days/week \$135.00/month
5 half days/week \$210.00/month

Teaching Empathy to Young Children

(Partially reprinted with permission, from the Westcoast Child Care Resource Centre)

Empathy means coming to know, to value and to respect another person from that person's frame of reference, "seeing it their way, through their eyes" *without necessarily agreeing or disagreeing with what they are saying*. (Joe Whittimer, Valuing Diversity and Similarity, 1992). Empathy involves the ability to understand, and appropriately respond to the perspective and feelings of others. Teaching skills that link these abilities to specific behaviours can promote pro-social behaviours in young children. An educator, Daniel Goleman, made the prediction,

"Empathy, the ability to share in another's emotions or feelings, will become the focus of intense scientific study in the 1990's because it is among the most desirable of personality traits, the bedrock of both a sense of justice and of concern for the welfare of others." Since then, many programs based on empathy and social and emotional literacy have evolved.

Seeds of Empathy, which has received a grant from MCFD, is a new pilot project being introduced in five preschools and five Aboriginal Head

Starts in BC. It sprung from the success of Roots of Empathy, a school based parent and baby program now implemented in many schools across Canada. (for information on Mary Gordon's new book visit www.rootsofempathy.org)

Here in Delta, the "Roots Of Empathy Program" is being piloted at one elementary school. There is much interest in bringing it, and the pre-school version "Seeds of Empathy" to as many locations as possible once training and funding is in place.

MedicAlert Bracelets to be Free for Children

Elementary school students with serious medical conditions such as asthma, diabetes or severe allergies will have access to a free alert bracelet under a national program launched on Monday (Dec 06)

Called "No Child Without," the new program run by the Canadian MedicAlert Foundation waives the fees normally associated with subscribing to the service and buying the special bracelet or necklet. Normally, it costs a minimum \$50 to sign up for the MedicAlert service and \$39 a year to renew, while the customized bracelets or necklets cost at least \$35.

With MedicAlert, people with potentially dangerous medical conditions provide relevant information to a central registry. Members wear a readily identifiable bracelet or medallion that is engraved with that information along with an ID number and a 24-hour emergency hotline number. In the event the person is incapacitated, such as when a bee sting or exposure to peanuts leads to shock or unconsciousness, a caregiver can call the hotline for the details on the condition or required treatment.

"Children with medical conditions are at risk whenever they leave their home," Kabat noted. A pilot program launched in January is in place in 60 schools in five provinces — Alberta, Manitoba, Nova Scotia, Ontario and Saskatchewan. However, the Toronto-based organization said more than 400 schools have indicated they want to join. The aim is to reach to all 10,000 elementary schools in Canada over the next five years.

MedicAlerts can be invaluable when people with medical conditions are in car crashes. Also, allergic reactions or asthma can be life-threatening if not treated promptly or are misdiagnosed. "Precious time is too often lost tracking down vital medical information," said Dr. Bruce Minnes, associate director of pediatric emergency medicine at the Hospital for Sick Children. MedicAlert is a registered charity with more than one million Canadian members. It has operated for more than 45 years. Parents interested in the program can obtain more information from the foundation's website, www.medicalert.ca and can contact their school principal to urge participation.



Mark your calendars...

February 22 10:00 - 11:30 am	Family Life Workshop: Laying a Foundation for Positive Self Esteem <i>Presented by: Yvonne McKenna, IDP Consultant</i> <i>Registration contact: Cathy 946-6622 ext 337</i>	Delta Association for Child Development #3-3800 72nd Street Delta, BC
March 29 10:00 - 11:30 am	Basic Toilet Training <i>Presented by: Yvonne McKenna, IDP Consultant</i> <i>Registration contact: Cathy 946-6622 ext 337</i>	Delta Association for Child Development #3-3800 72nd Street Delta, BC
April 11 and 18 9:30 - 1:30 pm	Positive Parenting <i>Presented by: Camille Netherton and Pam Collins</i> <i>Registration contact: Elysa 946-6622 ext 312 or</i> <i>elysap@deltachilddevelopment.org</i> <i>NOTE: please bring your nut-free lunch & childcare is provided</i>	Delta Association for Child Development #3-3800 72nd Street Delta, BC
March 27 and 28 8:30 - 3:30 pm	Non-Violent Crisis Intervention <i>Presented by: Sue Iseli</i> <i>Registration contact: via email: siseli@shaw.ca,</i> <i>subject title "Non-Violent Crisis"</i>	Delta Association for Child Development #3-3800 72nd Street Delta, BC
March 1-4	Autism Biennial Conference <i>For more info and to register contact:</i> <i>www.autismvancouver2007.com or fax: 1-780-452-1098</i> <i>or mail: Autism Today, 2016 Sherwood Dr Suite 3</i> <i>Sherwood Park, Alberta T8A 3X3</i>	Hyatt Regency, Vancouver

Other Agency workshops of interest to parents...

April 19 9:00 - 4:00 pm	The Explosive Child <i>Presented by: Dr. Ross Greene</i> <i>Registration: Jack Hirose 1-800-456-5424</i> <i>or email: registration@jackhirose.com</i> <i>www.jackhirose.com</i>	Norman Rothstein Theatre, Jewish Community Centre 950 West 41st Street Vancouver, BC
March 6 7:00 - 9:00 pm	An Invitation to Community Leaders: A forum with Derek Peterson <i>Derek will focus on real life, hands on examples of how people can integrate this asset-based youth development approach into their families, neighborhoods and communities</i>	Richmond Hospital Auditorium 7000 Westminster Hwy Richmond, BC
May 9, 10 and 11 9:00 - 4:00 pm	Working with Aggressive Children <i>Presented by: Dr. Gordon Neufeld</i> <i>Registration: Jack Hirose 1-800-456-5424</i> <i>or email: registration@jackhirose.com</i> <i>www.jackhirose.com</i>	Alice McKay Room, Library Square (VPL) 350 West George Street Vancouver, BC
May 14 and 15 9:00 - 4:00 pm	Making Sense of Adolescence <i>Presented by: Dr. Gordon Neufeld</i> <i>Registration: Jack Hirose 1-800-456-5424</i> <i>or email: registration@jackhirose.com</i> <i>www.jackhirose.com</i>	Freemason's Hall 1495 West 8th Avenue (east of Granville St)
May 18 and 19	Social Success and Autism Spectrum Disorders <i>Presented by: Carol Grey</i> <i>Registration: ACTBC 604-205-5467 or www.actcommunity.net</i>	Fletcher Challenge Theatre, Harbour Centre Campus SFU 515 West Hastings, Vancouver, BC

Gift of Speech

Imagine life without words!

The **Delta Association for Child Development** has a big goal this year, one that could impact the life of many children and their families.

With a waiting list of about 30 children to receive specialized speech therapy, DACD's fundraising goal is to raise \$19,000 to remove 8 children from that list. We have had great success so far but we still need \$1,500!

With your generous donation, together we can change a child's life forever... give children in Delta the Gift of Speech!



This is Gus, a beautiful boy with a global developmental delay. Gus has been receiving therapy since the age of two. Thanks to specialized treatment, Gus can now say "thank you"!

WHY IS SPEECH THERAPY SO IMPORTANT?

In most families, speech is taken for granted. A child learns quickly how to communicate with their parents and not a lot of thought or effort is put into this exercise. It comes naturally. But what if it doesn't happen?

There are many families that quickly realize what seemed to happen naturally with other children becomes a difficult and frustrating process. They do not know how to reach, understand or help their child because the traditional way of communication – words – is not working.

DACD's specialized therapists work one-on-one with children with speech delays to teach through toys, games and sign language how to start the process of communication. The parents and extended family also learn how to support and encourage their children at home and each sound achieved is cause for celebration.

Early intervention is critical for future and enhanced success for the children. The earlier children start learning the tools for speaking and communicating, the easier it becomes when they start school. Because of how quickly children learn, it is ideal to start the process as soon as the parent realizes their child has not reached their learning milestones. It becomes more challenging when a child is already four years old and has to wait for a year for speech therapy; her chance of making the most of her treatment is greatly diminished.

HELP US!

The Delta Association for Child Development accepts cheques, credit cards and online donations. For information visit the website at www.deltachilddevelopment.org or call 604-946-6622 ext 338. Donations can be given in honour of or in memory of someone special in the family.

DONATE TODAY!

YES! I will give to the Gift of Speech

Here is my gift of:

- \$45 for 1 week of therapy \$90 for 2 weeks of therapy
 \$180 for 1 month of therapy \$360 for two months of therapy
 \$450 for 10 sessions of therapy Other \$ _____

Please charge my gift to my credit card (see back of form).

I would like to Give the *Gift of Speech* to a Delta Child all year round.

I am enclosing 12 post dated cheques in the amount of \$ _____.

Credit Card: _____ Exp. _____

Signature: _____

Please make your cheque payable to:

Delta Association for Child Development



**Delta Association for
Child Development**

#3 - 3800 72nd Street
Delta, BC V4K 3N2 604-946-6622
www.deltachilddevelopment.org

"Believing in Potential"

since 1959

You will receive a charitable tax receipt for the full amount of your donation and an honorary membership in the Delta Association for Child Development. Your personal information will not be shared with other organizations.