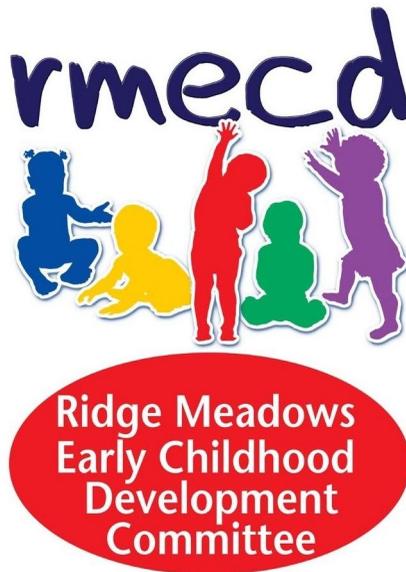


Children First

A guide to programs and resources for families
with children from birth to 6 and for expectant parents
in Maple Ridge, Pitt Meadows and Katzie First Nation



Presented by the Ridge Meadows
Early Childhood Development Committee

www.ridgemeanowsecd.ca

Our community puts Children First

Here's a few reasons why...

Children First is an initiative of BC's early childhood development strategy and is committed to an integrated system of service and supports for young children and families in our community. Locally, this initiative has been spearheaded for several years by a dedicated group of service providers, educators, and parents on the Early Childhood Development Committee (RMECDC), a subcommittee of the Maple Ridge, Pitt Meadows, Katzie Community Network.

Our Mission:

The Ridge Meadows Early Childhood Development Committee promotes and supports community engagement in improving the health and well-being of all children (pre-natal to age 6) and advocates on behalf of all children and families in Maple Ridge, Pitt Meadows and Katzie First Nation

Our Vision:

We envision a future where the community:

- * Promotes and respects diversity and the equal rights of all children
- * Shares responsibility for supporting and investing in the future of all young children and their families through an integrated and collaborative system
- * Ensures that all parents/caregivers/families of young children have access to the necessary supports, resources, skills, information and services to meet the physical, social, emotional and cognitive needs of their children.

Guiding Principles:

In our interactions with each other and the community we will share responsibility and will be inclusive, respectful, creative, family centered, community driven and collaborative.



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For the most recent information, please check out

www.ridgemeanowsecd.ca

or contact us with your ideas and suggestions at
info@ridgemeanowsecd.ca

For other family services in our community, ask one of the agencies listed in this directory or call an information and referral specialist at (604) 875-6381

**The Ridge Meadows Children First Initiative
is funded by the Ministry of Children and Family Development
and the United Way of the Lower Mainland**

How do you find us....

Agencies that serve children 0-6 and their families

Cythera Transition House Society 22318 McIntosh Ave. M.R.	604 467-9939 www.cythera.ca
Friends in Need Foodbank #8-22726 Dewdney Trunk Rd. M.R.	604 466-3663 www.friendsneedfood.com
Public Health Nurse/Fraser Health 400-22470 Dewdney Trunk Rd. M.R.	604 476-7000
Katzie First Nation Health Centre 19700 Salish Rd. P.M.	604 465-8921
Ministry of Children and Family Development	604 466-7300
Ridge Meadows Child Development Centre 22610 Dewdney Trunk Rd. M.R.	604 463-0881 www.rmcdc.com
Ridge Meadows Assoc. for Community Living 11641 224th St. M.R.	604 467-8700
Family Education and Support Centre 22554 Lougheed Hwy. M.R.	604 467-6055 www.familyed.bc.ca
Westcoast Family Centres Society	www.westcoastfamily.org
Immigrant Settlement Services of BC #320 - 22470 Dewdney Trunk Road M.R.	778 284-7026



School District #42 22225 Brown Ave, M.R.	604 463-4200 www.sd42.ca
Asante Centre #103 - 22356 McIntosh M.R.	604 467-7101 www.asantecentre.org
Maple Ridge/Pitt Meadows Community Services 11907 228th St. M.R.	604 467-6911 www.comservice.bc.ca
Childcare Resource and Referral program Unit B 20758 Lougheed Hwy. M.R.	604 467-2273 www.ccr.bc.ca
Maple Ridge - Pitt Meadows Parks & Leisure Services 11925 Haney Place, M.R. 12027 Harris Rd. P.M.	604 465-2470 www.recreg4u.ca
Maple Ridge Pitt Meadows Arts Council 11944 Haney Place M.R.	604 476-2787 www.theactmapleridge.org
Maple Ridge Public Library 130-22470 Dewdney Tr. Rd, M.R.	604 467-7417
Pitt Meadows Public Library #200 - 12099 Harris Rd, P.M.	604 465-4113
ACT 2 Clinical Counselling	604 463-0965
Ridge Meadows Maternity Clinic 20580 Lougheed Hwy	604 460-4444 (fax) 604 460-0044
Transitions Midwifery 22378 Lougheed Hwy. M.R.	604 466-5541

www.ridgemeanowsecd.ca



Promoting Healthy Pregnancy, Birth & Infancy

RIDGE MEADOWS MATERNITY CLINIC

Prenatal care is provided to expectant mothers who either do not have a general practitioner or whose G.P. no longer provides maternity care. Accessible through self-referral or physician referral. Clinic address is 20580 Lougheed Hwy. Phone: (604) 460-4444 Fax: (604) 460-0044



TRANSITIONS MIDWIFERY

Prenatal, birth and postpartum care for women from the beginning of pregnancy until 8-10 weeks postpartum. We attend births at Ridge Meadows Hospital, Royal Columbian Hospital and at home. Midwifery care is covered by MSP and is based on an informed choice model. Office address is 22378 Lougheed Hwy in Maple Ridge. Call: (604) 466-5541.

HEALTHY BABIES PROGRAM

A community program supporting pregnant women and new mothers (with babies up to 6 months old) who need extra help and support and who have limited financial resources. The program offers collective cooking and a meal, as well as socializing and information on a variety of topics relating to healthy pregnancy, lifestyle, nutrition and baby care. Maple Ridge site: Mondays 11:30-2:00 - Hive Neighbourhood Centre at Eric Langton Elementary School, 12138 Edge Street, Maple Ridge (604) 777-8718.

NURSE-FAMILY PARTNERSHIP PROGRAM (NFP)

Public health nurses work with young mothers and their families to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of the family. The program, targeted to young, first-time, low-income mothers, involves regular home-visits by a public health nurse beginning from 16 to 28 weeks of pregnancy through to the child's second birthday. Visits are based on building trusting relationships with families. Call Maple Ridge Health Unit at (604) 476-7000 to register.

THE FRASER HEALTH BEST BEGINNINGS PROGRAM

The Maple Ridge Health Unit provides public health perinatal and early childhood services for pregnant and postpartum women, children to two years of age and their families. Phone: (604) 476-7000.

PRENATAL SERVICES (604) 476-7000

Prenatal Registration All pregnant women are encouraged to complete a brief registration form early in pregnancy. The form can be obtained at the health unit, doctors and midwife offices, hospital pre-admission clinics, hospital tours, and community pregnancy outreach programs. Forms can be dropped off or faxed to the health unit. Public health nurses review the completed forms to identify those women who would benefit from enhanced services that focus on tobacco use, perinatal depression or social factors that may impact prenatal and infant health.

Free Prenatal Classes for women who are alone, young, have financial concerns, or need extra support. Public health nurses provide educational sessions to expectant mothers and their partners. These sessions provide an opportunity to develop an ongoing network for support and to share ideas, information and experiences. Teaching is adapted to suit the learning needs of the expectant mother and her partner. Pregnancy & parenting information is available in Punjabi and Cantonese.

BREASTFEEDING SUPPORT SERVICES

Public health nurses (PHNs) offer 7 days a week telephone and clinic-based infant feeding assessment and breastfeeding support. (604) 476-7000

Free Prenatal Breastfeeding Class

focuses on breastfeeding basics and early success with breastfeeding. Classes are offered from 6 p.m. to 8 p.m. on the 2nd Tuesday of every month.

Breastfeeding Drop-in - A PHN will be available to offer support for breastfeeding mothers in an informal group setting. This drop-in is held on Tuesdays 1:30 p.m. - 3 p.m. in the 'Story Room' at the Maple Ridge Library.



Breastfeeding Clinics - PHNs provide clinics at the Health Unit or will arrange in-home visits where needed for mothers who have special breastfeeding concerns.

Buddy Up for Breastfeeding - PHNs train experienced breast-feeding volunteer mothers to mentor and support new mothers who may be experiencing breastfeeding challenges.



POSTPARTUM SERVICES (604) 476-7000

Postpartum services are provided universally to mothers, newborns and their family during the early postpartum (birth to six weeks).

Postpartum Assessment - All new mothers are contacted by a public health nurse (PHN) for a telephone health assessment within 24 to 48 hours of hospital discharge. Office or home-based visits may be offered depending on the results of this initial assessment. During week days, PHNs are available at the health unit to provide infant feeding assessments and breastfeeding support, and to weigh and assess newborns, provide parent education and make referrals as indicated.

At 6 to 8 weeks after the birth, PHNs will make a follow-up phone call to all new mothers to give a simple test to determine her emotional well-being and answer any questions she might have regarding herself or her infant.

Baby Talk Drop-in - Weekly sessions facilitated by a public health nurse that provide new moms an opportunity to connect with other moms of children up to one year old. Various topics are covered and may include guest speakers. Schedules are available at Maple Ridge Health Unit. Time 1-3 p.m. Mondays.



Newborn Hearing Screening - Most newborns' hearing will be tested before a mom and baby are discharged from the hospital. However, those babies who have not been screened or who need a repeat screening will be contacted by our audiology services to book an early hearing screening appointment.

Child Health Clinic/ Immunization Clinic - Provincially funded basic immunizations are offered for children up to the age of five. Public health nurses will answer questions, provide referrals and education to parents and, if needed, will consult with other members of the health care team and community agencies to attend to their concerns. As there is a wait list for appointments, new parents should book first immunization visits shortly after the baby is born.

FUTURE STEPS

A program for pregnant or parenting teens who wish to complete secondary education in a supportive, flexible environment. Students have a choice of enrolling in regular classes or choosing self-paced courses, depending on their educational background and career goals. Includes group activities with other teen parents. The program is located at Maple Ridge Secondary School. Daycare is provided in a fully licensed facility located on the school-grounds. Future Steps is a joint program of SD 42, MCFD and the YMCA. For additional information contact: (778) 833-1829 (Youth Care Worker), or (604) 463-4175 (MRSS), or (604) 463-0863 (YMCA Daycare).



TINY BUNDLES (FRIENDS IN NEED FOODBANK PROGRAM)

Available to women during pregnancy and for the first year after giving birth. Phone (604) 466-3663 for details and registration information.

POSTPARTUM DEPRESSION SUPPORT GROUP see page 21



Strengthening Early Childhood Development, Care and Learning

FREE FLUORIDE VARNISH PROGRAM

A free fluoride varnish program is offered to families with children 4 years and younger who are at risk for tooth decay and not able to access regular preventive dental care. Phone: (604) 476-7000

DENTAL HEALTH EDUCATION

Group education within existing community groups about children's dental health. The sessions are for parents of young children and stress the importance of beginning dental care early. Parents learn how to prevent dental disease and can obtain information on dental treatment resources. Phone: (604) 476-7000

ANISHNAABE PLACE

Anishnaabe Program and Services are offered in partnership with Katzie First Nation, and include parenting, youth and family support, and traditional celebrations. This program provides strength-based support through information, referral services, informal education in traditional teaching and a strong cultural environment. Maple Ridge/Pitt Meadows Community Services runs this program with funding from the Ministry of Children and Family Development. Phone: (604) 467-6911.

CHILD CARE RESOURCE & REFERRAL PROGRAM

A program of Maple Ridge/Pitt Meadows Community Services that assists parents seeking local child care or preschool. CCRR also offers support services to child care providers including training, newsletters, lending library, and consultation.

Referrals are offered FREE of charge and are to child care providers who have met the program eligibility criteria for membership. Phone: (604) 467-2273. www.ccrr.bc.ca.



DADDY AND ME

An opportunity for dads to enjoy a positive one-on-one time with their children under six.

Designed to encourage the participation and interaction between dad and child. Dads get to have fun making crafts, painting and participating in activities with their child/ren. A light meal will be served each evening.



Phone (604) 466-8484 or (604) 467-2273, ext.

122 for more information and program dates. A program funded by School District 42 through the Ridge Meadows ECD planning table.

MAPLE RIDGE - PITT MEADOWS PARKS & LEISURE SERVICES

Children's Services provides a safe, healthy and inclusive environment for children aged 0-12 years and their families to participate in leisure and recreational activities. The programs build on a child's capacity to learn, play and be active. Drop-in programs include 'Parent & Children Playtime' for children ages 0-5 years: Mon, Wed, & Fri from 9:30-11:30 a.m. in the Maple Ridge Leisure Centre Gymnasium; and Mon & Wed from 10-11:30 a.m. in the Pitt Meadows Family Recreation Centre Gymnasium.

For more information on this or other Children's Services programs, call (604) 466-4339 or follow the links at www.recreg4u.ca.

ART AND MUSIC PROGRAMS

The Maple Ridge Pitt Meadows Arts Council offers visual arts, performing arts, and music programs for young children 1 to 6 years and their caregivers. Please call (604) 476-2787 for information or go to www.theactmapleridge.org/programs or to www.mapleridge.ca and follow the links to the most current arts and recreation guide.

FAMILY PLACE

A program of Maple Ridge/Pitt Meadows Community Services that offers parent and tot programs for families with children under the age of six. Programs offer an opportunity for children to play and for parents to have educational sessions, along with the opportunity for families to network and build relationships in their community. 22359 119th Avenue, Maple Ridge. (604) 466-8484 or (604) 467-2273 ext. 122. www.comservice.bc.ca

STRONGSTART

StrongStart is a free program for children from birth to five years and their parent/grandparents. Focus is on activities that children and adults share to encourage literacy, bonding, learning about the community and developing social relationships. Offered at 8 elementary schools: Blue Mountain (604) 463-6414; Davie Jones (604) 465-9908; Eric Langton (604) 463-3810; Fairview (604) 465-9331; Glenwood (604) 463-6512; Hammond (604) 460-1136; Harry Hooge (604) 463-0866; and Highland Park (604) 465-6737. For program times, please contact the school directly.

YOU MAKE THE DIFFERENCE

A program to support parents of typically developing children, birth to 5 years, who would like to learn more about nurturing and enriching their child's early language, social and literacy development during positive everyday interactions. It can also provide support to vulnerable families whose children's learning may be at risk due to environmental and / or societal challenges. You Make the Difference can help parents who have limited communication skills or who may feel isolated and lacking in social networks to connect with other families and resources in their community. A Family Education and Support Centre free program that is offered two to three times per year. Registration required. (604) 467-6055



INFANT DEVELOPMENT PROGRAM/

ABORIGINAL INFANT DEVELOPMENT PROGRAM (I DP, AI DP)

Ridge Meadows Association for Community Living offers two home-based programs to assist families in encouraging their infant or child's development. The programs serve families who have an infant or toddler from birth to three years of age who is at risk of or has a developmental delay. A weekly playgroup and a resource loan cupboard that includes adaptive toys and equipment are available at no charge. Open referrals. Contact I DP: Wendy Blaine at (604) 466-0787; AI DP: Joy Hall at (604) 466-0487



SUPPORTED CHILD DEVELOPMENT/ ABORIGINAL SUPPORTED CHILD DEVELOPMENT

ASCD and SCD are programs for children who need extra support to be included in their neighbourhood child care or preschool setting. Consultants provide support and assistance to families and also support child care programs with strategies for inclusion. Both consultation and direct staffing may be available. Opportunities for training and workshops on a range of topics are available through SCD/ASCD. The Aboriginal Supported Child Development Program is available for families living on or off reserve. Contact SCD/ASCD: Shawna Calhoun at (604) 466-8761



ASCD sponsors a playgroup in the Katzie Community on a weekly basis. Funded by the Ministry of Children and Family Development.

SPEECH/ LANGUAGE AND AUDIOLOGY SERVICES

The Public Health Unit has speech and language services for children to 5 years of age. Audiology services are available for children birth - 19 years of age. Call 604 476-7000 for more information.

EARLY INTERVENTION PROGRAM

The Ridge Meadows Child Development Centre provides assessment and intervention for children from birth to school age in the following areas:

Speech and Language - Speech and language pathologists assess communication skills and provide intervention where needed.

Physiotherapy - Physiotherapists assess the motor ability of children including what movements a child can and cannot do; posture and balance; and whether the child can carry out age-appropriate motor activities.

Occupational Therapy - Occupational therapy services offered to children and their families address developmental concerns in areas of self-care, play, fine motor, sensory and visual perception/visual motor integration.

Contact the Child Development Centre at (604) 463-0881



THE FRIENDS IN NEED FOOD BANK

The Food Bank provides monthly food hampers, according to a designated pick-up date, for families on a pre-registered basis. Families can also pick up additional extras, and parents can pick up school snack items on a weekly basis. Baby supplies such as diapers, formula and jarred food are also available to registered clients. Children have access to free books to take home through a program supported by Black Bond Books.

Two depots support the communities of Maple Ridge and Pitt Meadows:

8-22726 Dewdney Trunk Road, Maple Ridge – 8:30 – 12:30 Tuesday to Friday (604) 466-3663.

12240 Harris Road, Pitt Meadows (Located in Grace Community Church)
8:30 – 12:30pm, Tuesdays and Wednesdays (604) 460-4619.



COMMUNITY KITCHENS

A program that provides the opportunity for people throughout the Maple Ridge, Pitt Meadows and Katzie communities to come together and to plan and prepare low cost and nutritious food for their families. Community Kitchens take place once per month at a variety of locations:

Fraserwood Housing - 3rd Tuesday morning

Pitt Meadows Heritage Hall - 3rd Thursday morning

Anishnaabe Place - 2nd Monday evening (only available to families taking part in Anishnaabe programs)

The HIVE - 4th Monday afternoon

For Grandmothers: 3 Seniors Community Kitchens - phone for details

For information about any of the Community Kitchens, contact Candace at (604) 466-0847

Encouraging Reading/Literacy

'SCHOOL'S COOL' KINDERGARTEN READINESS PROGRAM

A school readiness program for 3 to 5 year olds which helps children to become excited about learning and builds confidence. A positive learning environment, it also helps children and parents to get a sense of what a Kindergarten routine will be like. Primarily for children who have had no previous preschool experience. Call the Family Education and Support Centre at (604) 467-6055 or Child Care Resource and Referral at (604) 467-2273

H.I.P.P.Y. - HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS

An exciting program where specially trained home visitors help parents give school readiness skills to 3, 4 and 5 year old children. For families living at Katzie. Contact the Katzie Health Office to speak with Laura Pilloud (604) 465-8921 ext 26 or laura.katziehealth@telus.net

PEEK-A-BOOK

A Maple Ridge Public Library program that makes reading fun by starting early with a special storytime series for babies and their caregivers. The program is for caregivers with children age three months to 18 months. Call (604) 467-7417 for information.

BABY TIME

A Pitt Meadows Public Library program for children birth to 23 months and their caregivers. Have fun with simple stories, puppets, songs and rhymes. Call the library for more information (604) 465-4113.



EVENING STORYTIMES

Approximately 40 minutes of stories, finger plays and stretches and a puppet show. An introduction to reading and to the library's resources for young children and their families. Maple Ridge Library: (604) 467-7417

PYJAMA STORYTIME

Wear pyjamas, slippers, housecoats to the Pitt Meadows Library for an evening filled with bedtime stories. Call (604) 465-4113 for days & times.

YOU ME AND THE LIBRARY

Maple Ridge Public Library presents a half hour program of stories, puppets, stretches, and songs to introduce preschool children and their families to the joy of reading. 10:15 a.m. on Tuesday, Thursday and Friday mornings. (604) 467-7417.

MUMBLE JUMBLE STORYTIMES

The Pitt Meadows Public Library provides stories, songs, rhymes, puppets and more fun for preschoolers and their families. Join in the Mumble Jumble on Tuesdays or Family Fun Storytimes, Thursdays (604) 465-4113.

PRESCHOOL / SCHOOL LIBRARY TOURS

A half-hour tour of the library highlighting age-appropriate children's resources may be arranged with the librarian for groups of children attending preschools and schools. A storytime is included as well as an opportunity for the children to get library cards.

Maple Ridge: (604) 467-7417; Pitt Meadows: (604) 465-4113

'READ TO ME' SUMMER READING CLUB

Preschool children are given a booklet to record the books they have read together with their families. Stickers are awarded for participation and contests with book prizes are included in the program. A special summer story time for preschoolers also takes place. The goal is to encourage reading and literacy activities during summer



holidays. Maple Ridge Library: (604) 467-7417; Pitt Meadows Library: (604) 465-4113

PUPPETS IN THE PARK

Four half-hour story time events complete with a puppet show, songs, and chants for all ages take place at the Memorial Peace Park bandstand during the months of July and August. Presented by the Maple Ridge Public Library to promote reading. (604) 467-7417



KINDERGARTEN

Registration for Kindergarten usually occurs the last week of January and the first week of February. All information about Kindergarten registration can be found on the School District 42 website <http://www.sd42.ca/kindergarten-registration>. If you require information other than that found on the website, please call School District #42 at (604) 463-4200.

PARENTS AS LITERACY SUPPORTERS (PALS) (SCHOOL DISTRICT #42)

PALS is a program for preschoolers, kindergarten students and their parents/grandparents that has proven to make a difference in children's learning and parent involvement with the school. The program gives information and materials to parents for the development of literacy skills, and provides parents the opportunity to interact with their child and develop increased understanding of how to learn. PALS also creates familiarity and a sense of community within the schools for parents, kindergarten students and their siblings. PALS is offered at 6 elementary schools:

Albion (604) 463-4848

Kanaka Creek (604) 467-9050

Alexander Robinson (604) 463-3035

Glenwood (604) 463-6512

Pitt Meadows (604) 465-5828

Yennadon (604) 463-8871.

Anyone is invited to attend PALS events at these schools. Call schools for dates and times. Additional PALS programs at other school sites in the future will be listed on the RMECDC website at www.rmeccdc.ca

READY, SET, LEARN (SCHOOL DISTRICT #42)

All preschoolers in School District 42 are invited to participate in a school readiness program called Ready, Set, Learn. Neighbourhood events are organized between January and mid-May, and provide an opportunity for three and four-year-old children and their families to take part in a number of special activities. Families receive an age-appropriate book for their child and a parent/family kit with tips for supporting their child's learning and development. Information about Ready, Set, Learn events can be found on the website - www.sd42.ca/ready-set-learn.

Ready, Set, Learn is an initiative sponsored by the Ministry of Education in collaboration with the Ministry of Children and Family Development and the Ministry of Health.



IMMIGRANT SETTLEMENT SERVICES

ISS of BC offers free immigrant settlement services to assist newcomers to:

- learn about Canada, Canadian Social systems, and the labour market
- better cope with the stress of adapting and settling in Canada
- connect with volunteer friends in the community
- get information on schools, the health care system, housing, and recreation options
- overcome family and cultural adjustment issues
- set career plans and identify potential barriers
- understand the immigration and refugee process.

Phone (778) 284-7026 and choose one of the following extensions:

Henry Lu (Ext. 1584) - Chinese Settlement Worker

Isabel Lee (Ext. 1566) - Korean Settlement Worker

Irina Loginova (Ext. 1564) - Russian Settlement Worker

Kim Abram (Ext. 1278) - Career Facilitator

Yumiko King (Ext. 1582) - Volunteer Connections Facilitator



MULTICULTURAL WOMEN'S GROUP

For immigrant women who would like to meet other people, practice their English and learn about the community. Free program. Call the Family Education and Support Centre at (604) 467-6055 for more information.

MULTICULTURAL SERVICES

The Family Education and Support Centre offers diversity education programs to the community to promote the benefits of Multiculturalism. The Centre is a community coordinator for the Safe Harbour program that celebrates diversity by helping create safe, welcoming communities that reject discrimination. Call (604) 467-6055 for more information or log on to www.familyed.bc.ca

Parenting and Family Supports

WESTCOAST FAMILY CENTRES SOCIETY

Comprehensive parenting programs to assist parents (with children 0-12) in strengthening their capabilities and techniques. Families are provided opportunities to learn and practice new skills through hands-on instruction, individual and group work. MCFD referrals only. (604) 466-7328

Westcoast Family Centres also provide free, self-referred programs:

Nobody's Perfect is a weekly program for parents with children 0-5 years. Childminding and snacks are available

Mother Goose program is a parent-child interactive session focusing on rhymes, songs and storytelling.

For more information including updated schedules and registration, visit our website at www.westcoastfamily.org. Register by emailing to special.projects@westcoastfamily.org.



CHILD AND YOUTH MENTAL HEALTH

The Child and Youth Mental Health Program of the Ministry of Children and Family Development includes Early Childhood Mental Health services for children ages 6 and under. Clinicians work with children and parents to address concerns such as attachment, severe acting out, and anxiety and mood difficulties. Individual and group treatments are offered. Clinicians work collaboratively with other service providers, as well as providing consultation and education. Third party and self-referrals can be made to the Early Childhood Mental Health Intake Worker: (604) 466-7300

SPECIAL NEEDS PRESCHOOL TRANSITION

The school district initiates a transition process for preschoolers with special needs who are entering kindergarten. This process begins in January of the year of kindergarten entry. An evening meeting, providing information on the transition process, as well as individual family meetings, occur in Feb/March. (604) 467-1101



DISTRICT #42 STUDENT SUPPORT SERVICES

The Maple Ridge/Pitt Meadows Student Support Services has a team of professionals who consult with school teams to support students with special needs. Student Support Services staff include school psychologists, speech and language pathologists, occupational therapists, counsellors, a work experience coordinator for students with special needs, hospital homebound teacher, special education facilitators and teachers for the deaf and hard of hearing and for students who are visually impaired. Student Support Staff work closely with schools and school support teams to support a wide diversity of students with special needs. (604) 467-1101

MOMS OF YOUNG CHILDREN

A drop-in group for moms that meets at Burnett Fellowship Church (123rd and 206th St. in Maple Ridge) 1st and 3rd Wednesday of each month, 9:15 to 11:00 a.m. It's a break time for moms so childcare is provided at \$1 per child per visit. www.momsofyoungchildren.com

Parent Education and Personal Growth Courses – the current brochure outlining courses is available online at www.familyed.bc.ca or by calling (604) 467-6055 to ask for a brochure to be mailed. These courses have fees; some subsidies are available.



Young Parents Support Group – Parents up to age 26 meet to discuss a variety of parenting topics. Every Wednesday from 3-5 p.m. On-site child minding is available. **Free**

Parents of Young Children – a support group for parents of children six and under who share the joys and challenges of raising their youngsters. Thursdays 9:15 to 10:45 a.m. On-site child minding. **Free**

The Breakfast Club - Parents currently receiving support from Westcoast Family Services, Maple Ridge / Pitt Meadows Community Services Council, or the Ministry of Children and Family Development. Bi-weekly, Wednesday morning, 9:30 a.m. to 10:30 a.m. Group participation is by referral. **Free**

Postpartum Depression Support Group Eight group sessions plus one individual session offered 3 times per year for women struggling with depression after giving birth. Co-facilitated by Fraser Health Mental Health Centre and the Adult Mental Health Program. Call (604) 467-6034 for more information.
www.adultmentalhealth.ca



PARENT / CHILD MOTHER GOOSE

A group experience for parents or caregivers and their babies and young children. Connect with your child through the pleasure of rhymes, songs and stories. The Family Education and Support Centre offers this program to the community for parents and their children from birth to 5 years. Email to sandradee@shaw.ca for more information regarding dates and times.

See pages 19 & 25 for information about other Mother Goose programs offered in Maple Ridge and Pitt Meadows



RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

Family Support - provides support services to families of children receiving early intervention therapy services from the Child Development Centre. Family Support services include information, referral to other resources, support groups for parents and siblings, advocacy, emotional support and a parent library. (604) 463-0881

Family Connections Program - A Key Worker serves families with children who are affected, or suspected of being affected, by fetal alcohol spectrum, aged birth to 18 years of age. The Key Worker works with the family on issues relating to the needs of both the child and the family. The program also offers parenting groups for parents and/or guardians of elementary aged children who have a formal diagnosis of ADHD. (604) 463-0881.

Direct Funding Respite Program - The Ridge Meadows Child Development Centre administers funding for respite purposes directly to families who have children with a disability that meets the criteria of the program set by MCFD. A referral from MCFD is required. Call RMCDC (604-463-0881) or MCFD (604-466-7444) for more information.



MAPLE RIDGE / PITT MEADOWS COMMUNITY SERVICES

Outreach Services to Children, Youth and Families -A program to help reduce stress and promote stability in families experiencing significant levels of conflict with their child or youth. The services provide intervention supports that focus on the strengths of the child and family, on developing and reaching goals, parenting strategies, awareness of child and youth development, behavioural management and life coping skills. All services are provided to families and children using community and home based locations within a team approach. A Ministry of Children and Family Development referral is required. Contact: (604) 467-6911

Community Living Services -A program providing group and one-to-one services that assist children and youth with developmental disabilities to develop new social relationships by participating in community activities and building independent living skills. The services provide supports that focus on the child and his/her strengths. The goal is to meet the needs of children and youth who require extra educational, social-environmental supports to enhance or improve their health, development, quality of life and integration into the community. A Ministry of Children and Family Development referral is required. Contact: (604) 467-6911

THE ASANTE CENTRE

Assessment and diagnostic services with family and community support for individuals who may be living with Fetal Alcohol Spectrum Disorder (FASD), Autism Spectrum Disorder or other complex needs, as well as their families. The Asante Centre also provides educational workshops on FASD prevention, awareness and intervention, caregiver training and consultation. The Centre is a not-for-profit agency governed by the FASD Society for BC. The Society also hosts Minga Marketplace, an e-centre offering resources related to FASD and other invisible disabilities. For more information, phone: (604) 467-7101; Fax: (604) 467-7102; Email: info@asantecentre.org



RIDGE MEADOWS ASSOCIATION FOR COMMUNITY LIVING

Behavioural Support Program provides support to children and their families when challenging behaviours are interfering with growth and development. A behaviour strategist and/or specialized child care workers are available by referral from Ministry of Children and Family Development or may be accessed by those families receiving direct funding. Consultation with a speech and language pathologist and occupational therapist are available. Services are flexible with a focus on community inclusion activities. Contact Julie Moore or Scott Jackson at (604) 467-8700 or 604 466-1144.

Family Link Respite Program provides screened and trained respite caregivers for families who have a child with a developmental delay or disability and need a temporary break from their day-to-day responsibilities. Respite arrangements are flexible to meet family need. Open to families with direct funding or by a referral from Community Living B.C. Contact Devon Clayton at (604) 467-8700 Loc 120.

RMACL Family Support Program offers support to families with children who have extra needs, on a one-to-one basis as requested. The family support worker facilitates support groups for parents and encourages parent-to-parent networking. Workshops and training are offered on a wide range of topics, as requested by families. For more information on the resources and support available, contact the Family Support Worker at (604) 467-8700 Loc 119. No referral is necessary.



CYTHERA TRANSITION HOUSE SOCIETY

Healthy Lifestyles Parenting Program (funded by the Public Health Agency of Canada - CAPC) Phone: 604-467-9939



Parenting Dinner Program A dinner program that offers the opportunity to make and enjoy a healthy dinner, participate in the Parent/Child Mother Goose Program, and have some time for parenting support (while childminders watch the children). The program is open to women accessing Cythera's services and their children (ages 0-6 years). If transportation is a barrier, some resources are available to assist. This program is offered three times per year. Pre-registration is required as space is limited.

Nobody's Perfect Parenting This is an 8 week parenting education and support program for parents of children from birth to age 6 who are accessing services at Cythera. Some goals of the program are to promote positive parenting, increase parental understanding of their children's development, and help parents build on their current skills as well as learn new ones. This program is offered twice per year. Pre-registration is required as space is limited. Childminding is provided but children must be pre-registered.

Parent/Child Mother Goose is a group experience for parents/caregivers and their babies and young children (birth to 5 years) for those who are accessing services at Cythera. Connect with your child through the pleasure of rhymes, songs and stories. This program is offered two times per year. Pre-registration is required as space is limited.

Children Who Witness Abuse This psycho-educational program addressing issues of domestic abuse is targeted towards children, 3 to 18 years, who have witnessed violence. Provided by Cythera Counselling Centre. (604) 467-9939 ext 230.

COUNSELLING SERVICES

ACT 2 Child and Family Services Ridge Meadows, offers counselling to children, youth and their family or caregivers who are in need of a supportive and trusting therapeutic relationship to assist in resolving emotional and behavioural difficulties arising from traumatic experiences. ACT 2 counsellors have masters level and are registered clinical counsellors. Contact: (604) 463-0965 for more information.

Developmental Milestones

What should my child be doing?

What follows are some common milestones for young children at different stages of development. If your child consistently demonstrates behaviour listed as a concern for his/her age, please call your doctor or a public health nurse at (604) 476-7000.

At **2 Months old** your child generally...

- is alert and responsive
- spends longer periods with eyes open
- is able to track a face moving from side to side
- smiles and coos responsively; startles to loud noises
- holds head up briefly when face down or held.



When to be concerned

Your child:

- does not respond to sudden loud noises
- arches her back frequently when on lying on her back
- has body posture that feels limp or floppy
- does not make eye contact when awake and held.

At **9 to 12 months** your child generally...

- understands common words such as “no, bye, all gone” (9 Months)
- babbles; says “Mama” or “Dada” (9 months)
- will ask questions using single words (i.e. “Juice?”) (12 months)
- tries to crawl: sometimes succeeds; stands holding on to support (9 mths)
- walks around furniture or with one hand held; may walk alone (12 months)
- throws a small ball
- explores the environment (NOTHING is safe!)

When to be concerned

Your child:

- walks with feet pointing in or out significantly
- walks with feet rolling over inward
- prefers to mouth objects & not explore in new way
- does not respond to familiar words
- does not babble.

Developmental Milestones

What should my child be doing?

At **18 months** your child generally...

- uses a spoon to feed herself
- uses several words and gestures to communicate
- follows simple directions like "Go get your shoes"
- walks without help
- plays alone contentedly.

When to be concerned

Your child:

- repeats the same actions and is difficult to redirect
- is unable to play on his or her own
- plays with toys by mouthing or banging them
- bangs his or her head for stimulation
- has had no change in language skills in the past six months
- is not understandable to familiar people
- cannot follow simple directions ("get your hat")
- is not walking independently.



At **24 months** your child generally...

- asks questions such as "What's this?"
- combines words to express thoughts
- points to many different body parts when asked
- is able to walk well and starts to run and climb
- starts to help with dressing and feeds self with spoon without spilling
- plays alone contentedly but likes to be around other children.

When to be concerned

Your child:

- is up on toes when running; has poor balance
- is not saying two word sentences. Difficult to understand
- seems oversensitive to noise
- has difficulty staying on task (ie: playing blocks, sitting for story.)



Developmental Milestones

What should my child be doing?

At 3 years old your child generally...

- walks alone up the stairs one foot at a time, and down the stairs with two feet to each step
- can identify at least 2 colours and is able to sort objects
- begins to use her imagination; enjoys listening to stories
- changes emotions suddenly
- strings beads on a shoelace
- learns to share and take turns but still likes to play independently.

When to be concerned

Your child:

- does not respond when called and it is difficult to get her attention
- is not yet putting 3-4 words together
- trips and falls often when walking or running
- avoids contact with other children.

At 4-5 years old your child generally...

- speaks clearly and in sentences
- can catch a ball with two hands
- works on an activity for 20-30 minutes, uses scissors,
- sings songs, begins to recognize some letters
- draws simple pictures
- can walk up and down stairs one foot at a time.

When to be concerned

Your child:

- is unable to follow two-part instructions
- has a strong dislike for small motor skill activities
- reacts with aggression, hurts animals or others on purpose
- speech is not understood by others.

