

YMCA CCRR Workshops

Amazing Me & Bubbles & Fizz

Nov 16th, 9:30AM - 12:45PM,
Coquitlam CCRR, \$15.

Clear Expectations & Boundaries

Nov 16th, 10:00AM - 11:30AM, Online
via Zoom, Free!

Psychological Safety & Wellness in the Workplace - Nov 21st, 7:00PM - 9:00PM, Online via Zoom, \$10.

(Re)Designing your Child Care
Environment - Nov 23rd, 9:30AM -
2:00PM, Coquitlam CCRR, \$20.

Networking:

Inclusion Connect and Chat
Nov 26th, 6:30 - 8:00 PM, New
Westminster CCRR, \$5.

Visit myymca.ca to register!

YMCA CCRR Event Photos



Did you get photographed at one of our events? Check out our social media to see if you were featured!

YMCA CCRR Program News

As you take a moment to cherish the beauty of the changing season and the joys it brings, may you also reflect on the sacrifices made by many Canadians for our freedom. Embrace some peaceful moments during this season to be mindful of all that you have and the possibilities ahead.



Our Burnaby office recently held an Open House that welcomed over 45 families who enjoyed an engaging performance by the City of Burnaby's Harmony for All. The children were singing, dancing, and having a wonderful time throughout the event! We were also accompanied by three vendors: Wool Food, Kinder Books, and Christine Kopp Felt Creations, along with the talented face painter Jenna from Creative Lime.



YMCA CCRR Program Features

Did you hear last month? We now offer supportive site visits to Child Care Programs! Sign up here to schedule a visit from one of our consultants. Our services include Story/Circle Time, Library Resource Provocation Setup, Event Support, and even Professional Development Workshops (certificate included!). Additionally, we provide Early Learning Library resource drop-off and pick-up for families and childcare programs!

Check out our Fall Seasonal Resource Sheet for some ideas to incorporate into your program this season including Remembrance Day. Our Library corner highlights resources you can borrow today!

You can now find photos of our library resources on the Early Learning Library Portal! This makes it a one stop click to place holds and view the photos of our library resources.

Have you registered for one of our Self-Paced online Workshops yet? Delivered virtually through YMCA Ignite, our library has a variety of two and three-hour workshops available. All workshop completions include a CCRR professional development certificate.

Community Events

Port Moody Winter Market - Nov – April, Every Sunday 10am–2pm, Port Moody Recreation Complex.

Baby Social Toy Swap - Nov 7th, 11am–12pm, New Westminster Public Library.

Poppy Painting - Nov 9th, 10:30am–12:00pm, Century House.

Remembrance Day Activities– November 11th, 11:00am, City of Coquitlam.



Remembrance Day Toonie Skate - Nov 11th, 1:00pm–4:30pm, Bill Copeland Sports Centre
- Nov 11th, 4:00pm–7:30pm, Kensington Complex

Swedish Christmas Market Nov 16 & 17th, 11am – 4pm, Scandinavian Community Centre.

Sensory-Friendly Skate Nov 29th, 4:45–5:45pm, Poirier Sport and Leisure Complex.

Family Resources

Each season, the YMCA CCRR offers free Drop-in Program sheets for families with young children in the Tri-Cities, Burnaby, and New Westminster. These programs include in-person and online activities for children up to 6 years old. Check out this season's Drop-In Programs!

The YMCA CCRR offers two drop-in programs: the Circle of Friends Family Resource Program and the Bettie Allard YMCA Family Drop-In. These welcoming spaces provide opportunities for families to socialize, exchange parenting experiences, learn from special guests, and engage in creative activities and circle times with your child. We look forward to seeing you soon!

Child Care News

Subscribe to the ChildCareBC Bulletin to stay informed of any updates! The latest update contains information about the following:

- New \$10 a Day Intake Coming this Fall
- The Verification Audit Unit
- 2025-26 Minor Capital Funding Requests for School Districts
- Appetite to Play: Meal Planning and Eating Well in the Early Years workshop
- First Tripartite Memorandum of Understanding on Early Learning and Child Care for First Nations

Past Bulletin editions can be found here.

Articles of Interest

What is Physical Literacy? According to Fraser Health, Physical Literacy is when children have the skills, confidence and motivation to be active for life. The process of developing physical literacy begins in early childhood when parents encourage movement in infancy and it continues as parents support and encourage their child's love of movement throughout life.

Why is Physical Literacy important? It is an important building block which supports children to be active. Without basic skills, children often become disengaged from sport and activity. The benefits of physical literacy aren't limited to physical health. We also know that kids who are more active also have improved academic performance, cognitive skills, mental wellness, social skills and healthy lifestyle habits.

Appetite to Play states that active free play, or unstructured physical activity, is when a child is actively moving their body in a self-chosen way. Early years providers should set up and monitor the play environment, but children should choose and direct the play activities. We can facilitate unstructured physical activity by providing some of the following:

- Ensure children have lots of space to move
- Provide less-traditional equipment that encourages reaching, jumping, balancing, or changing body position
- Using large boxes, tunnels, foam blocks, taped pathways on the floor

To further your learning Appetite to Play offers an online workshop.

Maybe you are thinking about Team Sports for your child? Active for Life lists 9 important reasons to enroll your child in a team sport including collaboration, friendship and leadership skills, as well as communication and of course fun! The cost of registration fees can be a barrier for many families, however.

KidSport believes sport powers kids. Getting in the game "ignites a sense of belonging, shapes character, fuels better health, builds confidence and unleashes potential" Through a confidential application process, KidSport provides grants to kids from families facing financial barriers to help cover the cost of their sport registration fee so they can experience the joy of a season of sport. To learn more, click here.



YMCA CCRR Services ... We are here to help!

Families

- Child Care Information and Referrals, including community referrals.
- Knowledge of ChildCareBC initiatives to help lessen the cost of child care (Child Care Fee Reduction Initiative) and support with the application process (Affordable Child Care Benefit).
- Workshops, drop-in programs and family programming to help assist you in your parenting journey.
- Early learning library resources for borrowing to help foster your child's development through play.

Child Care Providers and Child Care Workforce

- Information on becoming a Licensed Child Care Provider.
- Application assistance for ChildCareBC initiatives, i.e., Start Up Grant Funding, Wage Enhancement, Child Care Fee Reduction Initiative., etc.
- Workshops and courses to help nourish your early learning practices.
- Community referrals to help strengthen your child care programs.
- Professional networking opportunities to help widen your child care community.
- Early learning library resources for borrowing to help supplement your curricula and early learning provocations.

Early Learning Library Corner

Autumn bursts with color, and its lively energy inspires a wealth of ideas to discover: the shifting hues of leaves, the rustling of squirrels scurrying about, the acorns scattered on the ground, and the crisp scent of fresh air, among many others. Additionally, November 11 is a day dedicated to honoring those who have served our country. Our library offers a variety of resources and materials for you to explore these topics during this wonderful season.



09685 Where the Poppies Now Grow



22746 Squirrel Game



22563 Five Leaves



20625 Through the Seasons



50283 Signs of Autumn



33644 Fall Leaves

Social Media & YMCA CCRR Early Learning Library

On our social media platforms, we frequently showcase resources through our Exploring Materials series. Moreover, our Virtual Story Times highlight our resources in use, complete with song suggestions. Follow us to explore these offerings!

click
here

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