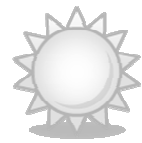


# IDP UPDATE

Richmond Infant Development Program



## Playgroup News

Summer is almost here again and playgroup will be coming to a close for the season. IDP Playgroup will close over the summer will reopen in September.

### Last Playgroup: Tuesday, June 17th

We would like to thank all of the families who have attended IDP Playgroup for making this year a great success! We look forward to seeing many of our IDP families at playgroup in September.

In the past, many “playgroup families” have enjoyed keeping in touch over the summer months. Why not arrange to meet another family at a park or a playground and have your own “mini playgroup” over the summer? It’s a great way for both parents and children to stay connected with friends made at playgroup.

We would like to wish all of our IDP families a wonderful, fun-filled summer. We hope to see many of you at playgroup in September!

## In the Community

Looking for fun ways to keep your family occupied during the summer?

**Richmond Family Place** offers several drop-in playgroups and programs. [www.richmondfamilyplace.ca](http://www.richmondfamilyplace.ca) Tel: (604) 278-4336

**Richmond Community Centres** offer Parent and Tot playtimes and other summer programs. For location, dates, and times, check the Richmond Leisure Guide available at any community centre or online at [www.richmond.ca/parksrec/about/guide.htm](http://www.richmond.ca/parksrec/about/guide.htm).

Checkout **ROAR** (Richmond Opportunities for Affordable Recreation) at <http://www.richmond.ca/parksrec/about/access/roar.htm>

**Walk Richmond** provides free guided walks for people of all ages led by the Richmond Fitness and Wellness Association. Details and walk schedule are listed online at [www.richmond.ca/parksrec/sports/walk.htm](http://www.richmond.ca/parksrec/sports/walk.htm).

**Richmond Public Library** offers infant and toddler story times, puppet shows, sing-a-long times, and parenting workshops. Location and times are listed online at [www.yourlibrary.ca/whatson.cfm](http://www.yourlibrary.ca/whatson.cfm).

**RSCL Annual Family Picnic** in August at King George Park. You will be sent a flyer with more details closer to the date. Bring the whole family for a great afternoon of food, games, activities, and lots of fun!

## IDP Update Summer 2008

**In This Issue:**  
Play and Mental Health  
Playing through the Senses  
In the Community



**Check out our websites:**

[www.rscl.org](http://www.rscl.org)  
Richmond Society for  
Community Living

[www.idpofbc.ca](http://www.idpofbc.ca)  
Infant Development  
Program of BC

**Contact Us:**  
Phone: (604) 279-7058  
Email: [idp@rscl.org](mailto:idp@rscl.org)

## Websites

### *Pathways Awareness*

[www.pathwaysawareness.org/](http://www.pathwaysawareness.org/)

This website provides information and suggestions for babies physical development from birth to 15 months. There is a helpful growth and development chart and “5 Moves for a Baby’s First Workout”.

### *Zero to Three*

[www.zerotothree.org](http://www.zerotothree.org)

This website features up to date research on infant brain development, and includes practical suggestions for parents and caregivers of children 0-3.

### *Kids’ Music Lyrics*

[www.niehs.nih.gov/kids/music.htm](http://www.niehs.nih.gov/kids/music.htm)

Have you ever forgotten the words or lyrics to a favourite children’s song? Want to learn new ones? This website includes music clips and lyrics for dozens of children’s songs.

## Autism Support Groups

### *English*

3rd Thursday of each month

Contact Name: Linda Albas

Tel: (604) 277-9727

Email: [galblas@shaw.ca](mailto:galblas@shaw.ca)

### *Cantonese*

3rd Saturday of each month

Contact Name: John Tsay

Tel: (604) 323-1328

### *GRACING (Grandparents Realizing Autistic Children’s Involvement, Needs, and Growth)*

“GRACING” is about grandparents helping each other through the understanding & learning process to enhance our grandchildren’s lives as they certainly enrich ours! “GRACING” meets online. Go to [www.yahoo.ca](http://www.yahoo.ca) & type GRACING in the Yahoo search. “GRACING”

Contact: Dan & Jacquie Bye - Grandparents

Tel: 1-604-557-0906

Email: [gracing@telus.net](mailto:gracing@telus.net)

## Recipe Corner

### *Jumbo Bubbles*

Making extra large bubbles is a great outdoor activity that even very young children will enjoy watching. To make your own bubbles combine:

1/2 cup dishwashing liquid

(Dawn or Joy work best)

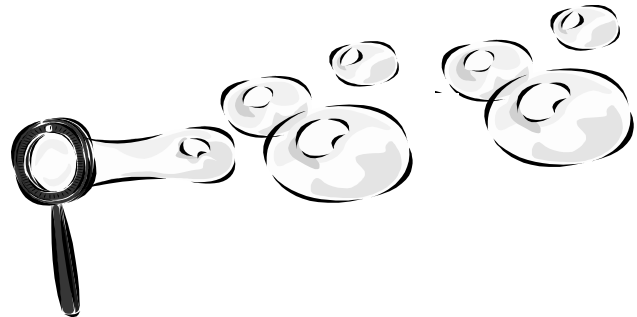
8 cups water

2 tbsp glycerine

(optional—available at most drugstores)

Pinch of sugar

Make your own bubble wands by bending pipe cleaners into the desired shape. Dollar stores also have bubble wands of all shapes and sizes.



### *Soap Crayons*

Turn bath time into colouring time! Mix the following:

1 3/4 cup soap flakes

50 drops food colouring

1/4 cup water

Place in ice cube tray and allow to harden.

### *Popsicles*



1. Fill an ice-cube tray with fruit juice, yogurt, or pudding.
2. Save small lids from yogurt, margarine, cottage cheese, or sour cream containers.
3. Cut very small slit in the middle of the lid.
4. Slide popsicle sticks through the slit and place in the ice-cube tray. This will create a little catch dish for the popsicles to catch the melting drips.



## Fantastic Family Fun



Enjoy the following activities together with your little one this summer:

### ***Sand Drawing***

Take a trip to the beach and show your child how to use their finger or a stick to draw lines in the sand. Draw straight lines or wavy lines and see if your child will copy you. You can also show your child how to use kitchen utensils such as a pancake flipper, measuring cups, or cookie cutters to make designs in the sand. To make your own “sand box” at home, fill a large, shallow container with cornmeal (available in the bulk section at the grocery store).

### ***Paint with Water***

On a hot day, give your child water and a wide brush. Let them “paint” surfaces like sidewalks, walls, fences, and stones and watch the water evaporate.

### ***Old MacDonald had a Car***

Sing this song to the tune of “Old MacDonald’s Farm” to keep your child entertained on those summer road trips...

*Mom and Daddy had a car  
E-I-E-I-O  
And on that car they had  
a hor  
E-I-E-I-O  
With a beep beep here  
And a beep beep there  
Here a beep, there a  
beep  
Everywhere a beep beep  
Mom and Daddy had a car  
E-I-E-I-O*



Make up verses about other parts of the car, or try these:

*Wipers—Swish swish here, swish swish there  
Motor—Vroom vroom here, vroom vroom there  
Radio—La la here, la la there*

### ***Teddy Bear Picnic***

Pack a picnic lunch or snack and spread out a blanket in a shady spot at the park or in your back yard. Bring along a few dolls or teddy bears, and a set of toy dishes or safe plastic ones from around the house. Your child will love the adventure of eating outside, and will enjoy pretending to feed their “friends” who have come to join you!



### ***Parachute Game***

Using a small light blanket, have your child hold one end while you hold the other. If several children are playing, use a larger blanket. Place a light ball (a beach ball works well) on the blanket. Show your child how to make the ball move by moving the blanket up and down. This game can be played sitting or standing, depending on the age of your child.

### ***Baby’s Beach Ball***

A beach ball has many fun uses! Sit your baby on top of the beach ball, holding her securely, and bounce her gently up and down as you sing to her. Place the ball in front of your baby and show him how to tap on it like a drum. Or throw the ball up in the air as your baby watches.



### ***Fun with Boxes***

An empty cardboard box makes a great playhouse for toddlers and older children. Cut “windows” into the sides of the box or have your child decorate it with crayons. Younger children will enjoy using an empty box (open at both ends) as a tunnel to crawl through. Or show them how to use a box for target practice by throwing a ball into it.

# Summer Safety

## Safe Bottles and Cups



There has been many items in the media recently about the dangers of number 7 plastic (which contains a kind of plastic called BPA) used in many food containers, such as baby bottles and cups. To find a list of BPA-free baby bottles and cups visit <http://safemama.com> and click on the “BPA Free” cheatsheets on the right-hand side of the webpage.

## Swimmer's Ear

Swimming is a favourite summer activity for many children. However, the additional moisture in children's ear also increases the likelihood for children to get ear infections (otitis externa, a.k.a. swimmer's ear). Instead of using ear plugs or cotton swabs, put nothing in your children's ears. After swimming, dry your children's ears with a towel or blowdryer on a cool setting and then use a few drops of rubbing alcohol in the ears to help dry them out and kill any germs.

If an infection does start, apply a few drops of a half-and-half water/vinegar solution to the ear. An infection reduces the natural acidity in the ear, allowing bacteria to grow. The vinegar solution restores the natural acidity. However, if the infection persists after 3 days, visit your doctor.



## Tips from Children's Hospital

1. Move furniture away from windows and balcony rails and put window guards on all windows above the ground floor. Another option is to fasten windows so that they cannot open more than 10 cm (4 inches). Nevertheless, ensure that there is a safe release option in case of a house fire. This will minimize the risk of toddlers falling out of windows. Remember that window screens will not stop your child from falling from a window.
2. Supervise children when playing around water. Remember that children can drown quickly and silently in less than 2 inches of water.
3. When parking your car in sunlight, cover the car seat with a towel or blanket. Remember that the temperature inside a parked car can exceed 50C within 10-20 minutes on a typical hot summer day and that the buckles and straps of car seats can get hot enough to cause a burn on a child's delicate skin.

For more summer safety tips visit [www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/safetyfortheseasons/summersafety.htm](http://www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/safetyfortheseasons/summersafety.htm)

