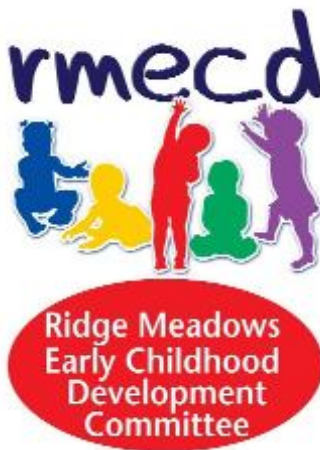


Children First

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 Ridge Meadows Child, Youth and Family Network.

Our Mission:

The Ridge Meadows Early Childhood Development Committee promotes and supports community engagement in improving the health and well-being of families of Maple Ridge, Pitt Meadows and Katzie First Nation children from prenatal to age six.

Our Vision:

We envision a future where the community: shares responsibility for supporting and investing in the future of all young children and their families through an integrated and collaborative system; promotes and respects diversity and equal rights of all children; ensures that all parents of young children have access to the necessary supports, resources, skills, information and services to meet the physical, 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, and community driven.

What's Inside....



On the following pages you will find an inventory of resources and supports for children and families. Services are divided into four categories:

Promoting Healthy Pregnancy, Birth and Infancy: pg 6-8

Ridge Meadows Maternity Clinic
Ridge Meadows Midwifery Practice
Tiny Bundles (Foodbank Program)
Future Steps
Breastfeeding Clinics

High Priority Prenatal
Healthy Babies Drop-in
Best Beginnings
Baby Talk Drop-in
Breastfeeding Drop-in

Strengthening Early Childhood Development, Care and Learning: pg 8-12

Well Baby/Child Health Clinics
Dental Health Education
Child Care Resource & Referral
Art and Music Programs
Strong Start
Friends in Need Foodbank
Infant Development Program
Supported Child Development
Speech & Language Therapy
Family Place

Free Fluoride Varnish Program
Nutrition Education
Anishnaabe Place
Parks and Leisure Services
You Make the Difference
Community Kitchens
Aboriginal Infant Development Program
Aboriginal Supported Child Development
Physiotherapy/ Occupational Therapy
Daddy and Me

Encouraging Reading and Literacy pg 13-15

Peek-A-Book	Preschool Library Tours
Evening Storytime	Reading Buddies
Story Time	'Read to Me' Summer Reading Club
Puppets in the Park	School's Cool
Ready, Set, Learn	H.I.P.P.Y.
Parents as Literacy Supporters (PALS)	Kindergarten
ESL Multicultural Women's Group	Immigrant Settlement Services



Parenting and Family Supports: pg 16-21

Westcoast Family Resources	Nobody's Perfect
Parent Child Mother Goose	Ridge Meadows Womens Centre
Parent Education and Personal Growth	Young Parents Support Group
Parents of Young Children Support Group	Single Mothers Support
Multicultural Women's Group	Parenting Children with ADD/ADHD
Postpartum Depression Support Group	The Breakfast Club
District # 42 Student Support Services	Special Needs Preschool Transition
Child Development Centre Family Support	Family Connections Program
Direct Funding Respite Program	Children Who Witness Abuse
Behavioural Support Program	Family Link Respite
RMACL Family Support Program	Maple Ridge Clinical Counselling
Outreach Services to Children, Youth, Families	Community Living Services
Asante Centre for Fetal Alcohol Syndrome	Women's Centre

Other information inside...

Some developmental norms for various ages: pg 22-24

A list of who we are and where to find us: pg 4-5

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**

Thank you to Carol Addy for creating and donating the RMECD logo

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
Friends in Need Foodbank #8-22726 Dewdney Trunk Rd. M.R.	604-466-3663
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	604-476-2800
Ridge Meadows Women's Centre	604-460-0064
Ridge Meadows Child Development Centre 22610 Dewdney Trunk Rd. M.R.	604-463-0881
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
Westcoast Family Resources Society	604 -603-3316





School District #42	604-463-4200
Asante Centre for Fetal Alcohol Syndrome 22326A McIntosh M.R.	604-467-7101
Maple Ridge/Pitt Meadows Community Services 11907 228th St. M.R.	604-467-6911
Childcare Resource and Referral Program Unit B 20758 Lougheed Hwy. M.R.	604-467-2273
Maple Ridge Pitt Meadows Parks and Leisure Services 11925 Haney Place, M.R.	604-466-4339
Maple Ridge Arts Council 11944 Haney Place M.R.	604-476-2783
Maple Ridge Library 130-22470 Dewdney Tr. Rd	604-467-7417
Pitt Meadows Library 12047 Harris Rd, P.M.	604-465-4113
Maple Ridge Clinical Counselling	604-463-0965
Ridge Meadows Maternity Clinic 20580 Lougheed Hwy	604-460-4444
Ridge Meadows Midwifery Practice 22338 Selkirk Ave. M.R.	604-466-5541

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. The clinic is located at 20580 Lougheed Hwy. (604) 460-4444



RIDGE MEADOWS MIDWIFERY PRACTICE

Prenatal, birth and postpartum care for women from the beginning of pregnancy until 6-10 weeks postpartum. We do deliveries at Ridge Meadows Hospital, Royal Columbian Hospital and at home. We are covered by MSP. Midwifery care is based on continuity and on informed consent. Office address is 22338 Selkirk Ave. in Maple Ridge. Call: (604) 466-5541.

HIGH PRIORITY PRENATAL

Public Health Nurses provide educational sessions to expectant mothers and their partners. These sessions provide an opportunity for participants to develop an ongoing network for support, and to share ideas, information and experiences. PHNs may provide education to prenatal clients in their home who are unable to attend community prenatal programs. Teaching is adapted to suit the learning needs of the expectant mother and her partner. Pregnancy & parenting info available in Punjabi and Cantonese. Phone: (604) 476-7000



HEALTHY BABIES DROP-IN

A community program supporting pregnant women and new mothers (with babies up to 6 months old) who need extra help and support. Promotion of healthy pregnancies and lifestyles with a focus on nutrition. Free lunches and information on a variety of topics are offered. Maple Ridge site: St. Andrews United Church, 22165 Dewdney Trunk Road. (604) 777-8718

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.

BEST BEGINNINGS

Services are offered to all families immediately following birth. Public Health Nurses connect with parents & their baby within 24-48 hours after they are discharged from the hospital. Care may involve breastfeeding support, baby care, parenting, safety teaching and screening for Postpartum Depression. All infants are screened for potential hearing problems at this time. Further education and consultation to the family regarding immunizations, safety, growth & development, parenting and baby care may be provided. Phone: (604) 476-7000

BREAST FEEDING CLINICS

Fraser Health - Public Health Nursing provides clinics at the Health Unit or will arrange in-home visits where needed for mothers who have special breastfeeding concerns. Phone: (604) 476-7000

BREAST FEEDING DROP-IN

Tuesdays 1:30 p.m. - 3 p.m. in the 'Story Room' at the Maple Ridge Library. Contact: (604) 476-7000

FUTURE STEPS

The Teen Parent Program was developed to meet the special needs of pregnant and parenting teens. Includes education, daycare and counselling and is located at Maple Ridge Secondary School. Future Steps is a joint program of the YMCA and School District 42. Phone: (604) 463-4175/ (604) 463-0863



POST PARTUM DEPRESSION SUPPORT GROUP
Please refer to page 17 for more information

BABY TALK DROP-IN

Weekly sessions facilitated by public health nurse that provide new moms an opportunity to connect with other moms of children up to one year old. Various topics covered and may include guest speakers. Schedules available at Maple Ridge Health Unit. Time 1-3 p.m. Mondays. (604) 476-7000.



Strengthening Early Childhood Development, Care and Learning

WELL BABY / CHILD HEALTH 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 4 week wait list new parents should book first immunization visits shortly after the baby is born. Phone: (604) 476-7000

FREE FLUORIDE VARNISH PROGRAM

A free fluoride varnish program offered to families with children 4 yrs and older 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

NUTRITION EDUCATION

A Registered Dietician is available on a limited basis for group presentations. Topics relate to children's nutrition for 0 -5 years of age. Phone (604) 476-7000 for details. Nutrition consultations are also available by phone at (604) 476-7000 or through Dial-A-Dietician, Monday to Friday, at 604 732-9191.

CHILD CARE RESOURCE & REFERRAL PROGRAM

A program of the Maple Ridge/Pitt Meadows Community Services that assists parents seeking childcare and provides support services to childcare providers. Referrals are FREE of charge and confidential and are to child care providers who have met program eligibility criteria for membership. Phone: (604) 467-2273

ANISHNAABE PLACE

Anishnaabe Program and Services are offered in partnership with Katzie First Nation and include Elder support, parenting, youth & family support, community greeters 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. Contact Community Services at (604) 467-6911.

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 program of Maple Ridge/Pitt Meadows Community Services, Family Place.

Phone: (604) 466-8484/ (604) 467-2273



ART AND MUSIC PROGRAMS

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

STRONG START

The Strong Start Centre at Eric Langton Elementary School is for children birth to five years and their parents/caregivers.

Focus is on activities that children and adults share to encourage literacy, bonding, learning about the community and developing social relationships. Monday to Friday 8:30 am to 11:30 am. **Free.** Strong Start is provided through a partnership between School District 42 and the Family Education and Support Centre.



Contact: (604) 467-6055. For other Strong Start locations, call SD 42 at 604-463-4200

MAPLE RIDGE PITT MEADOWS PARKS AND LEISURE SERVICES

Parks and Leisure services provide a variety of ongoing and drop in programs in Maple Ridge and Pitt Meadows for young children ages birth to six and their families. For more information, call (604) 466-4339 or follow the links at www.mapleridge.org



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

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.

SPEECH & LANGUAGE /PHYSIOTHERAPY/ OCCUPATIONAL THERAPY

The Ridge Meadows Child Development Centre provides assessment and intervention for children in the following areas:

- Speech and language pathologists assess communication skills and provide intervention where needed.
- 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 services offered to children and their families, addressing developmental concerns in areas of self-care, play, fine motor, sensory and visual perception/visual motor integration. 604-463-0881

INFANT DEVELOPMENT PROGRAM/

ABORIGINAL INFANT DEVELOPMENT PROGRAM (IDP, AIDP)

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 IDP: Wendy Blaine at 604 466-0787; AIDP: 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 both on and off reserve. Contact SCD: Winnie Chucas at 604-466-8761; ASCD: Kristina Leon at 604 466-8656



AIDP/ASCD co-sponsor a playgroup in the Katzie Community on a weekly basis. Funded by the Ministry for Children and Family Development.

FAMILY PLACE

Parent and tot programs for families with children under the age of six, includes some drop-in programs and registered programs offering varied activities and educational sessions for parents along with the opportunity for families to network and build relationships in their community.

Families are welcome at two locations : Maple Ridge - 22359 119th Ave; Pitt Meadows - Davie Jones School, 12030 Blakely Rd.

Operated by Maple Ridge/Pitt Meadows Community Services. Phone: (604) 466-8484/ (604) 467-2273 ext. 22

THE FRIENDS IN NEED FOOD BANK

Provides monthly food hampers during the third week of the month for families on a pre-registered basis. Families with children can pick up an additional "extras" hamper during the first week of the month and school snack items during the second week. Baby supplies such as diapers, formula and jarred food are also available to registered families. 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, Pitt Meadows and Katzie: 8-22726 Dewdney Trunk Road Maple Ridge BC - 8:30 am until 12:30, Monday to Thursday. (604) 466-3663

12240 Harris Road Pitt Meadows (located in Grace Community Church) - Tuesdays, 8:30 am until 12:30 pm (604) 460-4619 www.friendsneedfood.com

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:

Glenwood Elementary School - 2nd Tuesday evening

Fraserwood Housing Co-op - 3rd Tuesday morning

Pitt Meadows Heritage Hall - 4th Thursday

Family Education and Support Centre - 2nd Friday morning

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

Katzie First Nation - (only available to people living at Katzie)

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



Encouraging Reading/Literacy

PEEK-A-BOOK

A Maple Ridge Library program that makes reading fun by starting early with a special storytime series for babies. The program is for children ages three months to 18 months. No registration is required. Call (604) 467-7417 for information

PRESCHOOL LIBRARY TOURS

A half-hour tour of the library, including all age-appropriate children's resources may be arranged with the library for groups of children attending preschools and schools.

A story time is included as well as an opportunity for kids to get library cards. (604) 467-7417.



EVENING STORYTIME

Approximately 40 minutes of stories, finger plays and stretches and a puppet show. The goal is to introduce young children and their families to reading and to the library's resources. (604) 467-7417

READING BUDDIES

Children in Grades 1-3 are paired with a member of the Student Library Council. They meet once a week at which time the little "buddy" selects a book and reads to the teen "buddy". Each teen in the program has completed training to effectively help the beginning reader. (604) 467-7417

STORY TIME

Half hour program of stories, finger plays, stretches, song, felt stories and puppets. The goal is to introduce young children and their families to reading and to the library. (604) 467-7417

The Pitt Meadows Public library provides stories, songs, flannel board stories and fun for preschoolers and their families. Phone: (604) 465-4113

"READ TO ME" SUMMER READING CLUB

Preschool children are given a booklet to record the books they have read. Stickers are awarded for participation and contests with book prizes are included in the program. There is also a special summer story time for preschoolers. The goal is to encourage reading and literacy activities during summer holidays. (604) 467-7417

PUPPETS IN THE PARK

During the months of July and August the Maple Ridge Public Library presents four half-hour story time events complete with puppets and the puppet stage, songs and chants for all ages to promote reading. Takes place at the Memorial Peace Park bandstand.

'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 no previous preschool experience.

The Family Education and Support Centre - 604-467-6055

Child Care Resource and Referral (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 Band Office (604) 465-8961 or Robin Green at the H.I.P.P.Y. International Office (604) 676-8253

PARENTS AS LITERACY SUPPORTERS (PALS) (SD #42)

PALS is a program for preschoolers and their parents/grandparents that has proven to make a difference in children's learning and parental involvement with the school. The program gives parents information and materials 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 happens in 3 elementary schools: Hammond (604-460-1136), Mount Crescent (604-463-9257), and Edith McDermott (604-460-9993). Anyone is invited to attend PALS events at these schools. Call schools for dates and times.



READY SET LEARN (SCHOOL DISTRICT #42)

All District #42 elementary schools participate in a school readiness program called Ready Set Learn. Schools organize events between mid-October to mid-May to provide an opportunity for three-year-old children and their families to take part in one or more school events. 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 school district website - www.sd42.ca. 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.

KINDERGARTEN

Registration for Kindergarten is usually the first week of February followed by Kindergarten orientation meetings in the spring at individual schools. Parents interested in French Immersion are invited to a District French Immersion information session usually held in late January before Kindergarten registration. Parents interested in Montessori are invited to a parent information evening at the school where the program is located. Montessori is currently offered at Hammond Elementary. A Kindergarten brochure is available by request. Call School District #42 at (604) 463-4200.



ESL MULTICULTURAL WOMEN'S GROUP

For immigrant women who would like to meet other people, practice their English, learn about the community. Meets every second Wednesday for 2 hours. Free transportation and childminding. A second, advanced ESL class has been added. Family Education and Support Centre at (604) 467-6055 for more information.

IMMIGRANT SETTLEMENT SERVICES

Immigrant Settlement Services provides assistance and support to immigrants, newcomers, and refugees to help them understand and adjust to life in the community. Services include: information and referral, orientation services, adaptation support, translation/ interpretation program, application/form filling, and educational workshops.

Contact The Family Education and Support Centre at (604) 467-6055

Parenting and Family Supports

WESTCOAST FAMILY RESOURCES SOCIETY

Comprehensive parenting programs to assist parents (with children 0-13) 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. (604) 603-3316

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

Nobody's Perfect a weekly program for parents with children 0-5 years. Childminding is available. Phone (604) 603-3316 and leave a message.

Mother Goose program a parent-child interactive session focusing on rhymes, songs and storytelling. For more information and registration leave a message at (604) 603-3316



RIDGE MEADOWS WOMEN'S CENTRE

Hosts a Mother's Day every Friday - a group for mothers to plan time for themselves and their children; exchange information and children's items or visit the donation room to access free clothing, toys and books. Foodbank services Friday and Saturday mornings from 9 a.m. to 12 p.m. Contact (604) 460-0064 www.ridgemeanowswomenscentre.com

FAMILY EDUCATION AND SUPPORT CENTRE

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

Young Parents Support Group – Parents up to age 24 meet to discuss a variety of parenting topics. Every Tuesday 1:00 to 2:30 pm On-Site child minding. Free - (604) 467-6055

Single Mothers Support Group – Moms parenting on their own meet to support one another, share information and have a night out with child minding and transportation available. Every Wednesday 5:30 to 7:30 pm Free - (604) 467-6055



Multicultural Women's Group - This group meets weekly at the Family Education and Support Centre and free transportation and childminding is provided. Tuesdays 9:15-11:45 a.m. - (604) 467-6055

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 9:30 to 11:00 am. On-site Child Minding. Free - (604) 467-6055

Parenting Children with ADD/ADHD – a support group for parents. Meets bi-weekly on Tuesday evenings 7 pm – 9 pm. Free - (604) 467-6055

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 am to 11:30 am. Transportation available. Group participation is by referral. Free (604) 467-6055

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

PARENT-CHILD MOTHER GOOSE

A group experience for parents/caregivers and their babies and young children. Connect with your child through the pleasure of rhymes, songs and stories. Mother Goose Programs are delivered by the following agencies:

Westcoast Family Resources Society offers groups in the downtown core and in East Maple Ridge. Leave a message at (604) 603-3316

Smarties Children's Centre in West Maple Ridge offers two groups open to the community: for parents and children from birth to walking, and for parents with children from walking to 30 months. Call (604) 465-4288



Cythera Transition House Society at the Pitt Meadows library, is open to all in the community; however preference is given to those families most in need of support. Various age groups. Call (604) 467-9939 ext 38

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, a hospital homebound teacher, special education facilitators and teachers for the deaf and hard of hearing and for students who are visually impaired. Also, district support staff work with school staff around students with challenges. 604-467-1101

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 February/March. Phone: (604) 467-1101



RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

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

Family Connections Program - Serves family with children who have Complex Developmental Behaviour Conditions, including FASD (Fetal Alcohol Spectrum Disorder, suspected or confirmed). A complex development behaviour condition is any neurological or brain-based condition with associated challenging behaviours. A case facilitator works with the family to develop a family care team comprised of informal and formal supports. (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. A referral from MCFD is required. Call RMCDC at (604) 463-0881



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 30.

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 Community Living B.C. 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.

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 Becci Montgomery at (604) 467-8700.

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 is offered on a wide range of topics, as requested by families. For further information on the resources and support available contact the Family Support Worker at (604) 467-8700. No referral is necessary.



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 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, medical, 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-(604) 6911

ASANTE CENTRE FOR FETAL ALCOHOL SYNDROME

Diagnostic and assessment services with family support before, during and after diagnosis, for individuals and their families impacted by prenatal alcohol exposure. The Asante Centre also provides education and FASD prevention awareness workshops, caregiver training and consultation. The Centre is a not for profit agency governed by the Fetal Alcohol Spectrum Disorder (FASD) Society for BC. Contact: (604) 467-7101

MAPLE RIDGE CLINICAL COUNSELLING

Act II Child and Family Services provides a combination of family and sexual abuse counselling free for those with a referral from the Ministry of Children and Family Development. A wide scope of counselling services are also available for families and for children ages 4 years and older (self-referral with fee for service on a sliding scale.)

Contact: (604) 463-0965

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 simple directions

will point to body parts (i.e. nose, eyes, mouth) on request

will ask questions using single words (i.e. "Juice?")

can squat down to pick up toys and raises head without help

throws a small ball

crawls up and down stairs or walks up and down stairs with one hand held

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...

Walks up and down stairs holding onto railing

Uses spoon to feed self

Uses several words and gestures to communicate

Follows simple directions like "Go get your shoes"

Usually plays on own but likes to be around other children

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

When to be concerned

Your child:

is up on toes when running. 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...

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 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

