

Child

MAKE Children First

DEVELOPMENT GUIDE

What's this...mommy?

Developmental Screening

Learning about your child's social, physical, dental, nutrition, hearing or speech development

Child Development

...Prenatal to Preschool

Opening Doors

...in your Community



The Child Development Guide is about:

- ♥ Encouraging healthy child development, emphasizing the importance of the early years.
- ♥ Helping you to find out where you can learn more about your child's social, physical, dental, nutrition, hearing and language development.
- ♥ Working together to make our programs for families with young children better than ever.
- ♥ Screening to see if your child has a developmental concern so that your child can be helped as soon as possible.

Our aim:

is to screen as many children as possible at 4 months, 18 months and 24 months because children grow and change over time.

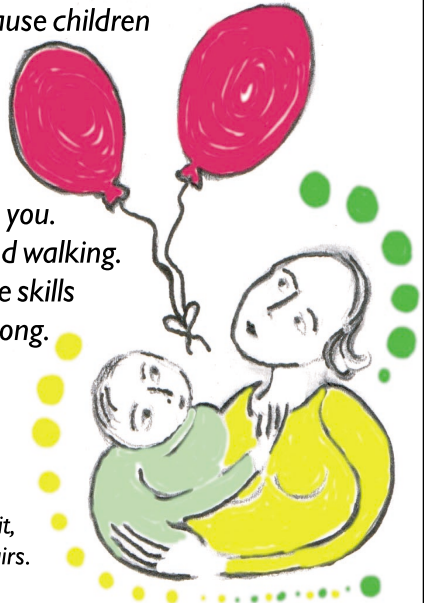
At 4 months children begin to have some control over their head and arm movements.

They smile and laugh, respond to you.

At 18 months, children are up and walking.

At 24 months children's language skills are coming along.

Screening at these ages and others is made easy with the Nipissing District Developmental Screen™ (NDDS). Screening is available at the Health Unit, Family place and Child Development Fairs.



What are parents expected to do?

Observing your child is a great way to learn about their development. The screening will help you to take part in your child's development. It is both voluntary and confidential. How well the screening is working in your community will be reviewed over time.

The Nipissing is a quick and easy check list of skills typically observed in children by a certain age. The **'yes'** or **'no'** questions are meant to be filled in by parents.

1. Please answer the "yes" or "no" questions on the Nipissing Screen available at the Health Unit, Child Development Fairs and Family Place. Print your child's name, birth date and today's date at the top. Please print your name and phone number at the bottom.
2. Please let the person who gave you the screen know if you have any questions or need help reading a question. If you aren't sure your child can do something, encourage them to try to do it.
3. Keep the tear off activity sheet and give the completed Nipissing screen to a Public Health Nurse. At Family Place, the completed screens may be collected to be reviewed by a Public Health Nurse.
4. If you have questions or concerns you can call your local Public Health Unit.
5. Completed Nipissing screens will be reviewed by a Public Health Nurse. If she has questions about your child's checklist, she may contact you. Screening is just the first step but only a few children will need to be referred for further assessment.

*Screening at
The Health Unit
Family Place
and Child
Development
Fairs*



The Health Unit is using the same screening tool to screen 4 month, 18 month and 24 month old children. But, after children have had their 18 month immunization, the public health nurses may not see them again until they come to the Health Unit for their kindergarten needle.

Screening in the community at Family Place and Child Development Fairs makes it possible to screen more children between the ages of 18 months and school age.

24 months is a good time to see how your child's language skills are coming along. If there are language concerns, it is better to help as soon as possible. Children who cannot express themselves can become very frustrated and may act out to have their needs met.

Early screening and intervention can help families learn new ways of encouraging communication. Parents are often amazed and delighted by their child's improved behaviour and self confidence once they can express themselves.

Early intervention can help your child be ready for school.

Where can parents learn more about their child's development?



Parents often have many questions when it comes to their child's social, physical, dental, nutritional, hearing or speech development. For the most part, parents can be reassured that what they are seeing is normal behaviour and development.

If you do have questions or concerns, the staff at Family Place and the Health Unit can be sources of information and support. Many different handouts about development and community programs are available.

There are parenting programs at Family Places and the Health Unit to help you work through child behaviours that you find difficult to manage, such as biting or other aggressive behaviours.

If you have any questions about your child's development or behaviour you can contact the Public Health Unit and a Public Health Nurse will respond to your questions. Check for baby and toddler drop-ins at the Health Unit.

The Child Development Fair is a fun way to learn more about your child's development from your local professionals. It is also a chance to learn about the programs in your community.

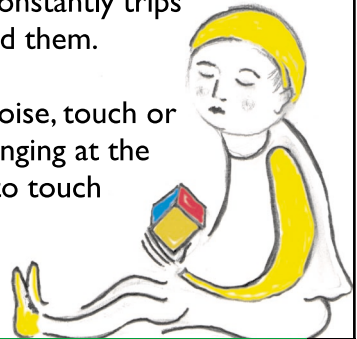
For your information, there is a short directory of community resources for families with young children at the back of this guide.



Developmental Screening and 2 year olds

It is a good idea to contact the Health Unit when....

- you** have concerns about your child not understanding what you are saying.
- you** have concerns about not being able to understand what your child is saying.
- your** child is not yet saying two word sentences.
- you** have concerns about your child rocking or doing the same action such as spinning toys repetitively over and over.
- you** are concerned about your child's ability to stay with a task for six to seven minutes, such as stacking 6 blocks or identifying objects in a book or listening to a short story.
- you** have concerns that your child is overly active for their age, keeping in mind, many children are very active at this age.
- your** child consistently turns the spoon over before food gets to his/her mouth.
- your** child constantly falls over or constantly trips over things rather than going around them.
- your** child seems oversensitive to noise, touch or sound. Examples: frightened of swinging at the park; gets upset and doesn't want to touch playdough or sand.



DENTAL QUESTIONS

From your Public Health Dental Hygienist

By 24 Months, does your toddler...

1. Have his/her teeth brushed two times each day with fluoride toothpaste?

Brush your toddler's teeth as soon as they appear using a small baby toothbrush with a smear of fluoride toothpaste. As back teeth come in, gradually increase the amount of fluoride toothpaste to a pea-sized amount. Remember that brushing teeth properly is harder for your child than tying shoelaces. Children need help with brushing until they are able to write, not print, their own name!

2. Visit the dentist? The Canadian Dental Association recommends that a child's first visit to the dentist take place about 6 months after the first tooth appears, usually around age one. See that your child has a good night's sleep before visiting the dentist and try to book a morning appointment. When you make your appointment with your dentist's office, you can discuss payment or your dental insurance coverage for this visit.

3. Drink only water (not juice, milk or pop) between meals and snacks? Constant sipping on a bottle or a sip cup containing anything other than water can cause cavities. Give milk or juice in a cup at meal times and limit access during the day - give water instead.

4. Have only water in any bottles sipped on throughout the night? Give plain water in sleep-time bottles. If your child is very attached to having milk or juice in their bottle at sleep-time, gradually decrease the amount that you use. Then substitute water. Try other ways to comfort your child, such as reading them a story or giving a favourite toy. Please refer to the handout "Bottles and Sip Cups Between Meals" for more information.

Want more dental information?

Contact your family dentist or give us a call at the Health Unit.

NUTRITION QUESTIONS

From your Public Health Community Nutritionist

By 24 Months, does your toddler....

1. Eat a variety of iron-rich solid foods (meat, fish, poultry, beans, iron fortified hot/cold cereal, dark green leafy vegetables)?

Toddlers can be reluctant to accept new and different foods. Many toddlers need foods offered 15 to 20 times before they will try, taste or eat them. They learn to like new foods when they are offered in a relaxed manner and they can eat them at their own pace. Offer small amounts of foods at a time. A typical toddler portion is 1 tablespoon for each year of age. For example, offer a 2 year old, 2 tablespoons each of noodles, ground beef and carrot slivers.

2. Drink 2-3 cups (500-750mL) pasteurized homogenized milk each day?

If your toddler doesn't like regular milk and drinks less than 2-3 cups per day, cheese and yogurt are good substitutes for milk. If your toddler is allergic to milk or dairy products, talk to your Community Nutritionist or public Health Nurse about milk substitutes. Drinking more than 2-3 cups of milk per day can decrease your toddlers' appetite for healthy solid foods such as vegetables, fruits, cereals, grains and meat. Try to decrease milk to 2-3 cups per day and continue to offer 3 meals and 2-3 snacks per day. Offer water more often to quench thirst

3. Drink less than ½ -1 cup (125-250mL) juice per day?

More than 1 cup of juice per day can decrease your toddlers' appetite for solid foods. Make sure juice is 100% unsweetened, and continue to offer fresh, frozen or canned fruits and vegetables as part of a healthy diet. Water is the best thirst quencher. Fruit punch, fruit beverages and fruit drinks mostly contain sugar, water and colouring, which toddlers don't need.



Want more nutrition information?

Contact us at the Health Unit.

Your Child's **1st** Eye Exam

Certain eye conditions such as a “lazy eye” can have no outwardly visible signs to a parent. Early treatment can prevent future vision problems, so even if you do not notice your child squinting, rubbing their eyes, or an eye turning, bring your child to an Optometrist for a full eye exam.

By the age of three, it is recommended that every child has a complete eye exam by an Optometrist. When you take your baby (6 months and up) to your family doctor, you can ask for a vision screening test. This is a routine growth and development checkup, not a full eye exam.

By age three, most children, even the shy ones, are able to communicate enough to allow for a complete vision and eye health assessment. Your child does not have to know the alphabet or be able to read to have their eyes examined thoroughly. At any age, you can contact an Optometrist if you have concerns about your child's vision.

To make an eye exam appointment with an Optometrist contact:

PACIFIC EYE DOCTORS

Chilliwack: (604) 795-3031

Sardis: (604) 824-2933

Hope: (604) 869-7343

For children five and under,
eye examinations will be
covered by their
BC Medical coverage.



Child

MAKE Children First

DEVELOPMENT

...Prenatal to Preschool

Prenatal and infancy are the most sensitive stages of development. During this time the brain and its pathways are developing faster than at any time in a child's life. While what the child is learning may seem minor, it is the basis for the future development of eye sight, hearing, feelings, speech and movement.

At 2 months, children:

- Are alert and responsive, showing an interest in people and objects. Follow movement with their eyes.
Smile and coo responsively.
Startle at loud noises. Cry, gurgle & grunt.
- Get better at holding their head up when sitting & lying face down.
- Hands are opening more frequently.

Flags: Show no reaction to sound. Child arches their back frequently.
Body posture is floppy or limp.



At 4 months:

- Hands are open most of the time, rather than fisted.
- Begin to take some weight on their legs.
- Are much better at holding their head up.
- Smile, laugh and make sounds spontaneously.
Can look from one side to the other. Look at parent's face. Respond with pleasure to parent's friendly touch, care and play.
- Use both arms and legs the same way.
Can reach with either arm or kick with either leg.
- Turn their head at the direction of sound.

Flags: Hands are tightly fisted. Child moves one arm towards a toy but the other arm remains still or is slower to move. Child kicks one leg but the other remains still. Legs are stiffly crossed. Parent has concerns that infant is not responding to friendly cuddles and care.

At 6 months:

- Eyes follow at the same time.
- Hold up their head without help when sitting.
Sit with support.
- On their tummy, can push up on their arms and roll to either side.
- Can put some weight on legs. Feet are flat rather than tip toe.
- Reach and grasp toys.
- React to loud voices and friendly voices.
Turn and look at new sounds. Babble for attention.
Starting to respond to name.

Flag: Child squints or an eye is turning in or out.

At 9 months:

- Can sit without using their hands or other support to hold themselves up. Can creep on their hands and knees. Pull themselves up until they are standing.
- Reach, grasp and move toys from hand to hand. Starting to use finger and thumbs to grasp at small things. Watch for choking hazards.
- Respond to name and different voices. Produce four or more different sounds. Try to imitate sounds.

Flags: Child stands on tip toes rather than on flat feet. Child has difficulty moving from a sitting position to hand and knees. Child has difficulty crawling, example using only one side of their body to move.

At 12 months:

- Many children are not walking independently yet.
- Children stand up on flat feet rather than on tip toe. Creep on hands and knees and pull themselves up until they are standing.
- Use fingers and thumbs to grasp toys. Easily picks up small objects using fingers and thumbs. Watch for choking hazards.
- Try to say sounds & words, example “ba ba”. Begin to say two to three words. Play simple baby games like “pat a cake” and “peek-a-boo” and wave “bye bye” when you ask. They look at “Mommy” or “bottle” when you name them.

Flag: Recurrent ear infections between 6 months and 1 year.



At 18 months:

- All children should be independently walking.
- Children walk on flat feet rather than on tiptoe.
- Can use both arms to grasp toys. Make equal use of both legs when walking.
- Can stack 3 blocks or more.
- Say words such as “more” or “up” to ask for something. Recognize pictures of familiar people and things.
- Most children can say at least 5 words. May say 10 to 20 words. Words may not be clear yet.
- Point to their toes, eyes and nose when you ask.

Flags: Arms held in a stiff bent position. Parent is concerned that child is not talking yet.

At 24 months:

- Use many, even hundreds of words and gestures.
- Are at least starting to combine two words to express a thought.
- Ask many questions, “What's this? Where's my? Ask for drink and food and understand simple questions and directions.
- Point to different parts of their body when you ask them to.
- Are able to walk well. Starting to run and climb.
- Start to help with dressing. Feed self with a spoon and hold a cup if this is the culturally accepted practice.
- Play make believe or pretend games.
- Can stay with one activity six to seven minutes.

Flags: Up on toes when running, poor balance or frequent tripping.

For more flags, refer to page 5.



At Preschool age:

- Children initiate play by themselves and with other children.
- Talk in sentences to other children as well as adults.
- Begin to recognize colours, shapes and numbers.
- Can tell a story about what they have seen or done.
- Start to tell you what they are thinking.

At 3 years:

- Children can follow simple directions, for example, “Put your shoes 'under' the table or 'beside' the door or 'on' the mat”. Understand what “yesterday, lunch time and tomorrow” mean.
- Can turn pages of a book one at a time.
- Can walk up and down stairs.
- Can listen to a story or music for 5 to 10 minutes with an adult.

At 4 to 5 years:

- Beginning to understand what “next week, next month and next year” mean. Sentences become more complete.
- Children's words are clearly understood.
- Can grasp and use a pencil, crayon or paintbrush with their thumb and fingers.
- Are able to jump, run, climb and hop on one foot.
- Can follow directions and routines.
- Can throw and catch a ball.
- Can work alone at an activity for 20-30 minutes.

Flag: Parent is concerned that child's speech is difficult to understand. Parent is concerned about stuttering.





Opening Doors in Your Community



Fraser Valley Child Development Centre (FVDCDC) 604-824-8760

Toll free | 877 820-8760 / Web site www.fvcdc.org

This centre serves Chilliwack, Agassiz, Hope, Laidlaw, Manning Park to Boston Bar. The Fraser Valley Child Development Centre provides many services to children in their homes and child care centres.

Children birth to the age of three:

- The Infant Development Program (IDP)

Children birth to school entry:

- Occupational Therapy,
- Physical Therapy,
- Speech/Language Therapy,
- Family and Child Therapist,
- Library,
- Toy Lending Library,
- Play Groups

Chilliwack Developmental Children's Centre 604-858-3922

Supported Childcare (SCC) serves Chilliwack, Chehalis, Agassiz, Hope, Laidlaw, Manning Park to Boston Bar. Supported Childcare works with children 3 to 6 years of age with a delay in development.

This program is for children who require extra support to participate in daycares and preschools.

...in Chilliwack

Public Health Unit

604-702-4900

45470 Menholm Rd., Chilliwack, BC V2P 1M2
Office Hours: Monday to Friday 8:30 - 4:30 pm
Call to schedule appointments for immunizations.

Public Health Nurse:

Monday to Friday 10 am - 12 pm & 2:30 - 4:15 pm Services include consultation and counseling regarding infant, toddler and preschool health and development.

Services at the Public Health Unit include:

- Immunizations
- Developmental Screening
- Newborn & Home Visiting Program
- Parenting S.T.E.P. program
- Hearing Testing,
- Speech Language Therapy,
- Dental Prevention Program,
- Community Nutritionist.



Chilliwack Community Services

604-792-4267

45938 Wellington Avenue, Chilliwack, B.C. V2P 2C7
Office Hours: Monday to Friday 9 - 4:30 pm

Family Place

604-792-1631

Neighbourhood drop-in support for parents and care givers with children 0 to 6 years. Downtown, East Chilliwack, Sardis, Greendale, Yarrow, Kekinow. Parent groups, parent and child programs, prenatal nutrition.

Child Care Resource & Referral Program 604-792-4267

Parents can get free information and referrals to childcare providers who have been screened by this program.

TLC Daycare/Preschool & Young Parent Program 604-792-8717

for children aged 0 to 5. Serves young parents in high school. Also serves young parents in need with the approval of a social worker from the Ministry of Child and Family Development.

...in Chilliwack

Fraser Valley Child Development Centre (FV CDC) 604-824-8760

...see page 15 for more information.

Supported Child Care 604-858-3922

...see page 15 for more information.

Community Schools

The four Community Schools in Chilliwack offer a variety of programs for families in the community. Contact them for more information about educational seminars, parenting workshops, sports and recreational activities, summer camps, community computer access programs (CCAP).

Central Elementary 604-792-8537

Cultus Lake 604-858-7192

Promontory Heights Elementary 604-858-2999

Yarrow 604-823-0257

Parent to Parent (P2) Program 604-819-5184

Friendship-based home visitation program supporting parents with preschool children. Trained volunteers offer friendship, practical assistance and support for the work of parenting for a minimum of 1 year.

Sardis Doorway for Mothers and Children 604-858-9679

Physical, emotional and spiritual support for single mothers with preschool children. Preschool, lunch, workshops, childminding. Free.



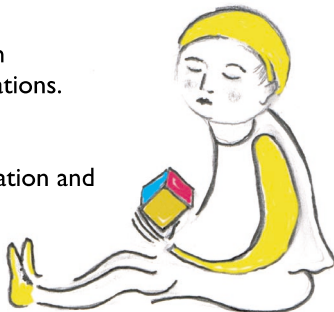
...in Agassiz

Public Health Unit **604-793-7160**

7243 Pioneer Avenue, Agassiz, BC
Office Hours Monday to Friday 8:30-4:30pm
Call to schedule appointments for immunizations.

Public Health Nurse:

Services include immunizations, consultation and counseling regarding infant, toddler and preschool health and development. Developmental screening available. Newborn and Home visiting program.



Services offered at Chilliwack Health Unit **604-702-4900**

Hearing Testing
Speech Language Therapy
Dental Prevention Program
Community Nutritionist.

Agassiz-Harrison Community Services **604-796-2585**

#5, 7086 Cheam Avenue
P.O. Box 564, Agassiz, BC V0M 1A0
Office Hours: Monday to Friday 9 - 4 pm

Agassiz-Harrison Family Place **604-796-2585**

1824 No. 9 Highway, Agassiz, BC
For parents, care givers and their children 0 to 6 years. Drop-In, Better Beginnings Prenatal Nutrition Program, Nobody's Perfect Parenting Program, Public Health Babytime, information and support.

Child Care Resource & Referral Program Registry **604-793-8393**

Parents can get free information and referrals to childcare providers who have been screened by this program.

...in Agassiz

Fraser Valley Child Development Centre (FV CDC) 604-824-8760

...see page 15 for more information.

Supported Child Care 604-858-3922

...see page 15 for more information.

Parent to Parent Program 604-819-5184

Friendship-based home visitation program supporting parents with preschool children. Trained volunteers offer friendship, practical assistance and support for the work of parenting for a minimum of 1 year.

Agassiz-Harrison Daycare Centre 604-796-9392

Day care and preschool.

Kent Leisure Services 604-796-2235

Variety Play & other recreation programs for toddlers and preschoolers.
Fee.

Agassiz Library 604-796-9510

Preschool storytime

Coffee Break-Story Hour 604-796-9235

Christian Reformed Church
Program for children aged 3-5 years.

Seabird Island Programs 604-796-2177

For more information contact

Chehalis Programs 604-796-1281

For more information contact

...in Hope

Public Health Unit

604-869-5661

444 Park Street, Hope, BC. V0X 1L0
Monday to Friday 8:30 am - 12 pm & 1-4:30 pm
Call to schedule for immunizations.

Public Health Nurse

Services include immunizations, consultation and counseling regarding infant, toddler and preschool health and development. Developmental screening available. Breast Feeding Consultation and Assistance. Newborn & Home visiting program.

Services offered by Chilliwack Health Unit 604-702-4900

Hearing Testing

Speech Language Therapy

Dental Prevention Program

Community Nutritionist.



Hope Community Services

604-869-2466

434 Wallace St., Hope, BC

Office Hours: Monday to Friday 9 - 4:30 pm

Call for more information about: Food Bank, Thrift Store, Addiction Counselling & other programs.

Hope Family Place

604-869-2896

345 Park Street, Hope, BC

Neighbourhood drop-in center for parents and care givers with children under the age of seven. Parent groups, parent and child programs, prenatal nutrition.

Child Care Resource and Referral

Parents can get free information and referrals to child care providers who have been screened by this program.

Fraser Valley Child Development Centre (FV CDC)

604-824-8760

Hope Infant Development Program

604-860-7731

...see page 15 for more information.

Supported Child Care

604-858-3922

...see page 15 for more information.

Hope Community Preschool

604-869-5166

Back to Basics Preschool

604-869-0588

Hope Library

604-869-2313

Preschool storytime.

Hope and District Recreation Centre

604-869-2304

Munchkin Mornings, Pee Wee Gym

Dan Sharrers Aquatic Centre



...in Boston Bar

**For an appointment with a Public Health Nurse, please call the
Hope Health Unit 604-869-5661
In Boston Bar you can call 604-867-9786**

Child Health Clinics are held **each month in Boston Bar.**
Immunizations, consultation and counseling regarding infant,
toddler and preschool health and development. Developmental
screening available. Breastfeeding Consultation and Assistance.
Newborn & Home visiting program.

Services offered by Chilliwack Health Unit 604-702-4900
Hearing Testing Speech Language Therapy
Dental Prevention Program Community Nutritionist

Fraser Canyon Family Place 604-867-9204

Drop-In Centre for parents, care givers and children aged
birth to 6 years. Peer support, health, nutrition and parenting
information is accessible through the facility.

Nobody's Perfect Parenting Program

Parenting group for parents of children up to 5 years of age.
Child care and transportation available.

Better Beginnings, Prenatal Nutrition Programs 604-867-9501

This program supports pregnant women until their baby is six
months of age and provides support, vitamins and vouchers for
nutritious foods.

Fraser Valley Child Development Centre (FVDCD) 604-824-8760
...see page 15 for more information.

Supported Child Care 604-858-3922
...see page 15 for more information.

Fraser Canyon Children's Centre/Play School 604-867-9204
for children 30 months to school age

Almer Carlson Swimming Pool 604-867-9796
Offers day camp programs, special events, swimming lessons, and public
swimming for all ages.

Canyon Lanes Bowling 604-867-8800
Bowling, Pool table, Games, Video Rental

Head Start Programs for Boothroyd & Boston Bar 604-867-9211
Contact Boothroyd Band

Boston Bar Library 604-867-8847
Boston Bar School 47643 Old Boston Bar Road. For more information
please call when the library is open, Wednesday 3-9pm and Friday 7pm.

MAKE Children First



In October 2000, the government of British Columbia announced a new initiative: Make Children First. Three areas were chosen in BC, as Learning Sites to pilot this initiative. Funds from Make Children First are helping service providers and communities to work together to improve the information, support and care systems for families with young children.

The following people and organizations helped put the Guide together:

Fraser Health Authority, Fraser East

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Gillian Youngberg, *Supervisor, Public Health Nursing*
Marg Millar, *Public Health Nurse*
Catherine Atchison, *Community Nutritionist*
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Fraser Valley Child Development Centre

Julie Houlker, Kim Brickley (*Infant Development Program*)
Karen McLean

Chilliwack Community Services
Supported Childcare
Family Place Resource Network
Agassiz-Harrison Family Place
Parent to Parent Program
Valley Family Practice

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Any comments? Feedback will be appreciated.

PLEASE CONTACT:

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Phone: 604-702-4900 - Fax: 604-702-4901

*The Nipissing District Developmental Screen is a trademark of Nipissing District Developmental Screen Inc.
Visit www.ndds.ca to get further information about the screen.*



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GRAPHIC DESIGN BY: Mimmo's Graphix



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