



Cameray Child & Family Services

Administration Office:
4585 Hastings Street,
Burnaby, B.C. V5C 2K3
Tel: 604-291-7422

Burnaby Office
#203-5623 Imperial Street
Burnaby B.C. V5J 1G1
Tel: 604-436-9449

New Westminster Office
#6-602 Seventh Avenue
New Westminster, B.C. V3M 2J3
Tel: 604-520-0009

WEB-SITE: CAMERAY.CA

We are a non-profit agency serving Burnaby and
New Westminster residents since 1972.

MISSION STATEMENT:

Cameray Child & Family Services is a community-based agency committed to the strengthening of individuals and families through a spectrum of services including counselling, education, outreach, and advocacy.

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Nurturing Creativity in Children



Creativity is a quintessential attribute of human beings. When combined with our ability to record and benefit from accumulated knowledge, it makes us the highest-order species on the planet. We humans have not yet achieved our full creative potential, however, primarily because every child's creativity is not properly nurtured. The critical role of imagination, discovery and creativity in a child's education is only beginning to come to light, and even within the educational community, many still do not appreciate or realize its vital importance.

Creativity is the freest form of self-expression. There is nothing more satisfying and fulfilling for children than to be able to express themselves openly and without judgment. The ability to be creative, to create something from personal feelings and experiences, can reflect and nurture the child's emotional health.

What's important in any creative act is the process of self-expression. Creative experiences can help children express and cope with their feelings. A child's creative activity can help teachers learn more about what the child may be thinking or feeling. Creativity also fosters mental growth in children by providing opportunities for trying out new ideas, new ways of thinking and problem-solving. Creative activities help acknowledge and celebrate children's uniqueness and diversity as well as offer excellent opportunities to personalize our teaching and focus on each child.

Research on creativity documents a so-called "fourth grade slump" across cultures. Briefly, this data indicates that when children begin school, their level of creativity is evident and often flourishing. By the time they reach the fourth grade, however, they have become more conforming, less likely to take risks, and less playful or spontaneous than in earlier years. These trends continue throughout the school years and into adulthood. Hence the risk of diminishing creativity faced by children

needs to be addressed by adults, if humans are to attain their creative potential. Today's children must be given the chance to develop their creativity to the fullest extent possible; not only for the benefit of their own future but also for the communities we all inhabit.

There are several ways that parents can foster creativity in children:

First, it is important to dedicate time for creative exercise. Give the child your full attention by participating in their endeavor. Interactive creative time can be a golden opportunity to learn from one another and connect with your child.

Second, provide an environment that allows your child to explore and play. Creative play is expressed when children use familiar materials in a new or unusual way, and when children engage in role-playing and imaginative play. One of the strongest benefits of play is the way it enhances social development. It also helps develop each child's unique perspective and individual style of creative expression.

Third, look for ways to provide different cultural experiences for the child. Activities such as field trips, going to plays or museums and celebrating multi-ethnic holidays are ways to enhance the creative processes in a child. The more varied experiences children have in their lives, the wider the range of their creative expression.

Finally, it is important to encourage children through comments and questions. Remain open to new and original ideas, and encourage them to come up with more than one solution or answer. By placing an emphasis on the process of creativity rather than the finished product, children may experience creative freedom through the infinite possibilities of their imaginations.

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Donor Highlight Westminster Savings Credit Union

Westminster Savings Credit Union has generously provided a grant for our Community Kitchen Program.

The Kitchens teach parents how to cook low cost, nutritious meals, which they take home.

Eight families can attend, with free childcare provided.

We appreciate this grant and the written evaluations from the families confirm that they are very grateful for this program.

"The child must know that he is a miracle, that since the beginning of the world there hasn't been, and until the end of the world there will not be, another child like him."

Pablo Casals

Positive Discipline: Methods that Promote Self-Worth in Children

How do young children learn self-control, self-help, ways to get along with others, and family and school procedures? Such learning occurs when parents and teachers of infants, toddlers, or preschoolers are continuously involved in setting limits, encouraging desired behaviors, and making decisions about managing children.

When making these decisions, caregivers often ask themselves these questions: Am I disciplining in a way that hurts or helps this child's self-esteem? Will my discipline help the child develop self-control? This digest suggests methods and language that can be used in handling common situations involving young children.

1. Show that you recognize and accept the reason the child is doing what, in your judgment, is the wrong thing:

"You want to play with the truck but..."

"You want me to stay with you but..."

This validates the legitimacy of the child's desires and illustrates that you are an understanding person. It also is honest from the outset: The adult is wiser, in charge, not afraid to be the leader, and occasionally has priorities other than those of the child.

2. State the "but":

"You want to play with the truck, but Jerry is using it right now."

"You want me to stay with you, but right now I need to (go out, help Jill, serve lunch, etc.)."

This lets the child know that others have needs, too. It teaches perspective taking, and may lead the child to develop the ability to put himself in other people's shoes. It will also gain you the child's respect, for it shows you are fair. And it will make the child feel safe; you are able to keep him safe.

3. Offer a solution:

"Soon you can play with the truck."

This helps children learn how to delay gratification but does not thwart their short-term understanding of time.

4. Often, it's helpful to say something indicating your confidence in the child's ability and willingness to learn:

"When you get older I know you will (whatever it is you expect)."

This affirms your faith in the child, lets her know that you assume she has the capacity to grow and mature, and transmits your belief in her good intentions.

5. Avoid accusation.

Even with babies, communicate in respectful tones and words. This prevents a lowering of the child's self-image and promotes his tendency to cooperate.

6. For every no, offer two acceptable choices:

"No! Rosie cannot bite Esther. Rosie can bite the rubber duck or the cracker."

"No, Jackie. That book is for teachers. You can have this book or this book."

This encourages the child's independence and emerging decision-making skills, but sets boundaries. Children should never be allowed to hurt each other. It's bad for the self-image of the one who hurts and the one who is hurt.

7. Help the child express their feelings, including anger, and guide them into thinking of solutions.

This encourages characteristics we want to see emerge in children, such as awareness of feelings and reasonable assertiveness. It also allows children to develop their own methods for solving problems.

Criticizing, discouraging, blaming, shaming, using sarcasm, or using physical punishment are some negative disciplinary methods that are sometimes used with young children.

Often saying, "Stop that!" "Don't do it that way!" or "You never..." is harmful to children's self-esteem.

Self-discipline is better learned through guidance than through punishment. It's better learned through a "*We are a team, I am the leader, it's my job to help you grow up*" approach than through a "*me against you*" approach.

Good approaches to discipline will increase a child's self-esteem, allow them to feel valued, encourage them to feel cooperative, help them take initiative and responsibility, as well as motivate them to find solutions instead of blaming others.

By: www.kidsource.com

Corner

Recipe

Lunch Box Favourite - Classic Potato Salad

INGREDIENTS:

4 cups potatoes, cooked, peeled and cubed (about 6 or 7 whole potatoes)
1 cup Miracle Whip or mayonnaise
1 teaspoon mustard
1/2 teaspoon celery seeds
1/2 teaspoon salt
1/8 teaspoon pepper
2 hard boiled eggs, chopped
1/2 cup onion, chopped
1/2 cup celery, finely chopped
1/2 cup sweet pickles, finely chopped

DIRECTIONS:

1. Boil potatoes whole, with the skins on, in salted water for about 15 to 20 minutes until they are tender in the middle when you prick with a fork. Do not over-boil or the salad will be mushy.

2. Cool the potatoes a bit then peel them, cut into cubes and place in a large bowl.

3. In a separate smaller bowl combine the mayonnaise, mustard, celery seeds, salt and pepper. Mix well. Add the chopped eggs, onion, celery and pickles and mix together to combine.

4. Pour dressing over the cubed potatoes and mix lightly so as not to break up the potatoes too much. Cover and chill until time to serve.

Makes 6 servings



Announcements

Cameray welcomes many staff changes...

Congratulations to Christy Waisman who has posted into a permanent counsellor position.

Welcome to Lara Wease, new counsellor with the Burnaby office.

Welcome to Angela Parsons who will be starting her practicum in the New Westminster office this fall.

Welcome to Brenda Acosta, a Parenting Support Program volunteer.

Welcome to Kathryn Atkinson, new practicum student working in the Burnaby office.

Welcome to Jennifer Van Wyck, new temporary group facilitator for the Parent Support Program.

Cameray says goodbye and good luck to...

Uresha De Alwis, Counsellor in the New Westminster office.

Pascale De Kerckove, Parenting Support worker in the Burnaby office.

Cameray congratulates...

Maria Mesa, office manager on maternity leave from the Burnaby office, on her new baby Alex.

