Ridge Meadows Community Children’s Table Meeting Wednesday, January 20, 2021 (1:00-2:30)

Host: Jenny Earley Platform: Zoom

Attendees:

* Danielle Elder, Glenda Morin, Helen Rex, Jen Baillie, Jenny Earley, Jo-Anne MacKenzie, JoAnne White, John Heffernan, Kerry Lawson, Leilani Jordan, Meredith, Melanie Scarcella, Natalie Binns, Nikki Nevison, Silvia Savignano, Susan Foster, Wendy Blaine

Regrets: None to report

Land Acknowledgement

Minutes have been adopted from the November meeting.

* UBC MDI (Middle Development Instrument) Data School District 4 (grade 4, Grade 7) discussion

By Susan Foster

Some highlights:

* Relationships are central to children’ well being.
* MDI Dimensions: SOCIAL & EMOTIONAL DEVELOPMENT, PHYSICAL HEALTH AND WELL-BEING, CONNECTEDNESS, USE OF AFTER-SCHOOL TIME, SCHOOL EXPERIENCES
* Measures: Optimism, Self-Esteem, Happiness, Absence of Sadness, General Health
* Well-being in SD 42 slightly higher than the province in Grade 5
* Well-being in SD42, slightly higher than the provincial in Grade 7
* Sleep – a number of children in Grade 4 & Grade 7 are going to bed at 10pm and later during the week
* Children in our area are doing generally well in comparison to the province.
* Strong Minds/Strong Kids - Psychology Foundation of Canada, Susan Foster shared a short video.

[www.strongmindsstrong](http://www.strongmindsstrong)kids.org

Program Updates:

* Danielle Elder, Family Education & Support Centre, Under the Tree, lots of inquiries for childcare, families are looking for support in a variety of ways (ACCB, Social Assistance, etc.)
* Glenda Morin, Fraser River Indigenous Society, new staff, posting new positions,
* Helen Rex, West Coast Healthy Babies, still virtual programming, some challenges with parental isolation – going for walks to offer support, working on planning for the next few months – to keep the connection in a variety of new ways, trying to meet a variety of client needs.
* Jen Baillie, City of Maple Ridge, Parks & Rec., February – presentation of Child Care Needs Assessments
* Jenny Earley, Family Education & Support Centre,
* JoAnne White, Community Parenting/|Family Place, zoom singalongs and story time, CAPC conference coming up, Lots of new referrals and Infant Mental Health & Covid training coming up
* Karrie Lawson, Family Support Institute of BC, Kindergarten preparation workshop, Youth and Children with Mental Health workshop coming up in March, Family Hangout meeting check out the website – www.familysuppotintitueofbc. com
* Leilani Jordan, practicum student from UVIC until April (working with the CN Coordinator, community engagement strategies and food security)
* Liza Morris – Maple Ridge Library, Family Literacy Day event poster Jan 27-30, please promote and share poster. Videos are ready to share during the event.
* Meredith, Children and Youth Mental Health, role under development
* Melanie Scarcella, SD 42, Ready Set Learn Funding – Kindergarten orientation: Ready Set Kindergarten, Children will receive a bag and information and QR codes to link to your organization - email Melanie for more information. Purposeful Play workshop coming up. Changing Results for young children.
* Natalie Binns, Family Education & Support Centre, Family Navigator, parents in need of support with income assistance applications, mental health of children and parents, referrals to wellness together Canada (https://ca.portal.gs/)
* Nikki Nevison, Family Education & Support Centre, Brave New You, Anger Monsters, Anger Management for Men, Home Alone, Schools Out and I Am Awesome (Spring Break),
* Sylvia Savignano, Family Education & Support Centre, Under the Tree (UTT), numbers have been increasing, new infant/toddler spaces, new to childcare – lots of extra stress, gradual entry, offering lots of support due to Covid, listening to their stories, progressing well.
* Susan Foster, MCFD Early Years Team, posters – professional development coming up – Trauma Informed Practice – February, TRC- January, Reconciliation – March, North Fraser Meeting next week – focus outdoor play in winter.

CN - check out the Trans Care BC – gender diversity self-paced workshop (making workplaces more inclusive).

* Wendy Blaine/John Heffernan, Ridge Meadows Association for Community Living – Supported Child Development program, SCD/IDP – less time in the office for staff, virtual connections with families, getting ready for virtual Accreditation, transition program to the Fraser River Indigenous Society, lots of new referrals, families are struggling, a number of children being given notice at childcare centres, Songs & Rhymes play group, may add a Yoga class and a virtual infant massage class.

Action Items

* further discussion as a result of the MDI data review discussion:

How can we start to promote healthy sleep, outdoor time, fresh air, change of scenery, screen time? How can we increase the amount of outdoor opportunities afterschool?

Bed time routine start with babies, importance of routine to children, what to do when adults can’t sleep, consistency and how to maintain routines, what is the result of these challenges in the children’s behaviour, can be quite emotional for parents, has an impact on children’s readiness to learn at school, ready to eat breakfast in the morning, can affect their health – amount of colds/flu, sleep consultants/books/ websites (goodnightsleepsite.com, babysleep.com), variety of home situations (number of bedrooms, house, apartment, each child may not have a bedroom, etc.)

Use programming, newsletters, social media, conversations, posters, share MDI/EDI data, campaign, unplug and connect to ... in the Tri-City area (Susan will send a copy of the poster), workshops for parents,

Time poverty, parental stress, MR/PM is a commuter area - keeping children up to see the parent that arrives home late, keeping up children late so that they sleep in later, keeping babies up late as the parent is also up late.

* Live 5-2-1-0 (Healthy Living) Children’s Hospital initiative – follow up.
* Check with Jen Baillie to offer a workshop. Check out the Move Maple Ridge Challenge.

Next Meeting.

* Wednesday, February 17at 1:00 p.m. (3rd Wednesday)