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**SPRING 2018**

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**WESTCOAST  
CHILD CARE  
RESOURCE  
CENTRE**

2772 East Broadway  
Vancouver, BC V5M 1Y8

Phone: 604.709.5661

Fax: 604.709.5662

Toll-Free: 1.877.262.0022

[www.wstcoast.org](http://www.wstcoast.org)  
[info@wstcoast.org](mailto:info@wstcoast.org)



## Welcome to our newsletter

This spring has been a busy one for us at Westcoast as we prepared for new training opportunities that we are offering to the community. Administration for Family Child Care is a 15 hour course that compliments the Responsible Adult course in preparing care providers to offer family child care. We will continue to offer this training throughout the year, so whether you are looking for a refresher or you have taken the Responsible Adult course and now want to further your learning, this course is for you. Check our website for dates of the next training.

We had the privilege to work with Qmunity and the City of Vancouver to create a 4 hour training course to support the work with LGBTQ2S+ children and families in early childhood settings. Training dates are being offered in June and in the fall. Westcoast staff attended the annual Early Childhood

Educators of British Columbia (ECEBC) Conference in early May where we featured a display table and enjoyed the keynote speakers and fun gala dinner.

With summer upon us, one might think we have some down time, but we are working hard on developing a new website that will be launched in the fall. In addition, we are continuing to support the community as new changes to provincial child care funding continues to be implemented. With summer in mind, we have included some summer safety tips for you to consider with the children you work with. We look forward to seeing you out and about this summer or at one of our training events.

Enjoy and stay sun safe!

Crystal Janes  
*Director of Programs*  
Westcoast Child Care Resource Centre

## Working with LGBTQ2S+ Children and Families



Westcoast had the privilege to work with Qmunity and the City of Vancouver to offer this training throughout the City this spring. The City of Vancouver generously provided funding to help early childhood educators and practitioners to identify LGBTQ2S+ terminology, to understand gender and gender expression in children and how to create more inclusive and safer environments for LGBTQ2S+ children and families. The workshops were full

and there was so much great energy. If you missed these workshops, you can still register for our June or fall training sessions. Click [HERE](#) for registration information for our June workshop:

There were many resources shared in the training. The following article is one of those resources that can be shared with families and contains wonderful information that you may want to consider for your programs.

## How do I talk with my preschooler about identity?

*(Reprinted with permission from Planned Parenthood. [www.plannedparenthood.org](http://www.plannedparenthood.org))*

<https://www.plannedparenthood.org/learn/parents/preschool/how-do-i-talk-with-my-preschooler-about-identity>

When it comes to gender, ideas about what it means to be a girl or a boy are everywhere, and these ideas have a big influence on your preschooler. Learn how to teach your kid that their gender doesn't limit them, how to talk about different kinds of families, how to know if your kid is transgender, and more.

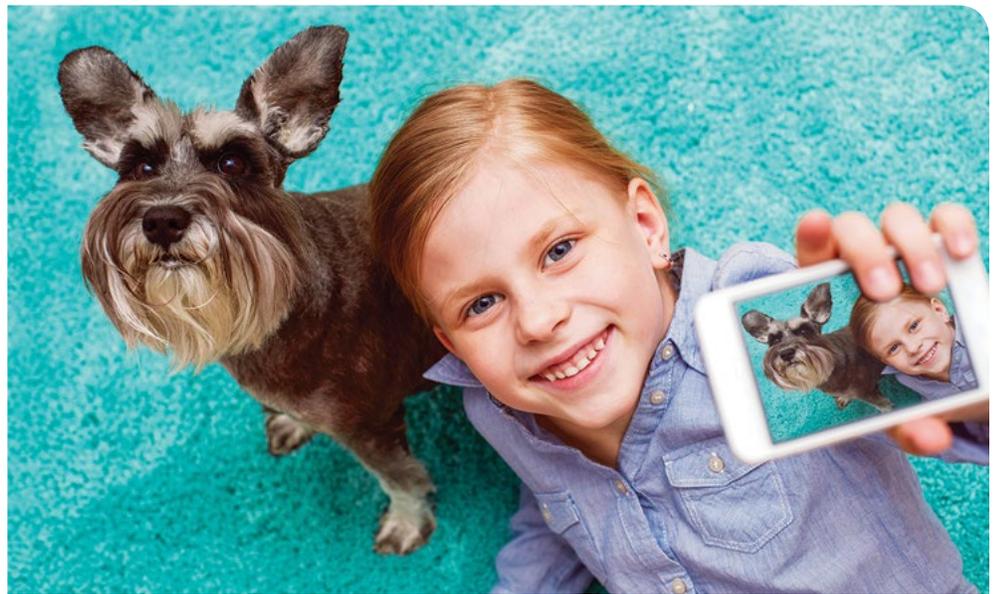
### What should I keep in mind?

#### Your little one is picking up messages about gender from the day they're born.

In so many ways, society tells us how girls and boys are supposed to look, speak, dress, and act. In their attempt to sort out the world around them, your preschooler may form rigid ideas about gender and what it means for them. Most kids begin to identify strongly with a gender around age 3. That includes transgender and gender nonconforming people, who also have a sense of their gender identity at this stage.

#### Think through your values when it comes to gender while your kid is still small.

People have different beliefs when it comes to gender roles, gender stereotypes, and gender expression. If you think about these things ahead of time and consider what messages you want to send to your child, you'll be better at talking about them. Maybe



you want your child to feel free to express themselves however they want. Maybe you want them to feel they can accomplish anything, no matter what their gender. Maybe you want them to grow up to appreciate the contributions people of all genders make in their lives and in the world. Understanding your own values will help you focus your thoughts and express them better.

**Be thoughtful about your choices when it comes to books, toys,**

**entertainment, clothes, decorations, and other things you surround your little one with.** These choices have an influence on your kid's understanding of gender and what it means. Putting daughters in pink princess rooms and boys in blue sports rooms before they're old enough to choose for themselves can send the message that they have to like certain things because of their gender.

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### How do I talk about different types of families?

Little kids notice, and sometimes comment on, everything. Your kid may notice another kid on the playground or in their preschool who has a different kind of family than them — a family with a different number of parents, or with grandparents raising kids, or with two moms or two dads, or any number of other situations.

These observations are good teachable moments. Take a minute and explain to your kid that they're right — what they're noticing is different from your family — but that there's nothing wrong with it, and that we can always be friends with people who are different from us. You'll be steering your kid in the direction of respecting others as they grow up. It will also one day help them figure out the kind of family they want to build for themselves.

### How do I talk about gender roles and stereotypes?

Little kids get ideas about what it means to be a girl or boy from the people around them — the way they act, dress, wear their hair, talk, and behave.

They're also influenced by the boxes that society puts them into from the time they're

born, based on gender stereotypes. Think: footballs, trucks, and superheroes for boys, dolls, princesses, and pink for girls.

You can expand those narrow gender boxes to include a range of other influences. When you pick a new toy or book, or sign your kid up for a new activity, ask yourself these questions to help you think through whether or not you're reinforcing gender stereotypes.

- ▶ Would I feel comfortable with this choice if my kid wasn't the gender they are? Why or why not?
- ▶ Does this choice expand or limit my kid's expectations of who they could grow up to be?
- ▶ Does my kid generally like things like this already, or am I picking it just because of their gender?

Give them choices as much as possible, and pay attention to what they're really into, rather than what you think girls or boys are supposed to like. Keep in mind that gender stereotypes have the potential to affect and limit boys just as much as girls.

Be mindful of how you talk around your kid, too. Talking to (or in front of) your daughter about growing up and having boyfriends or marrying a man (and vice versa) sends the message

that girls are supposed to like boys, and boys are supposed to like girls, and that anything else is wrong or not normal. While kids this young don't know their sexual orientation yet, assuming they're straight could make them scared to come to you or feel bad about themselves later. This can lead to mental health issues, unhealthy relationships, and taking more health risks when they reach their teenage years.

If you catch your kid talking about gender, engage them in conversation. You may hear them making observations, like, "Only girls wear pink," or telling you a preference like, "I don't like playing with boys." Ask them questions about why they think that. If what they're saying is rooted in stereotypes, give them the right information.

If you're trying hard to fight gender stereotypes in your home, but your kid really just likes the typical stuff, don't worry. At this age, lots of little girls love princess stuff and lots of little boys like action superheroes and sports. It's part of them forming their gender identity, and it's OK. As your kid gets older, their tastes and interests may change, and they may be more ready for new stories, toys, and activities.

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### How do I know if my child is transgender or gender nonconforming?

Transgender means you identify with a different gender from the one you were assigned at birth. Gender nonconforming means your gender identity or expression doesn't go along with traditional ideas of just male or female — it could mean you identify with words like non-binary, genderqueer, or something else. Some adults use words like “gender expansive” or “gender creative” to describe children with non-binary gender expressions. While we don't know for sure how many people are transgender, recent research shows that about 1% of people in the U.S. identify as transgender, more than 1.5 million people. **Read more about gender identity.**

So how do you know if your kid is trying to tell you that they're transgender or gender nonconforming, rather than just playing around?

Experts say that transgender kids tell you what their gender identity is in a way that's very definitive. Trans and gender nonconforming kids are:

- ▶ **Consistent:** They don't go back and forth about their gender — they clearly identify with one particular gender identity.
- ▶ **Insistent:** They feel very strongly about their identity, and get upset when they're told that they're not the gender they say they are.
- ▶ **Persistent:** How they identify themselves stays over time.

So just because your little girl likes Bob the Builder better than Elsa from Frozen, or your little boy wants to wear a pink Dora the Explorer backpack, that doesn't necessarily mean they're transgender (and it doesn't mean they're gay, either). No matter what, the best thing you can do is support your little one in the way they want to express themselves and help them feel safe no matter what.

If you think your child might be transgender but don't know what to do, talking with a counselor or therapist who's familiar and supportive of LGBTQ identities is a good idea. Talking with other families with trans or gender nonconforming kids can be helpful, too — for both you and your child. There are community groups like **PFLAG** which

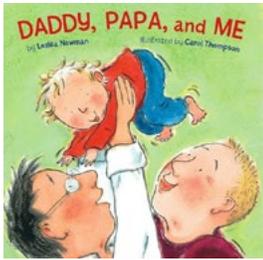
may be in your area, and there are also lots of parenting groups online.

It's also a good idea to talk to your child directly about their gender if you think they might be transgender or gender expansive. Ask them if they're a boy or a girl, and how they know that to be true. If they are transgender, giving them the power to wear what they want, have the haircut they want, and even use a name that reflects their gender are all going to be really important for them to feel safe, especially once they start going to school. For help talking to your child about this stuff, **Gender Spectrum** is a good place to start.

Trying to steer your kid toward a more typical gender expression if that's not their instinct does more harm than good. Being told that it's bad for boys to play with dolls or do ballet, for example, can make your kid feel ashamed and rejected. Over time, LGBTQ children who aren't supported by their parents tend to take greater risks with their health and suffer from mental health conditions at higher rates than children of supportive parents — so your love and understanding on these issues will be extremely important as your child grows up.

# Be Inspired...

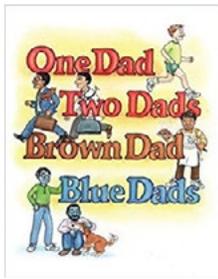
Here is a selection of LGBTQ2S+ friendly picture books available at the Westcoast Early Learning Library. Choose some for your own collection.



### Daddy, Papa, and Me

One toddler and two dads play together and share fun activities until they're all tired out.

### One Dad Two Dads



### Brown Dad Blue Dads

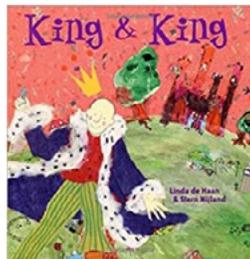
Two children one with blue dads, one from a more traditional family compare notes on parents who are different. They discover that blue dads aren't really that different from other dads.



### Worm Loves Worm

When a worm meets a special worm and they fall in love, you know what happens next. They get married! But their friends want to know – who will wear the dress? And who will

wear the tux? The answer is: It doesn't matter, because worm loves worm. This irresistible picture book is a celebration of love in all its splendid forms.



### King & King

The queen decrees that it's time for the prince to marry and the search is on! Princesses come from far and wide hoping to catch his eye. Will the prince be charmed by a magic act? Tantalized by arias? Mesmerized by the miss from Mumbai? Or will he simply follow his heart?

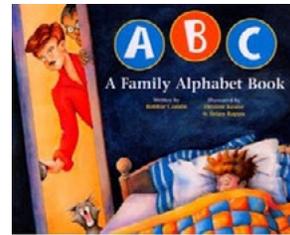


### This Day in June

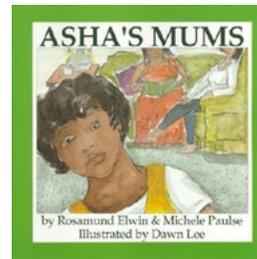
A wildly whimsical, validating, and exuberant reflection of the LGBT community. This Day in June welcomes readers to experience a pride celebration and share in a day when we are all united.

### ABC A Family Alphabet Book

Have fun with the kids, moms, dads and pets in this delightful

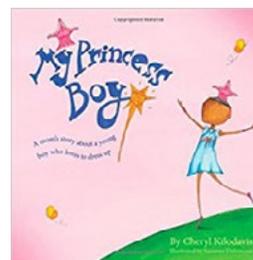


book that celebrates many families as it teaches young children the alphabet



### Asha's Mums

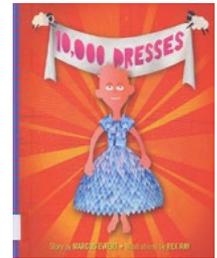
When Asha's lesbian mums become an issue for the teacher and a curiosity for classmates, Asha responds that having two mums is not a big deal. They are a family.



### My Princess Boy

This little boy loves the colour pink, and sparkly things. Sometimes he wears dresses, and sometimes he wears jeans. He likes to wear his princess tiara, even when climbing trees. He's a Princess Boy, and his family loves him exactly the way he is. Inspired by her son, and by her own struggles

to initially understand, this is one mother's story about unconditional love, and one remarkable family.



### 10,000 Dresses

Every night, Bailey dreams about magical dresses: dresses made of crystals and rainbows, dresses made of flowers, dresses made of windows.....But when Bailey's awake, no one wants to hear about these beautiful dreams. Then Bailey meets Laurel, an older girl who is inspired by Bailey's imagination and courage. In friendship, the two of them begin making dresses together....and Bailey's dreams come true.



### Monday is One Day

A rhyming love note from a diverse collection of parents, who have difficulty saying goodbye to their children on Monday morning. This book reminds us that even though the definition of family is constantly changing, the definition of love stays the same.



## Sun safety tips

Retrieved from: <https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-tips-parents.html>

Babies and young children have sensitive skin that can be damaged easily by ultraviolet radiation from the sun.

### Remember!

Practice sun protection year-round. Children learn best from your example.

### Why children are at risk

- ▶ **Extreme heat** from the sun can be dangerous for all children, especially infants and young children.
- ▶ Babies are not born with a developed skin protection system, so they burn more easily. Even children born to parents with dark skin need full protection.
- ▶ Babies have more sensitive skin because the outer layer of their skin is thinner.
- ▶ A young child has more skin (relative to body mass) than an adult, so sunburns can be very serious.
- ▶ A baby can't tell you when they're too hot or the sun's too bright. Your baby may begin to cry and you won't know whether they're tired, hungry, or hot.

- ▶ Babies can't physically move themselves out of the sunlight. A six-month old on a blanket is less mobile than a one-year old who can toddle into the shade.
- ▶ Babies totally rely on their caregivers to protect them from the sun and other related risks.

### Did you know?

You can sunburn in **only 15 minutes** depending on the **UV index value**. If the UV index is low (from 0-2), the risk of getting too much sun is low, and no protection is needed. If the UV index is between 3 and 7, you need protection. A UV index higher than 8 calls for extra protection. In the tropics, the index could be higher than 10.

### Tips for babies

- ▶ Keep babies under one year out of direct sunlight to prevent skin damage and dehydration. Never let them play or sleep in the sun.
- ▶ Keep babies in the shade, under a tree, an umbrella, or a canopy. Never leave children in a parked vehicle.
- ▶ Remember, **sunscreen** will protect against the sun's harmful UV rays, but will not protect children from the heat.

- ▶ Give lots of cool liquids. Water or breast milk are best.
- ▶ Do not put sunscreen on a baby less than 6 months old without asking your health care provider first.
- ▶ Never use baby oil to protect children from the sun. It will not protect them and will do them more harm.

### Tips for children

- ▶ Follow the **UV index** readings each day to plan outdoor activities.
- ▶ The sun's UVB rays are strongest between 11 a.m. and 3 p.m. and it is also usually the hottest time of day. Unless the child is protected, keep them out of the sun during these hours.
- ▶ In strong sunlight, have children wear a rimmed, breathable sun hat and **sunglasses**, and cover their skin with clothes or **sunscreen**.
- ▶ Get your children used to wearing sunscreen lotion early on. Pay close attention to the areas that are most exposed, like their face, lips, ears, neck, shoulders, back, knees, and the tops of their feet.
- ▶ Never let young children stay in the sun for long periods, even when wearing sunscreen.

# Annual ECEBC Conference: Navigating Our World Through the Lens of Early Childhood. It's Our Moment

Westcoast staff attended the annual ECEBC conference in Richmond on May 4-5. We had so much fun meeting ECE's from around the province and attending the keynote speeches each day. Highlights this year included a panel discussion with government representatives and keynotes from Anabelle Cant from Capilano University and Marc Battle from Red River College. Both keynote speakers were inspirational, dynamic and thought provoking, while promoting the importance of being reflective of our own roles in early childhood education.



Westcoast staff enjoyed the cowboy themed gala dinner at the ECBC Conference where they kicked up their heels and had a good 'ole time.

We congratulate ECEBC on another successful conference and look forward to next year. In April 2019 ECEBC will host the Canadian Child Care Federation national conference in Vancouver: Looking Back, Moving Forward.



Early Years Professional Development

Early Years.BC.ca is a professional development web portal with content provided by early years training organizers throughout British Columbia. It is created to support the BC Early Years Strategy to promote quality professional development opportunities for the sector.

***Have you set up your own learner profile yet?***

Visit [EarlyYearsBC.ca](http://EarlyYearsBC.ca) to create your own learner profile.

**WESTCOAST CHILD CARE RESOURCE CENTRE**

**JULY TO SEPTEMBER 2018 WORKSHOPS**

**REGISTRATION STARTS MAY 10, 2018**

**VANCOUVER ccrr**  
Child Care Resource & Referral

**Ways to REGISTER**

- Online with PayPal or any credit card at [www.wstcoast.org](http://www.wstcoast.org)
- Fax registration form with VISA\* information to 604-709-5662.
- Mail registration form with cheque or VISA\* information. NO CASH.
- In person with cash, debit, cheque or VISA only.
- Questions? Call us! 604-709-5661 ext. 221 or [info@wstcoast.org](mailto:info@wstcoast.org)
- Email us at: [info@wstcoast.org](mailto:info@wstcoast.org)
- FCC Fee - Vancouver Registered Family Child Care Providers** are emailed a Promo Code which must be applied to receive the FCC Fee when registering for a workshop.
- Please take care to review the workshop objectives and suitability before registering.
- Check the Workshop Policies on the last page.

Download this flyer from our website and register online anytime.



**Reconciliation and Indigenous Place: Decolonizing Practice through Social Justice**  
Wednesday July 4, 2018 Time: 6:30 pm - 8:30 pm 2 hours

This workshop addresses ways in which Early Childhood Educators can introduce social justice issues to young children. The facilitator believes that it is important to decolonize not only ourselves, but our early childhood practices as well. The current colonial approaches to our systems of education do not benefit those of our most vulnerable populations. Children should be seen as capable, and have such wisdom.

**Objectives:**

- Gain knowledge on how to engage in social justice issues with children.
- Explore how to create a curriculum that fosters understanding, belonging and empathy.
- Appreciate how to bridge difficult topics in ways that children can understand.
- Recognition of the TRC's 94 calls to action, in particular that of education.
- Explore how evidence-based social justice topics can enrich programming.

\* Suitable for parents, students, adult instructors/administrators, novice, intermediate and experienced early learning/child care professionals working with children of all ages.

**Presenters: Kristin Webster and Lisa McArthur.** Kristin Webster and Lisa McArthur are both long term senior educators for LICBC Child Care Services (Sask and Raven). They are both passionate about decolonizing Early Childhood practices, and bringing social justice issues to their pedagogies within the workplace. In June of 2016, Kristin was honored to receive a BC Child Care award of Excellence in Innovation for her work on Reconciliation and Indigenous Place at work.

**Fee: \$35**  
**FCC Fee: \$20**



## Do You Have Vacancies?

If you have child care spaces available, please inform our Parent Services staff.

- ▶ They will add your information to our list that we share with families looking for child care.
- ▶ Remember to let us know when your spaces are full so we can remove you from our list to keep it current.
- ▶ Contact Christine, Vikki or Angel at 604-709-5699 or email them at: [parentservices@wstcoast.org](mailto:parentservices@wstcoast.org)

## New Training Offering from Westcoast:

Our July to September training schedule is now open for registration. Please visit <http://wstcoast.org/training/westcoast.html> to view our training flyer and to register online.

## New steps on the Path to a Universal Child Care System with the Child Care Fee Reduction Initiative

Excerpt from: [https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/child\\_care\\_fee\\_reduction\\_initiative\\_fact\\_sheet\\_for\\_parents.pdf](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/child_care_fee_reduction_initiative_fact_sheet_for_parents.pdf)



The BC Government has committed to making child care more affordable for families in all areas of the province.

To help achieve this goal, effective April 2018, licensed infant/toddler and/or 3-5 years care child care providers will be invited to participate in the Child Care Fee Reduction Initiative, and pass savings on to parents through reduced monthly fees.

- ▶ Parents do not have to enroll or apply in order to receive this benefit; rather, your licensed child care provider must choose to “opt-in” and be approved into this voluntary initiative in order to pass the savings on to you.
- ▶ Children enrolled at participating

licensed group or home-based facilities may be eligible for monthly reductions in their parent fees by:

\$350/month/space for group infant/toddler care; \$200/month/space for family infant/toddler care; \$100/month/space for group 3-5 year care; and o \$60/month/space for family 3-5 year care.

- ▶ A list of participating providers is posted at: [www.gov.bc.ca/childcareoperatingfunding](http://www.gov.bc.ca/childcareoperatingfunding).
- ▶ For more information on the increased CCOF rates and the Child Care Fee Reduction Initiative, please visit: [www.gov.bc.ca/childcareoperatingfunding](http://www.gov.bc.ca/childcareoperatingfunding) or call 1-888-338-6622