

**CHECK UP**

September 6, 2013

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 **Welcome to September! At the end of a busy day or a busy week.... take a little walk to clear your mind. The fern crowns will be happy to see you.**

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* Underlying Premise Evidence- (part 8) Healthy Childhood Development
* Kids Have Stress Too

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**CCHN Network Member Meetings-**

* Next Admin Committee Meeting **September 9th 5:30 pm**
* Next CCHN Meeting **September 12th**, Dinner at 5:30 Meeting Starts at 6:00- CVRD Board Room



**Upcoming Events/ Workshops/ Community Meetings**

**Kids Have Stress Too! KHST!®**

On Saturday, September 21, 2013, the Cowichan Valley CCRR is pleased to present, **Guest Speaker: Linda, Scott Ph.D. Program Manager, Esquimalt Military Family Resource Centre.**

The 2 ½ hour workshop is open to the community. Times & fees are included in the attachments.

### Great Lake Walk

September 21, 3:00 AM - 11:00 PM @ Lake Cowichan, BC

12th Annual Great Lake Walk & Ultramarathon 56km around beautiful Cowichan Lake Walk/Run for the charity of your choice ‘New’ - Enter your team and do a relay/tag team approach SATURDAY SEPTEMBER 21, 2013 Registration deadline is SEPT. 1ST. For details: www.greatlakewalk.com or email info@greatlakewalk.com

More Details

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**KEY DETERMINANT – 8 Healthy Childhood Development**

**UNDERLYING PREMISES**

**EVIDENCE**

New evidence on the effects of early experiences on brain development, school readiness and health in later life has sparked a growing consensus about early child development as a powerful determinant of health in its own right. At the same time, we have been learning more about how all of the other determinants of health affect the physical, social, mental, emotional and spiritual development of children and youth. For example, a young person's development is greatly affected by his or her housing and neighbourhood, family income and level of parents' education, access to nutritious foods and physical recreation, genetic makeup and access to dental and medical care.

Evidence from the **Second Report on the Health of Canadians**

* Experiences from conception to age six have the most important influence of any time in the life cycle on the connecting and sculpting of the brain's neurons. Positive stimulation early in life improves learning, behaviour and health into adulthood.
* Tobacco and alcohol use during pregnancy can lead to poor birth outcomes. In the 1996­97 National Population Health Survey, about 36% of new mothers who were former or current smokers smoked during their last pregnancy (about 146,000 women). The vast majority of women reported that they did not drink alcohol during their pregnancy.
* A loving, secure attachment between parents/caregivers and babies in the first 18 months of life helps children to develop trust, self-esteem, emotional control and the ability to have positive relationships with others in later life.
* Infants and children who are neglected or abused are at higher risk for injuries, a number of behavioural, social and cognitive problems later in life, and death.

Evidence from **Investing in the Health of Canadians:**

* A low weight at birth links with problems not just during childhood, but also in adulthood. Research shows a strong relationship between income level of the mother and the baby's birth weight. The effect occurs not just for the most economically disadvantaged group. Mothers at each step up the income scale have babies with higher birth weights, on average, than those on the step below. This tells us the problems are not just a result of poor maternal nutrition and poor health practices associated with poverty, although the most serious problems occur in the lowest income group. It seems that factors such as coping skills and sense of control and mastery over life circumstances also come into play.
* See also evidence from the report Improving the Health of Canadians



**Kids Have Stress Too! ®**

**Location:** Child Care Resource and Referral 5856 Clements St

**Date & Time:** Saturday September 21 – 10 am to 12:30 pm

**Cost**: $20 per person for CCRR clients $25 per person for non CCRR clients

**To register, please contact:** Cowichan Child Care Resource and Referral

**Tel:** 250-746-4135 ext 231

**Email:** ccrr@clementscentre.org

**Registration deadline:** September 12

An interactive training workshop from

Did **you** know?

• Stress can affect children’s physical, emotional, social and intellectual well-being

• Children experience everyday stress in a different way than adults

• Extreme stress can have a negative effect on brain development in very young children.

The **Kids Have Stress Too!** (KHST!®) program is based on evidence that with help, young children can learn practical strategies

to relieve stress, and effective ways to respond to stressful situations. By learning to cope with life’s ups and downs, children develop

healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent and become more resilient.

By participating in an interactive KHST!® workshop, participants will:

• Learn how to recognize stress in children

• Identify the key role relationships with parents and caregivers play in helping children learn to manage stress

• Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient

• Learn effective ways to promote positive emotional development and self-regulation in young children.

As well as the workshop, participants also receive:

• A 100 page, full-colour manual, containing background research, implementation tips and strategies

• Access to follow-up support and training tools

• A workshop certificate

• Attractive, practical, evidence-based material to share with parents.



**Do you have a resource, event or information you would like to share?**

**Send it to** cindylisecchn@shaw.ca **and it will be included in the weekly Check UP Newsletter**