

# COMMUNITY NEWSLETTER // FALL 2018

## WELCOME TO THE NEW THEC FACILITATOR, MICHELLE LAURIE.

We are delighted to introduce Michelle Laurie, who has joined the team in a leadership role as THEC Facilitator. Michelle has over twenty years' experience as a consultant, trainer and manager on environmental sustainability initiatives locally, regionally, nationally and internationally. She loves engaging with people on collaborative projects that help make the world a better place. Michelle has a BSc in Geography from UVic and an MSc in Environment and Development from the London School of Economics. She lives in Rossland with her husband and two young children.

**In Michelle's words:** "I am honoured to join this dedicated team of people who make a positive impact on the health of children & families and the environment in our community. I am impressed by how well the various partners - the community, Teck, and government agencies – work together toward this shared vision. I want to build on the Program's 30-year track record of continuous improvement. If you have suggestions for how our Program could improve, please contact me at: [programs@thep.ca](mailto:programs@thep.ca)



## OCTOBER 25: FREE DEVELOPMENTAL CHECK-UPS FOR CHILDREN

Do you have pre-school aged children? Developmental check-ups are an important part of raising children just like visits to the doctor or dentist. On Thursday, October 25th, the Family Action Network will host its annual Ages and Stages Day, offering free developmental check-ups with a childhood development consultant. The event takes place at Kiro Wellness Centre in Trail from 9:30am to 5pm. If you have questions about your child's eating, sleeping, walking, talking or other childhood behaviours, please book an appointment. Pre-registration is a must! Contact Christy Anderson at: 1-855-368-3707 to book your appointment today.



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## **CHILDREN COMING TO VISIT? THE CCRR TOY LENDING LIBRARY HAS TOYS AND SO MUCH MORE!!**

If you need to borrow a stroller, playpen, car seat, play equipment, toys, books, or games, the Trail & Castlegar Toy Lending Library has what you need. And best of all, it's FREE to members of Childcare Resource and Referral (CCRR). Membership is \$35 per year (cash only) and you can borrow 5 items per month. And, hush hush, sometimes you may borrow more if you ask ;). Now that the lending library is online, there are two ways to get the ball rolling:

- **DROP IN:** Visit the CCRR office at 2079 Columbia Ave and become a member—bring your \$35 cash. The staff can help you get the items you need. They can also advise you on toys, books and equipment suited to the children's ages.
- **GO ONLINE:** Go to <http://www.trailfair.ca>, click on CCRR Lending Library at the top of the home page and follow the instructions to identify your list of items.
- At the search menu, just type in what you're looking for, then check the description and whether the item is in or out! That's all you need to do.
- You can phone in your list of items. The CCRR will hold them for you for a day and you can buy your membership when you pick up the toys & equipment.

**Then you're all set and you can keep borrowing items all year!**

## **WHAT YOU NEED TO KNOW ABOUT THE NEW AFFORDABLE CHILDCARE BENEFIT**

You have probably heard by now that the BC government has a new Affordable Child Care Benefit available to families earning up to \$111,000. Have you applied for the Benefit? Depending on your household's income and the type of childcare your children attend, your cost savings could be up to \$1250 per month per child.

To get an estimate of the amount you'll save and to apply for the Childcare Benefit, visit the website at:

<https://gov.bc.ca/affordablechildcarebenefit>. If you'd like help applying or have questions about the type of childcare, please contact the local Childcare Resource and Referral (CCRR) office at (250) 364-2980 or 2079 Columbia Ave. The CCRR staff would be more than happy to assist you.

## HEALTHY TEETHING:

### DON'T GIVE YOUR INFANT THE KEYS TO THE CAR! OR HOUSE OR BIKE LOCK OR...

Who hasn't jingled keys to distract a fussy or teething infant? Many parents and caregivers give keys to young children to occupy them while the adults are busy shopping or doing chores. Children then put the keys, or their hands, in their mouths. The brass that is widely used for key manufacturing usually contains 1.5% – 2.5 % lead. Mouthing on keys is a recognized source of lead exposure for young children.

Teething can be a hard time for some children and their families. Extra love and patience helps. Some babies have no problems while others can be fussy or uncomfortable. Teething usually starts by 6 months of age but can start anytime between 3 and 12 months. The last baby tooth comes in at 30 months of age.

Babies will often chew on whatever they can, including their fingers and toes. Offer them a clean chilled teething ring or a clean wet facecloth to chew on. Once the teeth appear, brush your child's teeth twice a day with a soft baby toothbrush and a grain of rice sized amount of fluoride toothpaste. Avoid teething cookies or biscuits as they may stick to your baby's teeth and cause tooth decay. Be sure to check with your dentist or doctor before using any teething gels, ointments, or tablets.



## HEALTHY EATING

This fall, keep a taste of summer on your dinner table with this Easy Black Bean and Corn Salad, a delicious, nutritious dish that keeps well up to four days in the fridge. Enjoy!

### Easy Black Bean and Corn Salad

**Servings:** 8 **Time:** 1/2 hour

#### **Salad:**

2 cans black beans, drained and rinsed  
2 cups cooked corn (from 3 corn cobs or frozen)  
2 red bell peppers, diced  
2 cups shredded cabbage  
2 tablespoons red onion  
½ cup chopped fresh cilantro

#### **Dressing:**

1 clove garlic, minced  
½ teaspoon salt  
¼ teaspoon cayenne or regular pepper  
2 tablespoons sugar or honey  
Juice of 3 limes (1/3 cup)  
Zest of one lime  
1/3 cup extra virgin olive oil

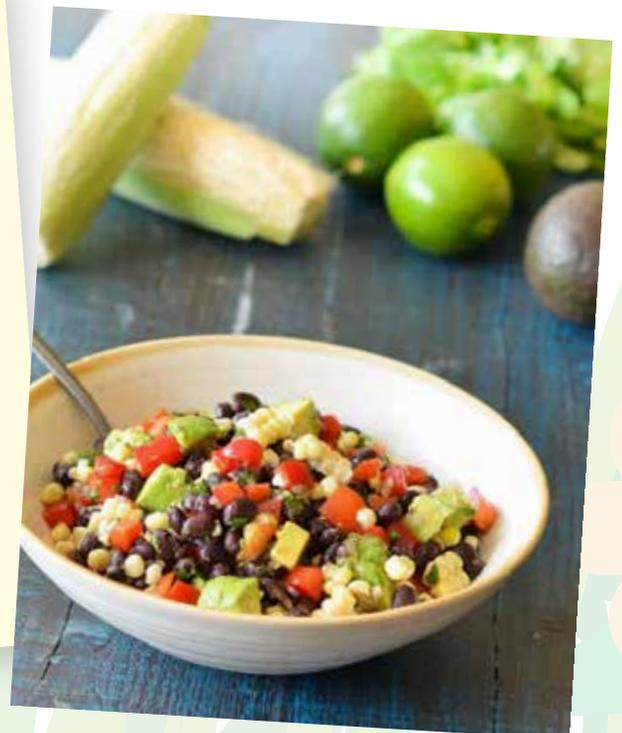
#### **Garnish:**

2 large avocados, chopped  
½ cup chopped cilantro

#### **Directions:**

In a small bowl, stir together dressing ingredients. In a large bowl, mix salad ingredients.

Add dressing to the salad; toss well; cover and refrigerate at least 1 hour. Toss again before serving and top each portion with avocado and cilantro. If you're storing the salad for a few days, store the avocado separately and add it at meal time.



## HAPPY FACES AT THE CHILDREN'S LEAD TESTING CLINIC

Thank you to all the families who came to this year's clinic to get your children tested! Here are some special moments caught on camera...



## RADON: HAVE YOU TESTED YOUR HOME?

**Everyone should, no matter where you live.** Radon is a naturally occurring radioactive gas that can accumulate in homes. It cannot be smelled, tasted or seen. Radon is the second leading cause of lung cancer after smoking. The levels in your home cannot be predicted based on test results from your neighbours. The only way to know is to test. Now is the best time because doors and windows are shut. If you have children at home, test the lowest level of the home with bedrooms, playrooms, or other rooms where children spend time. We have test kits available at our Community Program Office, 1319 Bay Avenue, for a suggested \$15 donation to cover costs. The Donna Schmidt Memorial Lung Cancer Prevention Society provides tax receipts for donations.

**Recall of Rubber Critter Toys due to Lead Content:** On October 10, Health Canada announced that BSN SPORTS has issued a recall for rubber critters in various colours and animal shapes due to lead content. 1710 units of this product were sold in Canada between February 2017 and February 2018. Please follow this link for details and instructions: <http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2018/67922r-eng.php>

