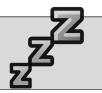
Are Canadian Kids Too Tired to Move?



Canadian kids are inactive and they may be losing sleep over it.

If you think kids can get a little physical activity and then play video games into the wee hours, yet remain healthy, you're in for a rude awakening. Emerging research, which spurred Canada to develop the world's first 24-Hour Movement Guidelines, shows that physical activity, sedentary behaviour – and sleep – are closely interrelated. Kids who are tired out from running around sleep better, and those who have slept well have more energy to run around. And society is starting to pay attention to the fact that the reverse is also true and troubling: kids aren't moving enough to be tired, and they may also be too tired to move. A groundswell of interest in the connection between these behaviours is highlighting the fact that sleep deprivation is a problem in Canadian kids:

- Only 24% of 5 to 17 year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- In recent decades, children's sleep duration has decreased by about 30 to 60 minutes.
- Every hour kids spend in sedentary activities delays their bedtime by 3 minutes. And the average 5 to 17 year-old Canadian spends 8.5 hours being sedentary each day.
- 33% of Canadian children aged 5 to 13, and 45% of youth aged 14 to 17, have trouble falling asleep or staying asleep.
- 36% of 14 to 17 year-olds find it difficult to stay awake during the day.
- 31% of school-aged kids and 26% of adolescents in Canada are sleep-deprived.

Even kids who are meeting the minimum requirements for sleep duration are not necessarily getting good sleep. Increased screen time and packed schedules mean that kids are getting poor or inconsistent sleep – for instance, staying up late to do homework during the week, or watching TV in their bedrooms until midnight and then playing catch-up on the weekends.

• 43% of 16 to 17 year-old Canadians are not getting enough sleep on weekdays.

The perils of a sleep-deprived generation are not limited to kids being tired and cranky; they show their fatigue in different ways. Some effects of sleep deprivation in kids are obvious and some are not so obvious:

- Too little sleep can cause hyperactivity, impulsiveness and a short attention span.
- Children with reduced sleep are more likely to struggle with verbal creativity and problem solving, and generally score lower on IQ tests.
- A short sleep duration produces adverse hormonal changes like those associated with increased risks of obesity, diabetes and hypertension.
- Chronic sleep loss is linked to higher rates of depression and suicidal thoughts.

It's a vicious cycle: a study of Toronto kids aged 9 to 11 years showed that those who slept the least on school nights were significantly less active and more sedentary than those who slept the most.

The good news is that regular, heart-pumping physical activity might just be the best sleep aid there is:

- Grade 5 students with higher physical activity levels are less likely to be sleepy during the daytime.
- Active transportation (e.g., walking or biking) and outdoor play increase exposure to sunlight, which helps regulate sleep patterns.
- Physical activity helps kids fall asleep faster.

High school students who get at least 60 minutes of physical activity each day are 41% more likely to get sufficient sleep than those who don't.

The Chilliwack CCRR is funded by the Ministry of Children and Family Development



Child Care Chatter



Summer 2016

Your community's **best** source of child care information & resources



Your CCRR Team - Glenda, Hana and Nicole

26 years! That's how long CCRR has been supporting child care providers and parents in our community and May is our time to celebrate! We held our annual Child Care Appreciation Night celebrating each child care provider and the work you do. Each provider received a certificate noting their years of service as well as one acknowledging training that they attended throughout the past year. We also took a moment to add up the number of years that each of us in attendance have been working in the child care field with a grand total of 325 years. Congratulations and thank you for your commitment and dedication to the families in our community.

This year's theme was Colour Your World. We had Pat Gerlatch out and she encouraged and supported us helping to bring out our creative side as she walked us through painting a picture. Each year we look forward to doing something special to celebrate you and your work. It was a great night and we look forward to seeing all of you next year!

You may have noticed a Reader Board sign as you drove by our office during the month of May. One side noted that May is Child Care Month and the other side encouraged people to contact us with questions about child care. We were very pleased with the response. We were happy to note an increase of traffic to our website as well as calls and walk ins with people wanting to know more about finding child care, information on how to open a RLNR program and many inquiries about subsidy. Don't forget to keep us updated so that we are able to connect parents to your programs.

If you are a licensed program who participates in the Child Care Operating Fund (CCOF) Program, you should have received a letter about changes to the CCOF database. Please note that it is important for you to log into the database every month to report your enrolment for your facility. We also want you to be aware that while you are logged onto the CCOF database you can make changes to your facilities information, (vacancies, hours etc.).

Enjoy your summer! Don't forget to check out the Play in the Park schedule for a park near you. We hope you will be able to join us.

Glenda, Hana and Nicole

Chilliwack Community Services Child Care Resource & Referral Program

Mailing Address: 45938 Wellington Ave. Chilliwack BC V2P 2C7
Location: 7112 Vedder Rd. Phone: 604-847-2237 Fax: 604-824-1123

IMPORTANT CCRR NUMBERS

Coordinator/Provider Support Glenda 604-847-2242 hemmingerg@comserv.bc.ca

Resource Library/Provider Support Hana 604-847-2236 sladekh@comserv.bc.ca

> Referrals/Subsidy Nicole 604-847-2237 deann@comserv.bc.ca

www.ccrr.bc.ca www.childcarechoices.ca

CCRR HOURS

- Mon. to Thurs. 9:00 4:00
- Fridays by appointment
- Open on workshop evenings 6:30 - 7:00 for provider support & library service

IMPORTANT NUMBERS/WEBSITES

Child Care BC Help Line 1-888-338-6622 (Info on subsidy, operating funding, ECE registry www.mcf.gov.bc.ca/childcare

Child Care Liability Insurance:

*Coastal Community Ins *Western Financial Group 1-800-667-2217

Coalition of Child Care Advocates of BC www.cccabc.bc.ca

Licensing Office 604-702-4950

310-1234

Children's Help Line (to report abuse)

BC211 211

Free multilingual info on community, social, &

government services 24/7

CCRR Provider/Child Drop-ins Fridays 9:00 - 11:00

Our weekly Friday morning drop-in is a great place to connect with other child care providers, and give the children a chance to socialize. MARK YOUR CALENDAR!
During the Summer they are in different parks on both the Sardis and Chilliwack Side

Chilliwack Parks

July 8th Landing Leisure Park, 9145 Corbould St July 22nd Bernard Elementary, 45465 Bernard Ave August 5th Strathcona Elementary, 46375 Strathcona Street August 19th Barber Park, 45795 Henley Ave

Sardis

July 15th Watson Glen Park, 44975 Keith Wilson Rd, Sardis Library July 29th Cheam Leisure Park, 45501 Market Way August 12th, Vedder Elementary, 45850 Promontory Rd August 26th, Chehalis Park, 45334 Chehalis Drive



Welcome To Our New Provider

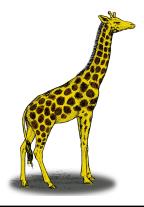
Bernadette Olaoluwa



First Aid August 20th, 2016

RSVP to 604-847-2237





Zoo Field Trip
July 26th
10am
\$12.25 per child
\$14.25 per adult
Includes the train
RSVP to 604-847-2237
by July 11th, 2016



Proctor Services

Call Nicole at 604-847-2237 if you need a place to write an exam. Any student is welcome regardless of what you are studying.



Spotlight on the CCRR library...

Don't forget to call and reserve the new Pet Shop Salon box.





We also have a new Candy Store box.

Call to reserve it today!



This year is the 36th Anniversary of Terry
Fox's Marathon of Hope.
You can host your own Little Fox Run at your
own facility for the children in your care.
National School Run Day is
Thursday, September 29th.
you can plan your run for this day
or choose a different day and
plan your own route as well.





Do you need some laminating done? CCRR offers this low cost service. Please call for an appointment. 604-847-2237





Don't forget to visit the Chilliwack Airshow on August 21st. This is one of the few free airshows left in North America