



Empowering Newcomer Families with Children:

Making a Difference Through Standards of Care



CMMAS

Supporting the
settlement of
young immigrant
and refugee children

History of Requirements

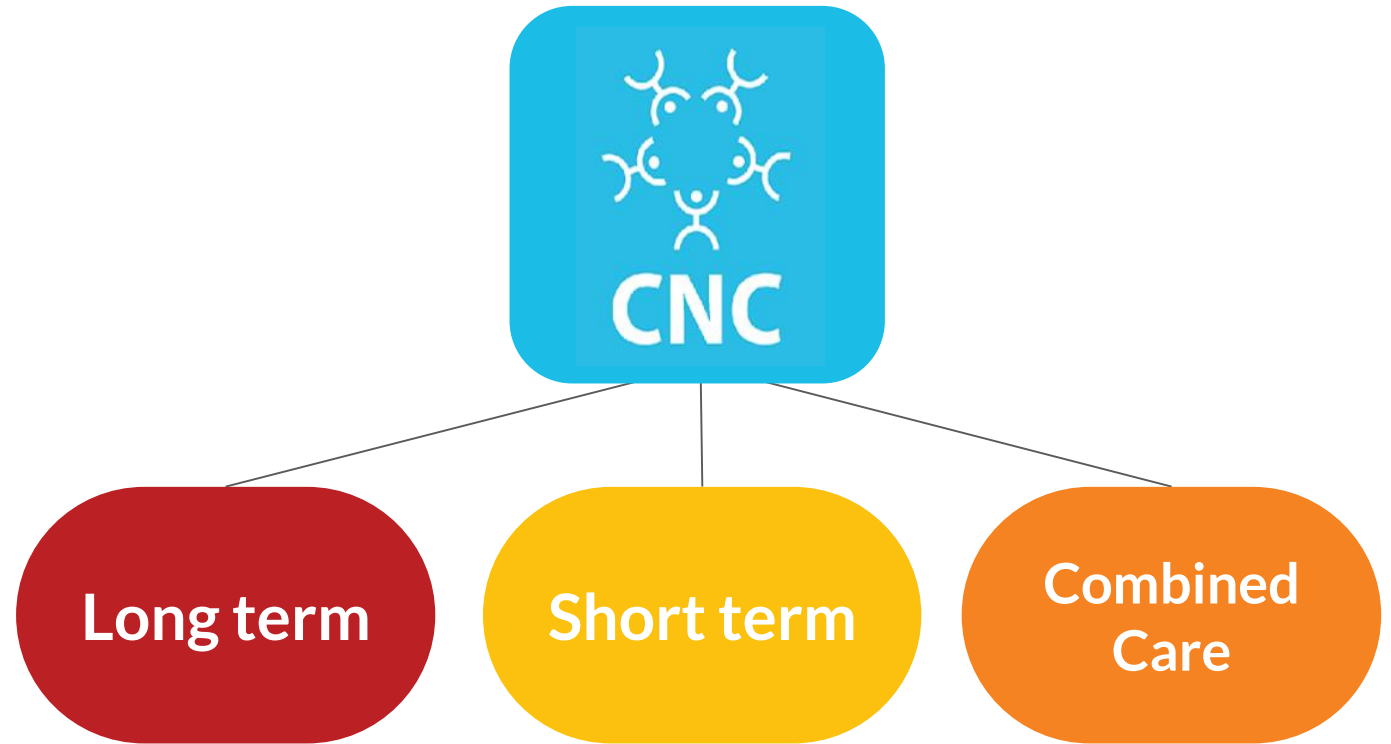


Over 230 CNC programs across Canada



500+ CNC staff caring for over 6,000 newcomer children

An innovative and responsive child care model



CARE FOR NEWCOMER CHILDREN REQUIREMENTS

February, 2016

- Flexibility
- Supporting settlement
- Annual assessments



CMAAS

Supporting the settlement of newcomer children

- on-site support and remote consultations
- special needs supports
- workshops, webinars and tutorials
- National conference
- research and resource development


Children Have Settlement Needs Too!


- Dealing with change, loss and trauma
- Maintenance of home language and language acquisition
- Developing relationships, secure attachment and social networks
- Achieving well-being and the capacity for resilience

Supporting the Settlement and Care of Refugee Children


Caring for Syrian Refugee Children:

**A Program Guide for Welcoming
Young Children and Their Families**




 17 Fairmeadow Avenue, Suite 211, Toronto, ON M2P 1W6 — Tel. 416.395.5027 | Fax. 416.395.5190 | www.cmascanada.ca
Funded by Immigration, Refugees and Citizenship Canada / Financé par Immigration, Réfugiés et Citoyenneté Canada
Supporting Child Care in the Settlement Community / Soutenir les services de garde d'enfants dans la communauté d'accueil

The Resilience Guide



**Strategies for Responding to
Trauma in Refugee Children**

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Learning Opportunities



CMAS
SUPPORTING THE CARE AND SETTLEMENT OF YOUNG IMMIGRANT CHILDREN

Care for Newcomer Children

CMAS CNC OPERATIONS RESOURCES PARENTS LEARNING CENTRE SUPPORTING REFUGEES

CNC | Learning Centre | CMAS Online Learning

CMAS ONLINE LEARNING

CMAS Online Learning

Professional development that's available online... anytime...

- Study from anywhere!
- There are no fixed times; you study when you want, fitting it in around your work or family life.

With limited funding for professional development, these online tutorials, webinars and courses can fill in the learning gap. We also have some [videos](#) that may be helpful.

If you have not received your username or password email onlinelearning@cmascanada.ca

Online Tutorial, Webinar and e-Course Descriptions


10 Tips for Difficult Conversations with Parents: The Basics
Tutorial length: 19 minutes

Sometimes, we need to have difficult conversations with parents about their child's development, challenges or needs. Planning for these interactions can be stressful, but this 19-minute tutorial provides you with tools and strategies, common mistakes to avoid, and 10 tips for planning ahead and managing difficult conversations in an approachable and professional way. It also includes a facilitator guide and 10 questions for group discussion and personal reflection to use with your team, extend your learning and help you identify concrete strategies that you can use in your program. *Let's get started!*

Find
Enter keywords

PD Resource

- Cultural Competency Modules Series
- Science of Early Development
- Exchange
- Child Care Learning
- Early Childhood
- Child Care Awareness
- Let's Move! Child Care
- Alison
- Open University
- Goodwill Community
- City of Toronto



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5 Guiding Principles

for the Care of Newcomer Children

Video player controls: play, pause, stop, next, full screen, volume, close



Supporting Refugee Resilience in CNC

Multilingual resources for parents

NEWCOMER PARENT RESOURCE SERIES

为学前班做准备

NEWCOMER PARENT RESOURCE SERIES

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WHEN YOUR CHILD HAS NIGHTMARES



Young children can't always tell the difference between dreams and reality. Some children have dreams that feel so "real" and scary that they wake up upset. This can upset parents too and cause everyone to lose sleep. As a parent, there are things you can do to help your child have fewer nightmares so that everyone can sleep better.

What is a nightmare?

A nightmare is a very scary dream. It may cause your child to wake up frightened and crying, or it could cause them to wet the bed.

What causes nightmares?

- Frightening experiences, including war and moving to a new country. Children (even babies) hold memories in their bodies. They may remember smells, sounds and sights that can cause nightmares.
- Feelings that young children are not able to understand, talk about, or ask for help with.
- Feeling insecure about the changes in their lives or their parents' stress, worry and fear.
- Watching or hearing TV shows and news programs that are scary to the child.

Why is it important to help your child with their nightmares?

- Too many scary dreams may cause a child to feel worried during the day. Children do best when they feel safe and secure.
- Good sleep is VERY important for good health, learning and recovery from stress. Interruptions in sleep decrease the quality and length of sleep.
- When children have nightmares, parents lose sleep as well. Too little sleep means that both parents and children can become irritable.
- Children who have nightmares may become afraid to go to sleep, making bedtime difficult.

When Your Child Has Nightmares / Lorsque votre enfant a des cauchemars - English / Anglais 1-2

NEWCOMER PARENT RESOURCE SERIES

دليل الوالدين لعمليات الانفصال التدريجي

A PARENT'S GUIDE TO GRADUAL SEPARATIONS



Welcome to Care for Newcomer Children (CNC)

What is gradual separation?

Gradual separation means increasing the length of separations between parent and child as the child becomes more comfortable in the program. It involves working with program staff and preparing your child for the first separations ahead of time.

Gradual separation:

- respects children's needs,
- helps your child feel safe and secure,
- supports a smooth transition into our program, and
- sets the stage for successful separations and healthy attachment as the child grows.

Children who have traumatic first separations take a lot longer to settle into the program, so please be prepared to stay with your child as needed. Each child is different, but it's important not to rush the process.

How does it work?

Before you start class:

- If possible, visit our program with your child.
- Casually talk to the staff about your child, the program and how they usually plan for separation. This helps your child to see staff as safe and trustworthy.
- If possible, show your child where your classroom will be.

Your child's first few days

- Try to be relaxed and enthusiastic.
- Go to the area that you think your child will most enjoy and tell the staff what your child likes to play with.
- Focus on your child. Talk to them, show them the toys and play with them.
- Be alert to any other areas they may seem interested in and follow their lead.
- Watch for cues from the staff.
- Encourage your child to play with other children or with staff when they are ready. If your child does not seem ready, it's okay to wait a little longer.
- When your child is able to play on their own or with others, this is a good sign that they are ready to try their first separation! Try taking a step back to watch.

ما المقصود بالانفصال التدريجي

الانفصال التدريجي يعني زيادة طول يصبح الطفل أكثر راحة في البرنامج التدريجي وتجهيز طفلك لعمليات الانفصال التدريجي

الانفصال التدريجي:

- يحترم احتياجات الأطفال،
- يساعد طفلك على الشعور بأنه آمن،
- يدعم الانتقال السلس في برنامجنا
- يهيئ الأجواء للانفصال الناجح و

بالنسبة للأطفال الذين يتعرضون يستغرقون وقتاً أطول بكثير للاعتاد للموكل مع طفلك عند الحاجة. يختلف التسرع في العملية.

كيف يعمل البرنامج؟

قبل بدء الفصل الدراسي:

- إن أمكن، تعرف على البرنامج مع
- تحدث دون ترتيب مسبق مع
- يخططون عادة لعملية الانفصال. باعتبارهم ملامداً آمناً وجديرين بما إن أمكن، اعرض لطفلك أين ستأ

أيام طفلك الأولى للقاء

- حاول أن تكون مسترخياً ومتحمم
- اذهب إلى المنطقة التي تعتقد أن
- عن الأشياء التي يحب طفلك اللعب
- ركز على طفلك، تحدث إليه، وأر
- كن متيقظاً لأي مناطق أخرى قد
- راقب التلميحات الصادرة من الهم
- شجع طفلك على اللعب مع الأطف
- مستعداً إذا كان طفلك لا يبدو م

قليلًا.

مرحباً بكم في برنامج "رعاية الأطفال الوالدين الجدد" (CNC)

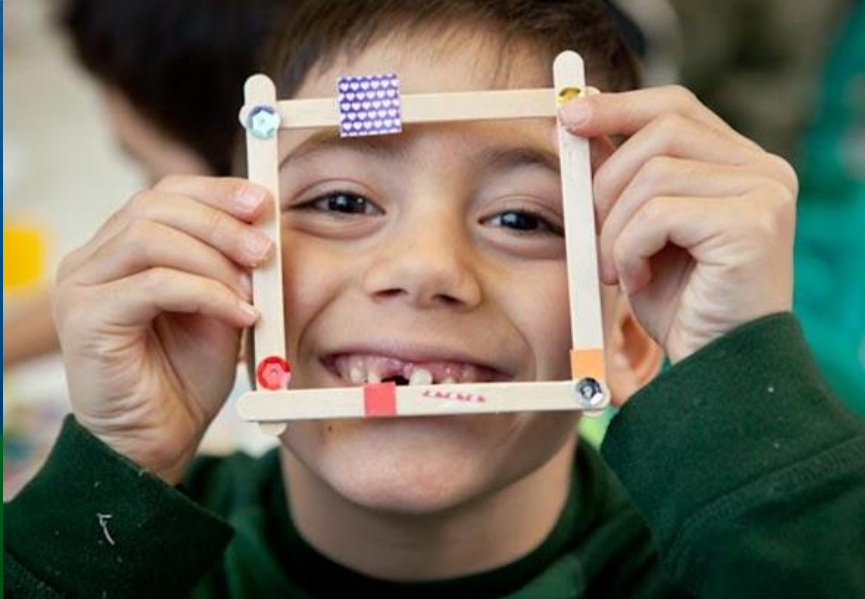
مرحباً بكم في برنامج رعاية الأطفال الوالدين الجدد!

لمساعدة طفلك على الشعور بالأمن، والسماح لك بالدراسة دون قلق، من المهم لك قضاء بعض الوقت للشعور بالراحة ببرامجنا وفريق عملنا.

يصرخ الأطفال أحياناً ويشعرون بالضياع أو يتفاعلون بقوة عندما يتركهم والديهم لأول مرة ويغادروا. يجب هذا القلق بسبب الانفصال أمراً طبيعياً - ولا سيما إذا كانت هذه أول مرة لك في مجموعة الرعاية. لمساعدة كليهما خلال هذا الوقت، فإننا ندير عمليات الانفصال الأولية بعناية عن طريق استخدام الانفصال التدريجي.

1/2

A Parent's Guide to Gradual Separations / Guide des parents sur les séparations graduelles - English/anglais - 10/17
Funded by: Immigration, Refugees and Citizenship Canada / Financé par : Immigration, Réfugiés et Citoyenneté Canada



Never underestimate the power of caring!



**THANK
YOU**

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