

Welcome to February! We are excited for another month of learning, play, and discovery!

IMPORTANT DATES

- Family Day - February 16th - CLOSED

Did you know?

Cariboo Child Care shares exciting updates on our website under the “News” tab—Check it out to keep up with everything happening behind the scenes!



Health & Wellness Reminder

When a child becomes unwell at the center families sometimes notice that their child seems much better once they are home. This is completely normal. Home is a familiar, comfortable environment with fewer expectations, where children can rest and regulate more easily.

In a group setting, even mild illness can make it difficult for children to fully participate in daily activities. Keeping children home when they are unwell supports their recovery and keeps our daycare community healthy. Please know that it is a last resort for staff to contact families to collect their child, as we understand the difficulty this can cause. We appreciate your understanding and partnership in supporting everyone’s health and well-being.

Through the Eyes of a Child

In the Juniper room, Mary decided to hold an impromptu group time. Group time can take place as part of a scheduled routine or happen when children show an interest.

Mary shared the story of *Goldilocks and The Three Bears*. A group of 11 children watched while Oushani provided support behind the scenes. At the same time, another group of children had chosen to play outside with Meghan. They were not interested in participating in group time.

At Cariboo we believe children should not always be required to take part in activities that do not interest them. Much like adults, meaningful learning happens when children are engaged and motivated, not when participation is forced.



The Power of Relationships

From infancy to early childhood, children depend on the adults in their lives to guide their experiences. Through everyday moments of connection and support, children begin to learn how to communicate, manage emotions, and build trust. These interactions help children understand that their needs and feelings are important and that adults will respond to them with care.

Children use actions, sounds, and words to connect with people. At Cariboo, educators play an important role in noticing and responding to these forms of communication. When educators respond consistently and thoughtfully, children learn that the way they are feeling matters and that they are safe and protected. When a child is hurt or upset, an educator responds right away with comfort and reassurance. This response builds trust and supports the child's growing understanding of emotions, communication, and self-regulation.



Cariboo educators recognize that children are always observing and learning. The way staff interact with one another models how people care for and support each other. When educators celebrate a co-worker's good news with excitement or offer comfort during a difficult moment, children see empathy, respect and connection in action.

By building respectful and responsive relationships with children, families and co-workers we provide a strong foundation for children's future relationships. These experiences support every child's development, building confidence, empathy, and a strong sense of belonging that will continue to guide children as they grow.



Visiting the Therapy Dogs

Many of our programs enjoy special visits on the TRU campus. Every Thursday in the Old Main building, in partnership with St. Johns Ambulance and the TRU Wellness Centre, a cozy space is created where anyone at TRU—including the Cariboo children—can spend time with the Therapy Dogs. The children love these outings, which provide them with a calm and joyful experience while also helping them build confidence, empathy and positive interactions with animals. These visits are always a highlight for both the children and the TRU community. Students on campus enjoy watching the young children engage with the dogs, and these shared experiences help foster positive, meaningful connections within our wider community.



Staff Spotlight

What brings you joy?



Natasha - Seedlings Program

“Sunrises, baking, a warm fuzzy blanket, Saturday morning coffee with my husband, looking through magazines and dreaming about home design projects. The simple things in life bring me joy.”



Sarah - Beyond the bell Program

“The children bring me joy—their smiles, laughter, and happiness. Helping them feel safe, confident, and welcomed each day makes my work truly meaningful.”



Sarah - Sage Program

“I find joy in being a camp director, performing in theatre, singing, and writing songs. I enjoy fostering cats, reading books, and spending time with my youth group. Creativity and learning also bring me joy.”