

Continued from Page A6

Matching colours – how many blue mugs and how many green? Sequencing – take some pasta shapes and make a train – one spiral, one bow, one shell and continue together until your child can continue alone.

Place things in size order – you can use any toys for this. “Visual memory game” is always fun. Place a number of small items on a tray and talk about each one describing its features, then cover it with a cloth and remove one item – can your child name the missing item? Your turn! Remember to vocalise your thinking!

Auditory memory is necessary to follow instructions, recall messages and names. Singing, nursery rhymes and “Simon says” type games are great for auditory memory. You can play the shopping game as a family – each person adds another item to the shopping list and each player has to remember the whole list before adding their next chosen item – its good to add silly items to the list such as “I’m going to buy apples, eggs, ham, a ski, a pair of socks, a ticket to the moon.....

If you find that your child finds it hard to remember instructions for example - if you ask her to go to her room for something and she can’t remember what you asked, be patient and help her to remember. Next time, ask her to repeat back to you what she has been asked to get as this uses two forms of memory – both auditory and kinaesthetic – and she is more likely to recall what you asked.

Kinaesthetic memory is remembering things you have physically done or said.

It is often a strong form of memory and can be used to support other forms of memory. Writing things down or making a list uses this form of memory.

Games where actions are used are good for developing kinaesthetic memory so again “Simon Says”; clapping when singing; “Head, shoulders, knees and toes”.

Drawing pictures of things that you want to remember will also help to secure those memories.

At the end of the day make time to sit together and talk through the events of the day in sequence as this will help to transfer the memories into long term memories and supports the memory processing skills.

Developing motor skills is important so your child is ready to write and play sports.

“Fine” motor skills and “gross” motor skills are the two main areas to think about.

To help with “fine” motor skills spend some time playing with tiny toys and items. You can use tweezers to try to pick up rice or dried beans. Make tiny balls with playdough and make little bowls of fruit. Use scissors to cut paper into shapes.

Begin to draw circles between two lines and gradually make the lines closer together so the circles have to become smaller.

Draw zigzag shapes between two lines in the same way. Lace shoes, fasten buttons, fasten zips, pop bubble-wrap.

“Gross” motor skills are those needed for sports. Developing good “eye to hand” coordination takes practice, so throwing different size balls is a good start. Combine

other memory skills by throwing a large soft die to each other and catch it, note the number, remember the number and throw again, now add the new number to the one before and continue.

All bat and ball games are good practice. Riding a bike, skiing, balance games, yoga are all great ways of developing gross motor skills.

Remember that vocalising your activities is still the most important way you can

help your child.

Vocabulary development, the underlying sense of security a child feels when engaged with and the strengthening of your relationship with your child is the real reward that comes from play.

Send your questions to annemrevell@gmail.com.

Anne Revell is a special education, behaviour and parenting consultant who is a part-time Revelstoke resident.



The Parent Bench
Anne Revell



City of Revelstoke

216 Mackenzie Ave., Revelstoke, B.C. V0E 2S0.

Tel: 250-837-2161 web: revelstoke.ca

COUNCIL REMUNERATION TASK FORCE

The City of Revelstoke seeks individuals for the Council Remuneration Task Force (CRTF). The CRTF shall review and make recommendations on the Mayor and Council's remuneration as well as health, dental, and accident insurance for Council members. It will be comprised of three representatives who will be appointed by Council. Preference will be given to those who can demonstrate a vested interest in the community and who possess relevant skills in finance, human resources, or business management. Members must not be currently elected at any level of government or be a current staff member at the City of Revelstoke. Members must not have a direct or indirect pecuniary interest in the outcome of the recommendation. For more information and to apply, visit: www.revelstoke.ca/committees-commissions or email: admin@revelstoke.ca. Apply by: 4pm - Friday November 26, 2021.



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NOTICE OF PUBLIC HEARING

Please be advised that a Public Hearing will be held in the Revelstoke Community Centre located at 600 Campbell Avenue, Revelstoke, B.C. on Tuesday November 23, 2021, at 3:00 p.m. for the following bylaw:

ZONING BYLAW NO. 2299

As a result of health precautions due to COVID-19, public participation in the Public Hearing is offered in three ways – through written submissions, by telephone or in person. See ‘Public Hearings During COVID-19’ located on the City's website at: www.revelstoke.ca/publichearings. The Public Hearing will also be available for viewing on-line through the City's livestream portal.

Zoning Bylaw No. 2299: To establish an updated bylaw to improve consistency of application to the City's Zoning Bylaw.

Given the current situation with respect to COVID-19, in accordance with recommended Provincial Health guidelines, any person wishing to inspect hard copies of Zoning Bylaw No. 2299 and all relevant background documents are asked to schedule an appointment with Development Services on the following 2021 weekday dates: November 9, 10, 12, 15, 16, 17, 18, 19 and 22 between the public drop-in hours from 8:30 a.m. to 4:30 p.m. and on November 23 between the hours of 8:30 am and 1pm or review the documents online at www.revelstoke.ca/ZoningBylaw.

Please email development@revelstoke.ca or call (250) 837-3637 to make an appointment.

All persons who believe their interest in property is affected by the proposed Bylaw are encouraged to provide written submission to the Corporate Officer until 2:00 pm on Tuesday November 23, 2021 to: publichearings@revelstoke.ca or; deliver their submissions to:

City of Revelstoke Administration
216 Mackenzie Avenue
PO Box 170
Revelstoke, BC, V0E 2S0

No further submissions can be considered by Council after the conclusion of the Public Hearing.

If you have any questions or require further information, please contact the Development Services Department at (250) 837-3637.

Cindy Floyd
Manager of Corporate Services



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CASUAL – RCMP CLERK TYPIST /TELECOMS OPERATOR

The Revelstoke RCMP Detachment is looking for a Casual RCMP Clerk Typist/ Telecoms Operator. The successful candidate will be responsible for transcription of statements, general typing as well as will be back-up for the main Receptionist / Telecoms Operator. To qualify, the individual must meet the RCMP security clearance requirements.

The successful applicant will be a highly motivated, discreet individual who is well organized with an aptitude and desire for learning new skills. The person must have a minimum typing speed of 50 wpm.

The position is within the CUPE 363 bargaining unit and is a Casual Position that will commence upon successful completion of the RCMP Security Clearance. Salary is in accordance with the collective agreement. Hours of work will be between 8:00am and 4:00pm, Monday to Friday. A copy of the full job description can be obtained on the City of Revelstoke's website at www.revelstoke.ca/jobs or by contacting the Revelstoke RCMP Detachment.

Please submit your resume and covering letter by **4:00pm on November 19, 2021.**

Kathryn Tkachuk, Detachment Services Supervisor
Revelstoke RCMP Detachment
404 Campbell Ave Box 1480 Revelstoke BC

Email: kathryn.tkachuk@rcmp-grc.gc.ca

Telephone: (250) 837-5255

Fax: (250) 837-5033

We would like to thank all applicants for their interest in this posting. A qualified group of candidates may be identified and may be used to staff future vacancies (including similar positions, on a temporary or permanent basis, on a casual basis, at full or part time hours). Please note that only those selected for an interview will be contacted.