

## Brain Development Setting Foundations for Life before Age 6

What happens in a child's brain from conception to age 6 has lifelong effects.

Early childhood experiences build neural pathways that are used for a lifetime. Malnutrition, fear or a stressful environment damage brain cells and neural connections in babies and children.

Research has clearly linked early childhood development with teen and adult physical, intellectual, emotional, social and spiritual well-being.

Learn more about this on the website  
[www.catchcoalition.ca](http://www.catchcoalition.ca)

### By asking

#### Is this good for children?

we can make decisions that benefit the whole community.

#### How to get Involved

Join an Action Team. People from all walks of life work together on issues.

Contact CATCH to find out how you can participate.

#### Community Action Toward Children's Health

Phone: (250) 868-2413

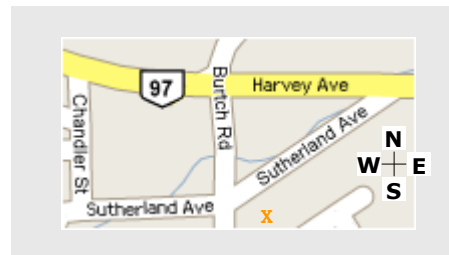
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Community Action Toward  
Children's Health

of the Central Okanagan

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"working together  
for healthy  
development of  
children in their  
early years"

**It takes a community to raise a child.**



### Core Activities

- Facilitating community-driven solution building based on the early childhood development priorities
- Supporting Aboriginal early years planning
- Building community awareness about children's health and development
- Providing interactive community mapping of programs and services for young children
- Influencing policy makers & funders
- Encouraging partnerships
- Learning from other communities
- Facilitating networking & information sharing
- Facilitating community forums and participatory workshops
- Providing the Network Newsletter and Quarterly Updates
- Researching and analyzing on behalf of the early childhood development community of the Central Okanagan
- Building the CATCH Website

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### Six Community Priorities for Early Childhood Development in the Central Okanagan

- More Access to Stable and Affordable Child Care Options
- The Development of Central Places in the Community Dedicated to Meeting the Needs of Young Children and Their Caregivers
- More Recreational Opportunities for Young Children and Their Caregivers
- Civic Planning that Enhances the Liveability and Inclusiveness of Our Communities
- More Support for Vulnerable Families, including Support for Lone Parents, Young Parents, Fathers and Grandparents
- Educating the Community about the Critical Importance of the Early Years (Conception to Age 6)



### Mission Statement

The partners of the CATCH Coalition work to make the Central Okanagan the best possible place to raise young children by following their mission: *“working together for the healthy development of children in their early years”*.

### Structure

CATCH is a community network of people, agencies, businesses and governments that acts to improve early childhood development in the Central Okanagan.

People get involved and join Action Teams to focus on specific activities.

Guidance for the CATCH movement comes from the Integration Team, a group dedicated to promoting the CATCH vision and steering its work.

CATCH is managed by a dedicated team of professionals.

### Action Plan

Today's children are the future citizens and leaders of our community and our world. The actions we take now affect their future.

A Strategic Action Plan is developed each year to guide the work of the coalition. The plan lays out directions and goals that fit into three key focus areas:

- Raising awareness and advocating for the importance of early childhood development
- Learning about community trends, issues and priorities
- Facilitating early childhood development planning in the Central Okanagan through participatory processes