

EASTERN SHORE FAMILY RESOURCE ASSOCIATION

Supporting children, youth, families and communities

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Cindy Hilchey

Our Major Funders

NS Dept. of Community Services



The Family Corner

Do you have a child who seems more sensitive or who reacts more strongly to stressful situations than other kids? Are they bothered by clothing tags, loud noises, strong smells? Do small setbacks cause a big upset? Your child may be an "orchid child".

Orchid children are more sensitive to stress. They can't help it—it's just the way their brains are wired. Children at the other extreme, who adapt more easily to stress, are sometimes called "dandelion children". Like dandelions, they seem to grow well in almost any situation. Orchid children, on the other hand, are more strongly influenced by what goes on around them. But research shows that orchid kids can do very well, even better than normal, when they get lots of love and support.

The Do's and Don'ts of Raising Orchid Children

Do accept your child as they are and help them learn how to live happily as the person they are.

Don't think that you will be able to change your child's personality or sensitivity through discipline or training.

Do help your child cope with stress and teach them stress-management strategies. This is important for all children, but especially orchid children.

Do learn to manage your own stress. This will help you be the best parent you can be and also sets a good example for your child.

Don't overparent or overprotect. Like other kids, orchid children need to experience and learn to cope with the ups and downs of life.

Do set up family routines. Having day to day predictability helps orchid children to cope.

Do teach your child life skills. Devel-

oping skills gives children a sense of control and confidence like being able to tie their shoes and making step-by-step plans.

Do get lots of support, especially from people who will understand and accept your child.

Don't rely on punishment to teach your child.. Orchid children learn better from gentle correction.

Do your best to have a good relationship and enjoy your child as this helps children feel safe and secure.

Don't give up hope, even when things seem difficult. Look for small signs of progress not big changes.



Hand Out for Parents- Adapted from the [everymindmatters.org](http://www.everymindmatters.org) in support of the Psychology Foundation of Canada

EASTERN SHORE FAMILY RESOURCE ASSOCIATION

OUR

PROGRAMS

- Cuddles 'n' Kisses
- Great Expectations
- New Parent Group/Breast Friends
- Wee Bears
- Bookworms at Play
- Kinder Bears

OUR

FAMILY SUPPORT SERVICES

- Healthy Beginnings
- Parenting Journey
- Parent Link

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ISSUE 7

Eastern Shore Family Focus

JANUARY - FEBRUARY 2016

"Play Dates Are Us" : Drop-in at St. James

"Play Dates Are Us" has been offered at the Family Centre in Porters Lake for the past few years, running on specific days during March Break and in the summer. This Fall, ESFRA decided to move it East to St. James Hall, in Jeddore, and to offer it on a weekly basis. "Play Dates" runs every Thursday morning from 9-10 am. You don't have to sign up for "Play Dates, just show up when you can. The playroom is set up with age appropriate toys (0-5 years), and the coffee pot is on. There is no set routine. "Play Dates" is simply just that, "Play". Craft activities are occasionally organized by participants and there are al-

Dates to Remember....

January

Board Mtg. ~ Jan 4
Cuddles n Kisses ~ Jan 7
Programs resume ~ Jan 11
Great Expectations Prenatal ~ Jan 12-Mar 1
Play Dates Are Us~ 14, 21,28
Family Literacy Day ~ Jan 27
Grandparent group ~ Jan 18

ways craft supplies on hand, but this is, for the most part, parent-run. If you need a snack, feel free to bring one, as long as it's peanut free. A staff member is always on hand to answer questions, play and, of course, sing the "Clean-up" song!

Feed back from families has been great. Many who were unable to attend "Wee Bears", either because it was full, or because they could not make that weekly commitment,

February

Board Mtg. ~ Feb 1
Cuddles n Kisses ~ Feb 4
Play Dates Are Us~ Feb 4, 11, 18, 25
Heritage Day Holiday ~ Feb 15 Centre Closed
Grandparent group ~ Feb 22
March
Cuddles n Kisses ~ Mar 3
Board Mtg. ~ Mar 7

enjoy the relaxed atmosphere, where their children can play with others while they connect with friends. As for commitment? Well, the numbers keep growing.

"Play Dates Are Us" began in response to new requirements from one of ESFRA's funders. Non profit groups face many challenges when applying for grants and have to constantly adapt and re-think as those requirements change. The funders identified a need for more drop-in, neighbourhood activities to accommodate more families. So began "Play Dates Are Us". Judging by the response in Jeddore, we should thank them!

Winter Raffle Draw ~ Mar 11

March Break ~ All regular programs cancelled Mar 14-19
Play Dates Are Us March Break Days ~ Mar 15,16,17
Grandparent group ~ Mar 21
Good Friday Holiday ~ Mar 25
Easter Monday ~ Mar 28

NEW
Drop in Program
FOR ESFRA!



Cuddles 'n' Kisses

Your baby has finally arrived! Most new parents have a wide variety of feelings that range from happiness, love and joy to fear, worry and exhaustion. Cuddles & Kisses is a FREE three-session program, designed for parents with infants from birth to 6 months. Just show up for the session that applies to you and your baby. Bring your baby and together you will learn about sleep, feeding, development, play, crying, and many other relevant topics! In order to get the full benefit from the sessions your infant should be less than 8 weeks old when you start.

Where: Lake And Shore Community Recreation Centre

When: 2016 Dates (First Thursday of the month)

January 7, February 4, March 3, April 7, May 5, June 2

Sessions & Times:

- Session 1: Birth-2 months ~ 9:30-10:45
- Session 2: 2-4months ~ 11-12:15
- Session 3: 4-6 months ~ 12:30-2

For more information, please call the Family Centre @ 902-827-1461 or Julia Cameron (Facilitator) @ 902-827-1463

Hearing, Speech

& Vision



Great Expectations

When: Tuesdays
Jan. 12 - Mar. 01 (8 weeks)

Where: Lake and Shore Community Recreation Centre (40 Inspiration Drive, Porters Lake)

Time: 6:30- 8:30

Facilitator: Julia Cameron, BPA
HSRV, DSW, CD(DONA)

For more information or to register please call the Family Centre @ 902-827-1461 or 902-827-1463

Mums Night Out Winter/Spring 2016 dates

Where: ES Family Centre

When/Time: Tuesdays 7-9pm

Dates:

- Jan 12, 26 Feb 9, 23 Mar 8, 22
- Apr 12, 26 May 10, 24 Jun 7, 21

nership with the NS Health Authority.

The Screening dates are Thursday April 21 & Friday April 22 and will now be held at the Good Shepherd Church in Lawrencetown, as the Family Centre's space is not large enough to accommodate this event.

Detailed letters will be given to families in our programs to

have first opportunities to participate. In addition, we will be opening this up to include families in our larger community to be involved if they choose.

For more information please contact Tracy Cowan by phone 902-827-1462 or email tcowanesfra@ns.aliantzinc.ca.

Thought of the Day...
The greatest gifts you can give a child are the roots of responsibility and the wings of independence.

11th Annual Pre-school Screenings

Fundraiser News!!!!



Congratulations to Melissa Moore, our 50-50 Ticket Winner of \$1950.00!

2016 'Warm up to Winter' Raffle

Prizes: One night stay at the Atlantica Hotel to include dinner for two; An evening with Chef Aldo; Norwex Home cleaning products (approx. value : \$500)

Dates: Tickets available at the centre Jan. 18

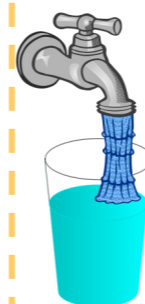
Cost: \$2 each or 3 for \$5

Draw date: Mar 11, 2016

All tickets and monies must be returned to the Family Centre by March 10 at 4pm



By the Tap...Water between Meals...



Juice is delicious BUT water is the best drink for children and we now serve **water only** during snack time in our programs! Not only do we need to drink water on a daily basis, it is healthier for us.

DID YOU KNOW...



- 200ml %100 Orange Juice = 19 grams of sugar
- 200ml Five Alive = 24 grams of sugar
- 710ml Powerade = 41 grams of sugar
- 500ml White Milk = 24 grams of sugar
- 591ml Coca Cola = 70 grams of sugar
- WATER = 0 grams of sugar**

"Water is the Best drink for Children"

Community News...

The GRAND PARENT SHIFT (GPS)

A Support Group for

Grandparents raising Grandchildren.

NEXT MEETING DATES: Monday January 18 & February 22

TIME: 10-12

WHERE: Eastern Shore Memorial Hospital Boardroom

For more information please call Tracy Cowan @ 902-827-1462 or tcowanesfra@ns.aliantzinc.ca.

Grief /Loss & Bereavement Open Discussion

Death is as common as birth and loss is not limited to death.

Meeting Dates: January 14 & 28; February 11 & 25

Time: 7-9 pm

Location: The Old School (7962 HWY 7, Musquodoboit Harbour)

For more information or to register please contact :

Jan Rowlings 902-229-0391 or janrowlings@gmail.com



Winter registration now open. Check out all our great programs on-line www.lakeandshorerec.ca or call 902-827-2700 to find out more.