



2016-2017 Program Schedule



Program	Day/Time	Location	
Kinder / Wee	Wednesday 9:00-11:00	Oyster Pond School	
	Thursday 9:00-11:00	ESFRA	
Bookworms at Play	Monday 9:00-11:00	ESFRA	
	Tuesday 9:30-11:30	Musquodoboit Harbour Library	
	Session 1: Sept. 20—Jan. 24		
	Session 2: Jan. 31—May 16		
	Friday 9:30-11:30	Atlantic View School	
Wee Bears	Monday 9:30-11:00	Good Shepherd Church	
	Tuesday 9-10:30 & 11-12:30	ESFRA	
	Wednesday 9-10:30 & 11-12:30	ESFRA	
	Thursday 10:30-12	St. James Hall, Jeddore	
	Friday 9-10:30 & 11-12:30	ESFRA	
New Parent Group/Breast Friends	Monday 1:30-3	ESFRA	
	Monday 2-3:30	St. David's Church, Lake Echo	
	Thursday 1:30-3	St. James Hall, Jeddore	
Saturdays at the Centre	Wee Bears 9:30-11	ESFRA	
	Session 1: Sept. 24 - Jan. 28		
	Session 2: Feb. 04 - May 16		
	Bookworms at Play 1:00-3:00	ESFRA	
Drop-In Programs	Grand Parent Support Group	Monday 10-12 (monthly) ES Hospital, Sheet Harbour	
	Breast Friends Support	Monday 1:30-3	ESFRA
		Monday 2-3:30	St. David's United Church
		Thursday 1:30-3	St. James Hall, Jeddore
	Kidz n Elders (Weekly)	Monday 10-11:30	The Birches
	Mum's Night Out (Bi-weekly) Sept. 20	Tuesday 7-9	ESFRA
	Play Dates Are Us (Weekly) Sept. 22	Thursday 9-10	St. James Hall, Jeddore

Your Child's Self-Esteem

EVERYMINDMATTERS.ORG in Support of the Psychology Foundation of Canada

People with healthy self-esteem value and like themselves as people. Healthy self-esteem also means:

- Having a realistic understanding of both your positive qualities and your weaknesses
- The ability to think for yourself, without always needing the approval of others
- The confidence to try new challenges and deal with frustration

How do children get self-esteem?

Parents can't exactly 'give' their children self-esteem, but we can encourage its development.

Good relationships: A close supportive parent-child relationship is definitely where self-esteem starts. Children's feelings of self-esteem change constantly as they grow. Emotional support from parents helps children deal with these normal ups and downs.

Praise effort more than achievement: People used to think that the key to building self-esteem was giving children lots of unconditional praise. This has turned out not to be true. We now know that praise should be realistic and related to what children actually do. It's also more helpful to praise effort than achievement. So for example, if a child does well on a school assignment, say things like, "You worked really hard on that project," or "Your project had a lot of good ideas."

Help kids learn from mistakes and failure: If your child does poorly on an assignment, simply showing disapproval isn't very helpful. Instead, say something like, "Let's take a look at your project and figure out how you can improve next time."

On the other hand, not all failures and mistakes are important. Help your child learn the difference and show them how to move on from minor failures that aren't really that important in the long run.

Building skills and interests: We all gain self-esteem from our skills and accomplishments. So it's a good idea to give children age-appropriate opportunities to develop skills and interests that they feel good about.

Model good self-esteem behaviour: Children learn from our example. Try not to let them hear you say negative things about yourself. If you're frustrated, instead of saying, "How could I have been so stupid?" show your child how you plan to solve the problem: "I'm really frustrated that I lost my keys, but from now on I'm going to keep an extra key in my wallet in case I get locked out of the house again."

Discipline that teaches instead of punishes: Harsh punishment can harm children's self-esteem. However, positive discipline that teaches children the right things to do and how to make good decisions about their behavior is good for self-esteem.

Help your child deal with stress: Stress is a part of normal life. But too much stress is not good for anyone. Helping children with stress and gradually teaching them to manage their own stress builds

The Family Corner.....

important life skills that help children deal with challenges to their feelings of self-esteem.

Enjoy your child: A certain amount of self-esteem comes from simply enjoying life and connecting with people who care about you. So, in the midst of your bustling life, don't forget to share good times with your child.

Kidz 'n' Elders

ESFRA is bringing back our much adored Kidz 'n' Elders Program.

Kidz 'n' Elders is an intergenerational fun & social weekly playgroup for parents/caregivers and children ages 0-5 yrs which focuses on play and social skill development with seniors in our community. The senior residents from the Birches Home for Special Care meet and play with our 'little ones' for a morning of songs, stories, creative activities and light refreshments. Kidz 'n' Elders is a **DROP-IN program** and does not require registration to attend. However, we are limited in the number of children we can accommodate on any given day to 8 - 10 children and their parents/caregivers. This program is in partnership with the Birches Home for Special Care.

When: Mondays 10-11:30

Fall Dates: September 19th - December 5, 2016

Where: The Birches Home for Special Care

Please call the **Family Centre @ 902-827-1461** for more information!

Play Dates Are Us

Much Thanks to our Play Dates Are Us families for their support of the program! Your help in keeping our program room tidy is much appreciated!

ESFRA Staff



Annual Screening News

Another successful screening !

52 children from our community were screened by Dalhousie School of Human Communication Disorders & Audiology and by NS Health Authority for Vision. Families will receive screening reports on their children within a couple of weeks. ESFRA staff will call participants to let them know their reports are ready to be picked up at the centre.

Truck 7 Music Festival

When: July 22 & 23 Details: www.trunck7musicfestival.ca

Where: Next to Musquodoboit Harbour Rink



2016-2017 ESFRA Annual Registration Nights

We are again hosting TWO registration night events!

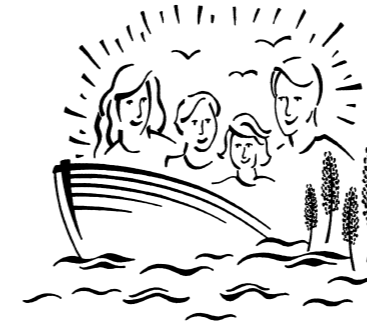
ALL PROGRAMS!

Please note: Families can register their family plus ONE other family

When: Tuesday August 30th, 2016

Time: 6:30 - 8:00 pm

Where: Porters Lake Community Centre
(4693 HWY 7, next to the tennis courts)



When: Monday August 29th, 2016

Time: 6:30 - 7:30pm

Where: St. James Hall, Jeddore

Families will be able to register for the following programs only at this time!

Kinder-Wee Program, Oyster Pond Academy School site

Wee Bears Program, St. James Hall, Jeddore site

New Parent Group, St. James Hall, Jeddore site

Bookworms at Play, Musquodoboit Harbour Library site

See our website at www.esfamily.org for full descriptions of all our programs.

Please call the Family Centre at 902-827-1461 for more information.

The GRAND PARENT SHIFT

A Support Group for Grandparents raising Grandchildren

Next meeting dates: Monday May 16 & June 20

Time: 10-12

Location: ES Memorial Hospital, Sheet Harbour

Refreshments provided!

For more information on how to join our open group please call either :

Tracy Cowan: (902)827-1462 or email: tcowanesfra@ns.aliantzinc.ca.

Laury McGaughey: (902) 885-2777 ext.7654001 or email: laurette.mcgaughey@nshealth.ca

