



Help us turn your empty drink containers into programs!

Take your refundable containers to Greentree Recycling near the Porters Lake Superstore and tell them they are for the Eastern Shore Family Resource Association.

Thanks for your support!

www.esfamily.org
902-827-1461



50 / 50

Draw will be Friday
December 2nd, 2016
Just in time for
Christmas shopping!!

\$2 per ticket
\$5 for 3 tickets



Tickets can be purchased at the Eastern Shore Family Resource Centre in Porters Lake. If you would like to help off-set the costs of ESFRA providing FREE programs and services, please support us by selling or purchasing tickets.
Last year's jackpot was 1900.00!!!

Coming in January! Back by popular demand!

'Our Candle Company' ESFRA Candle Fundraiser

Sales begin Monday, January 23rd, 2017. All orders must be submitted by Monday, February 27th, 2017. Pick up order forms from the Eastern Shore Family Resource Centre in Porters Lake. All proceeds will go towards the ESFRA. Cost is \$12.00 per Candle or Air Freshener.

Helping Children Flourish

Taken from EVERY MIND MATTERS in Support of the
Psychology Foundation of Canada



Good Mental Health means much more than simply not having a mental illness. It also means feeling happy, peaceful and satisfied about life. It includes a sense of belonging and participating in your community.

Sociologist Corey Keyes, of Emory University in Atlanta, Georgia, came up with the term *flourishing* to describe these aspects of mental wellness. As parents, we can't control all of the factors that affect our children's mental health. But there are some simple, concrete things we can do to help our children flourish.

Some may seem obvious and some are things you probably already do. Think of this list as a reminder about some of the most important aspects of parenting.

Give your child positive attention.

Every child needs and craves attention. If they don't get that attention in positive ways, they'll often find negative ways to get it.

Give your children chances to try new things they've never done before, even though it may be challenging at times.

Help them to see challenges and even failure as experiences we can learn from.

One of the most important aspects of being happy—or not—is how we respond to things that go wrong. Children who know how to learn from such experiences have the best chance to lead happy lives.

Help your children pursue their own interests.

Following their interests and passions helps children (and adults) feel engaged in life and also stimulates positive emotions like curiosity, interests, satisfaction and self-confidence.

Let your children do things for themselves.

People who can figure out what they need to do (and how to do it) in various situations have a much stronger sense of control over their lives. The best way to learn is from childhood experience, supported by parents.

Model acceptance of other people.

People who accept others tend to be happier people and they also make the world a better place. The best way for your child to learn is from your example.

Show your children that believe in their potential, but that also who and what to they are right now.

The Family Corner.....

Children need to grow and learn, but they also need to know that we love and enjoy them "just the way they are."

Support their involvement in social activities.

Welcome their friends into your home. Social connections - having friends and enjoying other people - is one of our most important sources of life satisfaction and key way of recovering from stress.

Help them build a sense that they belong - in your family, in your neighborhood, in group activities or teams, with extended family. One way to develop a sense of belonging is to make a contribution by helping others - at school, in your community or place of worship, or with relatives.

Have good times with them.

In families there are lots of things we have to get done that are necessary, but not so enjoyable. Make sure you and your kids also do fun things together.

www.everymindmatters.org

www.psychologyfoundationofcananda.org



Drop in on us.....



Play Dates Are Us
Thursdays, 9-10:00
St. James Hall, Jeddore

ESFRA offers a drop-in program for parents/caregivers and children (birth-10 years) to play, chat & connect! Craft items, toys & games will be made available for the children to explore while parents can enjoy a cup of tea or coffee. All are welcome to come for the full time or pop by for a few minutes! It's up to you! Please note that refreshments will not be a part of this program, however, families may bring their own peanut free snacks to enjoy!

Kidz 'n' Elders
Mondays, 10-11:30
Birches Home for Special Care

Kidz 'n' Elders is an intergenerational fun & social weekly playgroup for parents/caregivers and children ages 0-6 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. Doors will open no earlier than five minutes prior to Kidz 'n' Elders starting. This program is in partnership with the Birches Home for Special Care.

For more information, please call the Family Centre at 902-827-1461

The GRAND PARENT SHIFT

A Support Group for Grandparents raising Grandchildren

Next meeting dates: Monday November 21, 2016 (January 16, 2017 TBC)

Time: 10-12

Location: ES Memorial Hospital, Sheet Harbour

Refreshments provided!



Special guest: Youth Project to speak to LGBTQ issues

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



ESFRA PROGRAM POLICY REMINDERS

Parental/caregiver Supervision:

All parents & caregivers attending our programs with their child(ren) **MUST** remain **ON SITE** at all times in the parent/caregiver designated space (e.g. parent lounge). ESFRA is **not** a **LICENSED** agency and therefore cannot be responsible for the care of your child(ren) in your absence at any time due to insurance liability restrictions. If you must run an errand it is your responsibility to designate another parent/caregiver attending to be responsible for your children's needs in your absence along with letting program staff know.

Illness Policy

If your child has a fever, runny nose, weepy eyes, very sore throat, or other contagious condition, they are asked to remain at home until symptoms have disappeared. If a bacterial infection is present, families are welcome to attend programs if taking antibiotics. **In case of other common communicable childhood diseases such as chicken pox, 5th disease or head lice, participants are asked to notify ESFRA staff of the condition.**

Early Arrival

We request that parents and children arrive **no earlier** than their designated program time. This allows staff to plan and prepare for the day so ALL can have fun and play.

Nutrition and Health Foods Policy

Nutrition breaks are part of our programs. Please ensure that staff are aware of any food allergies you or your child may have. We have adopted a healthy foods policy, including a **peanut and nut free policy**, and are making greater efforts to provide healthier options at snack time. We appreciate participant contributions, but suggest we save treats (cookies, cake etc.) for special occasions. The following foods are **banned** from our programs: **Superstore baked goods, Alligator cheddar snacks, Tim Horton's baked goods.**

Attendance

We would appreciate notice if your child will not be attending class on any given day and the reason. This allows our staff to properly prepare for the day while avoiding waste of food or program materials. **After three missed sessions (3 weeks) without notification**, staff will make contact to find out if the child is returning. If you do not plan to continue to attend, please advise staff so we may fill available

Holidays & Snowy Days

Registered ESFRA programs do not operate on school holidays such as March Break, or winter days when the school buses are not running. ESFRA follows cancellation of Eastern Shore District High (ESDH) and its feeder schools. Participants are asked to call the Family Centre at **(902)827-1461** to hear a recorded message, check our Facebook Page or listen to local radio stations, if in doubt. Please Note: A school in-service day is not a holiday unless an outreach program is held at a school location.