



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



Eastern Shore
Family Resource Association



50 / 50



\$2 per ticket
\$5 for 3 tickets

Sales start Saturday, October 8th, 2016
Draw will be Friday, December 2nd, 2016
Just in time for Christmas shopping!!

Last year's jackpot was
\$1900.00!!!

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.

Your School-Age child

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

Once children start going to school, their world changes. They start spending more time away from you, and they are more influenced by friends and teachers. So their needs, and your parenting role, also change. Here are some key ideas for parenting your school-age child.

Play—especially free play—is important

Compared to past generations, today's children spend more time playing electronic games and watching TV, and more of their activities are organized by adults. But free, unstructured play is very important; it helps children:

- Learn how to make decisions
- Learn how to get along with others
- Recover from stress
- Develop skills
- Experience joy

So try to give your child an opportunity to play every day, if possible.

Encourage independence

During the elementary years, children want more independence and they need to start learning how to handle it.

- Let your child manage appropriate choices
- Give your child chances to think and to solve their own problems, instead of always providing instant solutions
- Show your child how to be increasingly independent in a safe and responsible way.

Be stress aware

Research shows that today's children have higher levels of stress than in the past. Parents have an important role to play in helping children deal with stress.

When your child is upset or misbehaving, try to develop the habit of asking yourself, "Why is my child acting like this? Could it be stress?"

If you can figure out what is stressing your child, deal with that first before turning to discipline. Children under stress are much less able to control themselves, listen well, accept consequences or learn.

The Family Corner.....

Keep connecting

As children mature and spend more time away from us, we may need to work harder to keep a strong connection:

- Be ready to listen when they are ready to talk
- Show an interest in your child's interests and concerns
- Show your child that you like her and enjoy her company. We spend a lot of time telling, reminding and criticizing. Talk about her positive qualities, too.

Teach negotiation and conflict skills

Start now to develop the negotiation and conflict skills you both need during the teen years:

- Don't forget to listen as well as talk.
- Use short phrases when reminding your child. Say, "Cassie, boots," rather than "Cassie, if I have to tell you one more time to put away your boots, I'll..."
- Let your children "win" sometimes, when they have negotiated well (and politely) and can show you they have a good plan.
- When the issue is not negotiable, offer your child alternatives. "You have to do your homework, but you can either do it now or right after supper."
- Try to respond to your child's behaviour in ways that don't promote conflict. Be willing to negotiate - but remember, you're still the parent.



Play Dates Are Us

Thursdays, 9:00 – 10:00 a.m.

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. An ESFRA staff member will be available to help if families need assistance or have questions about our programs and services. Play Dates Are Us! is not a structured program thus it is up to families to help us out and appropriately monitor their children's activities and clean up before they leave. 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!

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 September 19, 2016

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

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 0-6 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.

When: Mondays 10-11:30

Fall Dates: September 19th - December 5th, 2016

Where: The Birches Home for Special Care

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

September is Child Passenger Safety Month!



September 18-24 Is Child Passenger Safety Week.

This years theme is "**You've Got This**" aimed at empowering parents to put their child in the right seat for every ride. The right seat is the one that fits your child, your vehicle and adheres to the law. ESFRA has a certified child passenger safety technician on staff and provides **FREE** car seat inspections by appointment all year. On September 19th we will be hosting a car seat clinic in Porters Lake. Please call for more information.

For a **FREE** car seat inspection, call ESFRA at 902- 827-1461 or 902-827-1463