

Elspeth Reid Family Resource Centre*

"the place for families"



255—9th Street
Brandon MB R7A 6X1
Phone: 204-726-6280

Open Monday to
Friday 9 am to 5 pm

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*a facility of



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of Western Manitoba

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Read the Reid

Fall 2012

A message from Coordinator Lisa Ramsay

Hello everyone!

What an incredibly beautiful summer we have had! I hope you had a relaxing time with your family and soaked up the warm Manitoba sunshine.

Our summer 2012 was a particularly hectic one here at the Resource Centre.

It started June 29, with our annual Family Funfest Day to kick off our summer programs. More than 135 people attended for games and activities and all-around fun.

Our Summer Program began July 4th and was fabulous, thanks to our summer program coordinator Laura Chartrand. Many families enjoyed the wide variety of activities she organized and planned including crafts, games and field trips. We had 89 families participate this summer.

Starting in mid-July, the Resource Centre underwent a renovation to increase the infant child care space in our *Rainbow Room*. This expansion enhances our capacity to care for the number of infants we are seeing.

It was business as usual during the renovation, and we were able to maintain our Summer Program and child care throughout construction thanks to excellent teamwork, flexibility and patience from all involved. We are also very grateful for the funding we received from a variety of sources in support of the project.

This fall we will be offering another full calendar of opportunities for families. We'll have the *Blended Families* course, *Because I*

Love You, Parenting Teens with Love and Limits and the *Positive Discipline* programs, just to name a few.

We are also excited to bring back *DAD (Devoted and Dedicated)*, our fathering program. There will also be *Seeds of Hope*, delivered entirely in Spanish and a program we are very proud of.

New to the Centre in fall 2012 is *Mothers and Sons*, which we are pleased to present in response to the community's needs. And, as always, we'll offer a wide range of parent-child programs to celebrate Hallowe'en, Remembrance Day and the holiday season.

Family Circle and Drop In Playtime remain our most highly attended Centre programs. It is such a pleasure to see so many parents really focused on their children during these sessions. Life can be too busy and we all know how precious these early years are, so it is wonderful to create environments that support parents to be able to fully concentrate on their little ones.

As always, feel free to call or stop in for a visit. We welcome the chance to tell you more about the Centre and to hear from you. Take good care.



The **Elspeth Reid Family Resource Centre** gratefully acknowledges the financial support of the



and the



United Way
Brandon & District
Change starts here.

as well as the many other donors who help make operation of the Centre's family strengthening programs possible.

Our Centre continues to serve the community with financial support from local organizations, businesses and individuals. If you are interested in making a donation, large or small, please let us know. Every donation helps.

Without realizing it, children are constantly learning. Grocery shopping, baking or preparing a meal, and helping with laundry are all great opportunities for them to practice different skills.



Parenting Points: *Learning through everyday life*

Learning happens all around us, every day. Many aspects of our daily routines can give children the opportunity to practice a new skill.

Grocery shopping is a great learning activity. Before leaving home, have your preschooler help make a shopping list. Talk about the things you need to buy. At the store, your child can count the apples as they are put into the bag, identify his or her favourite cereal by the colour and logo on the box, or look for signs to indicate an item is on sale. Choose a different letter or number in each aisle and see if your child can find it on signs or packages.

As children get older, they can print the grocery list themselves, and be in charge of it during the shopping trip. Challenge them to look at two different brands of the same product to determine which one is the better value. Let them count out the money to pay for the purchase.

Most parents have experienced a child's meltdown in the grocery store, so having something to do while shopping can also help prevent unwanted behaviour.



Baking or preparing a meal is also full of learning opportunities. Very young children need to learn the importance of kitchen safety rules, such as: don't touch the stove, ask for a grown-up's assistance with knives and other sharp utensils, and always wash your hands before and after handling food. Stirring is a great job for beginning cooks.



Preschoolers can help with measuring, pouring, mixing, and scooping. Read the recipe aloud and talk about what you are doing. Older children can read the recipe on their own and, with supervision, follow it through.

Food preparation not only builds counting, measuring, reading and comprehension skills, but it also gives children an understanding and appreciation of where their food comes from.

Even a task as mundane as doing laundry can be a fun learning experience. Children can sort clothes that need to be washed by colours or by type (jeans, towels, etc.). They can count the pieces as they go into the machine.

Small children can read the letters on the box of detergent, and older children can read some or all of the words.



Matching clean socks lets children compare by colour and size. Give your child a basket full of towels and show them how to make squares, triangles or rectangles. Folding sheets is an exercise in coordination as well as cooperation.

Without even realizing it children are constantly learning. By simply including them in day to day activities, parents can help them build their skills and have fun in the process.

Program Profile: *Parent-Child Home Program*

The Parent-Child Home Program (PCHP) is a home-based family literacy program that strengthens the relationship between parents and their children and helps prepare children for school. The program is based on the premise that the parent is the most important person in the education and development of her children.

PCHP was originally developed in New York in 1965. It has been operating in Brandon and the Westman area since 1984 through CFS Western's Elspeth Reid Family Resource Centre, which is the only certified replication site in Canada.

Brandon's PCHP is delivered by volunteers, therefore the number of families participating in the program depends on the number of volunteers available. A volunteer, trained as a Home Visitor, visits the parent and child twice weekly for 23 weeks each year. Training for Home Visitors is usually scheduled for late September or early October.

Volunteers in PCHP come with diverse experience. They include students, young moms, social workers, teachers, nurses and child care workers. Some are still working, others are retired.

Several mothers who have completed the program have also become Home Visitors. Former participants in the program who become volunteers greatly enrich the program.



Participation in PCHP is voluntary. The program is offered to families with a child between one-and-a-half and two-and-a-half years old and takes two years to complete. Before a family starts the program, the Program Coordinator conducts an initial interview with them.

Family visits begin in October and are usually completed in April or May. There are no visits during the summer. The families can begin the second year of the program in September or October.

On the very first visit, the Home Visitor takes a specially selected book or toy into the home and models for the parent by playing, talking and reading with the parent and the child.

The purpose of the second visit is to review the book or toy, to add new ideas, words or concepts to the now familiar item. There are 23 books and toys in year one and 23 books and toys in year two.

In total, there are 46 visits to the family each year. The parent must be present for all sessions and the books and toys are gifted to the family so they can continue to use them for reading and playing with their child.

There are 21 families currently participating in the Parent-Child Home Program.

Comments from a PCHP mom:

"I am absolutely enjoying this program! I feel like the Home Visitor and I are working as a team to help my child learn. I am going to keep the books and toys so I can follow the program with her younger brother. I think anyone who is able should be involved in this program. I already told a friend she should put her name on the list. Someone comes into your home and interacts with you and your child. It's great!"

The Store

Located within the Elspeth Reid Family Resource Centre, **The Store** has clothing, toys, and household items for sale at very reasonable prices. Hours are Monday, Wednesday and Thursday from 1 pm to 3 pm.

Donations of seasonal clothing and small items are always welcome. Due to space, we cannot accept furniture or other large items.

The Store is run by volunteers, so if you are interested in helping out, please let us know!



Special Notices

The Resource Centre will be closed...

- Monday, October 8 (Thanksgiving)



- Monday, November 12 (Remembrance Day)

There is no school in the Brandon School Division on...

- Monday, October 8 (K-12) and Friday, October 19 (K-12)
- Thursday, November 15 (K-8) and Friday, November 16 (K-12)

The last day of school before Christmas vacation is Friday, December 21. School resumes for the New Year on Monday, January 7, 2013.

Remember to let us know...

if you have a change of address, phone number or email—we want to make sure you receive our program schedules and other information!



Slowly Slowly

Slowly, slowly, very slowly
Goes the garden snail
Slowly, slowly, very slowly
Up the garden rail.
Quickly, quickly, very quickly
Runs the little mouse.
Quickly, quickly, very quickly
Right into his house!



This Little Train

This little train ran up the track.
It went, "Toot, toot!"
And then came back.
(Run fingers up one arm and back down again)

This little train went up the track.
It went, "Toot, toot!"
And then came back.
(Repeat actions with the other arm)

Recipe Cupboard

Pizza Buns

Pour a can of tomato sauce into a bowl. Choose your favourite pizza toppings, cut them into small pieces, and add to the sauce. Toppings might include meats like ham or pepperoni, and veggies like onions, green peppers or mushrooms. Add as little or as much as you like of each. Then, grate some cheddar or mozzarella cheese and add. Mix well.

Cut buns in half and spread each side with two or three spoonfuls of the sauce/topping mixture. Place in oven under the broiler for a few minutes until the edges of the buns start to brown. Watch carefully as it doesn't take long.

Leftover mixture can be stored in the fridge for a few days.



Mini Donut Cupcakes



- 1 white cake mix, plus ingredients listed on box
- 1 tbsp nutmeg
- 1 cup sugar
- 2 tsp cinnamon

Prepare the cake mix according to instructions on the box, and mix in the nutmeg. Grease mini muffin cups and put one tablespoon of batter in each. Do not overfill – you want them to be small and round when finished. Bake as per directions on box. Meanwhile, combine sugar and cinnamon in a container with a lid and shake until well blended. (There will be more than enough cinnamon sugar - save what is left for another use). Roll warm cupcakes in the cinnamon sugar to coat, and place on a rack to cool. Makes 60 mini donuts.

Do you have a favourite recipe or activity you like to do with your kids? Please use the suggestion box in our drop-in area to let us know!

Activity Corner

I'm Thinking Of...

This is a great game to keep little ones occupied when you are in the car or waiting in line.

Start by thinking of an object that you can describe, and give clues to your child to help him or her guess what it is. For example, you might choose a banana and say to your child "I'm thinking of something that is yellow." Let your child have several guesses. If he or she hasn't figured it out, add another clue: "I'm thinking of something that is yellow and good to eat." Continue adding clues until your child guesses what you're thinking of.



Play Dough

- 5 cups flour
- 1 cup salt
- 3 tbsp cream of tartar
- 4 cups boiling water
- 4 packages Kool-Aid

Mix above ingredients, then add 6 tbsp oil. When cool, knead. Store in a covered container.



National Family Week Celebration

starring

Fred Penner



Come join us for Brandon's 3rd annual National Family Week Party!

Sunday, September 30
1:00-4:00pm
Princess Park

*Fred Penner
brought to you by:*



BRANDON
NEIGHBOURHOOD
RENEWAL CORPORATION



Facepainting & MMF Craft Area

Free Raffles

Children's Play Area

Free Healthy Snacks

Animal Balloons

Safe Kids Area

Community Displays

Westman Immigrant Services

YMCA Bouncer

Fire Truck

Police Car

Agenda

- 1:00pm Opening Greetings
Mayor Shari Decter-Hirst
- 1:10pm Mecca Productions
- 1:40pm Christina the Crazy Hooper
- 2:00pm Fred Penner
- 3:00pm Skateboarding Lessons
- 4:00pm Closing

RAIN LOCATION: New Era School

Parking available in the Town Centre

Brandon
Healthy Families



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