

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

Inside this issue:

Rhymes	2
Parenting Points	2
Special Notices	2
The Store	3
Meet Our Staff	3
Activity Corner	4
Recipe Cupboard	4
In Memoriam	5
National Family Week	6

*a facility of



Child and Family Services
of Western Manitoba

800 McTavish Avenue
Brandon MB R7A 7L4
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1-800-483-8980
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Website: www.cfswestern.mb.ca



Read the Reid

Fall 2013

A message from Coordinator **Lisa Ramsay**

Welcome back to our fall session! I hope you and your family have had a relaxing and fun summer.

Our summer program was a wonderful success. **Laura Chartrand** delivered so many different family fun days. Families enjoyed plays in various parks, field trips to Minnedosa and Spruce Woods, and many days here at the Centre cooking and crafting.



Many families braved a wild rain storm to turn out for fun movie night too. I am grateful to our administrative staff, child care staff, and volunteers for all their support in making our summer program go so smoothly. Laura will be returning to school this fall and we thank her for providing these awesome experiences for 86 different families.

This summer we also saw a big increase in our respite child care program, which we know parents and children both appreciate.

The Store continues to be an active place for our shoppers. Thanks again to our volunteers for keeping it so organized and tidy.

Also this summer, we added two new faces to the Centre. Welcome to **Jenna Cameron**, a Social Worker who will be providing support to families. We also welcome **Margaret**

Schonewille who fills the Foundation Development Officer position. Margaret will be working with our donors and fundraising for our Centre.

We need to share another staff change. **Marcia McMaster** will no longer be providing child care at our Centre as she has accepted a position at our Preschool Enrichment Program. We are grateful to Marcia for her many years of work with our families and we wish her all the very best at Preschool.

Now that fall is here, we are focused on planning several upcoming events and taking registrations for our various family strengthening programs.

Our 4th annual **National Family Week Kick-Off Celebration** is fast approaching. This year's event will be held Sunday, October 6, from 1 pm to 4 pm at New Era School Gym, 527 Louise Avenue, Brandon. We hope to see a large turnout of families come and enjoy all the free entertainment and celebration of family.

The Resource Centre is also now collecting gently used Halloween costumes so if you have some to donate, we'd appreciate that.

Many of you will be preparing for a return to routine. We wish all the children returning to school the best. We look forward to seeing all our staff and families back for our fall session.

If you have any comments, feedback or suggestions we'd love to hear from you.

Take good care,



Lisa Ramsay

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.

Parenting Points: *Leading by example*

ALL THE LEAVES ARE FALLING DOWN

Tune: "London Bridge is Falling Down"

All the leaves are falling down,
falling down, falling down.
(imitate leaves falling down)
All the leaves are falling down,
it is Fall.

Take the rake and rake them up, rake them up,
rake them up.

(imitate raking up leaves)
Take the rake and rake them up
it is Fall.

Make a pile and jump right in,
jump right in, jump right in.

(children jump forward)
Make a pile and jump right in,
it is Fall.



I LOOK IN THE MIRROR

I look in the mirror and what do I see?
I see a happy face smiling at me.

I look in the mirror and what do I see?
I see a surprised face looking at me.

(Use this rhyme while you and your child are looking in the mirror. Make up other verses as you make additional "feelings" faces.)

"Do as I say, not as I do."

Most of us have heard this phrase, and some of us may even have uttered it on occasion.

When it comes to parenting, however, children pay far more attention to what you do than what you say. Parents need to remember that their children are always watching, and therefore make an effort to lead by example.

Leading by example does not mean parents have to be perfect all the time. It means being aware of the values and characteristics that you feel are important, and incorporating them into your daily life. It also means taking ownership of your mistakes, and passing on lessons learned.

When children are very young, they learn by imitating parents. Babies will return a parent's smile, and mimic different facial expressions. Toddlers want to do everything you do. They work alongside you and are eager to please. A preschooler will

often repeat grown-up phrases (good or bad) that she has heard her parents say.

Your children learn how to treat others by observing your daily interactions with people. They learn how to handle disappointment by watching your reactions and responses when things don't go your way. They begin to learn about self-respect when they see you make healthy choices for yourself.



Making a conscious effort to lead by example has other benefits than simply helping children learn right from wrong.

While it won't guarantee complete cooperation, household rules and routines are easier to enforce when you model the behaviour you

want to see in your children. Whether you are teaching the importance of good manners, or values like honesty, generosity and responsibility, the way you approach life has a profound effect on your children.

Many of us just go through the motions in our own lives without really thinking about why we do what we do. When you are very aware of the example you are setting for your children, your own outlook on life is sure to improve. You might be inspired to kick an unproductive habit, or step out of your comfort zone to try new things.

A parent is a child's first and most important teacher. By adopting the motto of "Do as I do", you are able to fill this role to the best of your ability.



Special Notices

The Resource Centre will be closed...

- Monday, October 14 (Thanksgiving)
- Monday, November 11 (Remembrance Day)
- Wednesday, December 25 and Thursday, December 26 (Christmas Day and Boxing Day)

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

- Monday, October 14
 - Friday, October 25
 - Monday, November 11
 - Thursday, November 21
 - Friday, November 22
- The last day of school before Christmas vacation is Friday, December 20. School resumes for the New Year on Monday, January 6, 2014.

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!

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 1:15 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!



Meet Our Staff



Margaret Schonewille

Hello everyone! I started working at Child and Family Services of Western Manitoba Foundation Inc. on August 19, 2013, as their Development Officer.

I am married and have two grown children, as well as two four-legged ones. Sam and Buddy are golden retrievers. Sam is a Canadian Champion but has retired from competition and has taken on the responsibility of being a Pet Therapy Dog in long term care facilities. Buddy is Sam's son and went along a few times, but he couldn't understand why the people didn't want to party with him. He is now left at home...

My hobbies are travel, travel and travel. Just can't get enough.

Please drop by and introduce yourself or give me a call at 204-726-7141 Monday thru Thursday.

Lisa Ramsay

Hello! My name is Lisa Ramsay and I am a Social Worker with Child & Family Services of Western Manitoba. I first started with the Agency in 1995. I have had the good fortune to enjoy several interesting positions within child welfare over the years.

In the spring of 2009, I became the Coordinator of the Elspeth Reid Family Resource Centre. I know that this work has enriched me.

My husband and I have two children. I enjoy the outdoors, travel and reading.



Jenna Cameron

I recently began my role as the Community Liaison Worker for Child and Family Services of Western Manitoba. You can find my office at the Elspeth Reid Family Resource Centre.

My role involves connecting families with supports and resources both within our Agency as well as within the larger community. If you are looking for extra support for your family, have a parenting question, or are interested in one of our many programs, let me know! If I am not able to provide you with the support you are looking for, I will set you up with someone who is. Everyone is welcome to make an appointment or stop in.

Having previously worked as the Summer Program Coordinator at the Elspeth Reid Family Resource Centre in 2010, I am looking forward to reconnecting with families I know and meeting many more!

Activity Corner

Water Table Fun

Submitted by Leslee

Lay towels on your floor, kitchen chair and counter top. Fill the kitchen sink 1/3 to 1/2 with warm water. Add some food colouring and/or bubbles. Look with your child in your cupboards and drawers for fun water play items (funnels, ice cream scoop, measuring cups and spoons, whisk, plastic tubs of various sizes, soup ladles, wooden or plastic spoons, etc.) Now you can all enjoy lots of fun water play right in your kitchen. You might get wet, but only a little!! (My kids and I loved doing this!)



Fall Leaves

Go for a walk with your child around the yard or park and collect a variety of leaves. Lay several leaves out flat on the table and cover with a plain white sheet of paper. Remove the paper cover from a crayon and help your child gently rub over the leaf using the side of the crayon. Leaves will magically appear on the paper! Look for other flat, textured objects to try



Recipe Cupboard

Lentil Pilaf

3 cups chopped mixed vegetables (carrots, onion, broccoli, celery, etc. – whatever you have on hand)
1-¾ cups chicken broth
½ cup dried lentils, rinsed
½ cup brown rice

Saute vegetables in a large frying pan with a bit of oil until they are soft. Add broth, lentils and rice. Bring to a boil, then reduce heat and simmer until liquid is absorbed and rice and lentils are cooked. Stir often, and add more water if it starts to get dry.



Chocolate Chip Oatmeal Cookies

1 cup brown sugar	2 cups oatmeal
1/2 cup white sugar	1-1/2 cups flour
1 cup margarine	1 tsp salt
2 eggs	1 tsp baking soda
1 tsp vanilla	1 cup chocolate chips

Mix margarine and sugars. Add eggs and vanilla. Add dry ingredients. Bake at 375 F for 12 minutes or until lightly browned. A Resource Centre favourite!



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

PAC
P A R E N T
A D V I S O R Y
C O M M I T T E E

**Elspeth Reid Family Resource Centre
Parent Advisory Committee**

If you are interested in joining our Parent Advisory Committee, we'd love to hear from you. We meet three or four times a year between September and June. Child care support is available to help you be able to attend. We share food and have informal discussions about community needs. Call Lisa Ramsay at 204-726-6258 if you would like to hear more or are interested in joining.

In Memoriam

Lori McMechan

our dear friend and co-worker



Lori passed away suddenly this summer. Many of you will remember Lori from her many years as a facilitator at the Elspeth Reid Family Resource Centre and as the author of the weekly Parenting Points articles that appeared in the Brandon Sun.

Lori was admired and respected by our staff. She was so knowledgeable about child development, sensitive to parents' needs, and compassionate in her way of delivering programs.

It was our privilege to work with Lori, and her legacy of belief in family will live on in each of us.

In Memoriam

NATIONAL FAMILY WEEK

"STRONG FAMILIES, STRONG COMMUNITIES"

OCTOBER 7-13, 2013

Join in the Kick Off Celebration!!

Sunday, October 6, 1:00-4:00

New Era School Gym



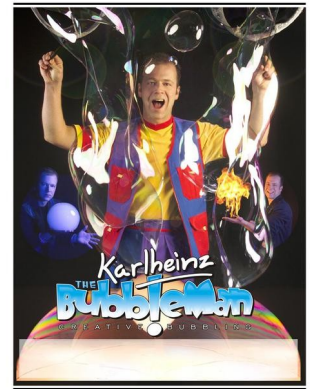
FREE FAMILY ENTERTAINMENT!



1:15 EVOLUTION ENTERTAINERS



2:00 JAKE CHENIER



3:00 THE BUBBLEMAN



Star94★7
Today's Best Music!



Child and Family Services
of Western Manitoba

Services à l'enfant et à la
famille de l'ouest du
Manitoba

FREE ACTIVITIES!

- *CRAFTS
- *FACE PAINTING
- *DRINK/SNACK
- *COMMUNITY DISPLAYS
- *CHECK OUT AMBULANCE,
FIRE TRUCK, POLICE CAR

Brandon Healthy Families Team

