

## 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

Child and Family Services  
of Western Manitoba

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Brandon MB R7A 7L4  
Phone: 204-726-6030 or toll free  
1-800-483-8980  
Email: info@cfswestern.mb.ca  
Website: www.cfswestern.mb.ca



# Read the Reid

Fall 2014

The Elspeth Reid Family Resource Centre has had a wonderful summer. We had over 85 different families participate in our Summer Program. Coordinator **Erin Holman** did such a great job organizing a variety of activities for families to create special memories together.



Families enjoyed cooking, crafting, lots of outdoor play at local pools and parks, and several trips outside of Brandon to enjoy communities such as Killarney, Minnedosa and Wawanesa.

The success of our Summer Program is

also thanks to our child care and reception staff and volunteers as they support it all to happen. We wish Erin well as she returns to school this fall.

As staff, we are busy organizing for our fast approaching fall session. Our full staff will return in early September, programs will roll out throughout September, and it will be another great season to serve our families.

We are so pleased to have **Renee Mekish** join the Centre as a full time child care staff member. Renee brings a warm, kind and caring style to her approach and this makes her a welcome addition.

**Jenna Cameron**, our Community Liaison Social Worker, has been kept busy and she has been so helpful in our capacity to respond to families' needs in a timely manner.

We have seen a change in staffing for our Talking, Learning and Caring (TLC) program. **Marnie Cline** was the primary facilitator of TLC for many years. Her compassion for parents and belief in TLC was respected by many. The program will now be delivered by Jenna who also understands that the healing is in the hearing as parents begin their journey through change.

The Westaway Bay Family Resource Centre is another source of pride for us. Neighbourhood families have enjoyed summer recreation, parenting classes, early learning activities and lots of family fun together. The various community partners are effectively delivering a wide range of family strengthening opportunities and the feedback has been wonderful. We're proud to be a part of this program.

I continue to co-ordinate the Rural Prevention Program. **Val Caldwell**, our rural prevention facilitator, continues to grow her repertoire of programs she can deliver rurally. Most recently, she has added the Mothers & Daughters in Touch program and it is being well received. We continue to meet with rural social workers to hear the needs which shape our planning.

As always, my door is open and I'd love to hear your feedback. On behalf of our staff, I wish all our children well as school resumes.

Take good care,

*Lisa Ramsay*

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:

# Routine can make bedtime less stressful



In many homes, both parents and children dread bedtime. It can be hard for children to settle down for sleep, and frustrating for parents who are tired of facing the nightly struggle.

Transitions of any kind can be difficult for children, and bedtime is probably the biggest transition of the day. By building a familiar routine around bedtime, children know what to expect. Ideally, bedtime routines can be started in infancy, but it is never too late to get your family into a consistent pattern to end each day.

The first step in creating a bedtime routine is setting a specific time for going to bed and waking up. As a general rule, children aged 2-5 need about 11-13 hours of sleep (including naptime) and children 5 and up require about 10-11 hours. Decide what time you want your child to start the day, and work backwards to set an appropriate bedtime.

Depending on what you involve in your bedtime routine, allow anywhere from

30 minutes to an hour or more to wind down.

Have one last big play to burn off the day's extra energy. Play outside if weather permits, have a game of hide and seek, or put on some music and dance. Then move into a quieter activity and try not to engage in very active play for at least an hour before bed. This gives your child a chance to become calm, relaxed and ready for sleep.

Give frequent reminders as you move through the steps of your routine. "In five minutes, we need to start the bath.", or "After we finish brushing your teeth, you can get into your pajamas." It helps to know what is coming next.

If a bath is to be part of your bedtime routine, make sure you allow enough time to enjoy it without rushing. Try to end each bath the same way to help build your routine. You might sing a clean-up song as you put away the bath toys, watch the bubbles go down the drain, or play peek-a-boo with the towel.

Once your child has brushed her teeth and put on her pajamas, ask if she needs to use the bathroom or would like a glass of water. Then it is time for her to get into bed. You might want to read a story or two, sing a lullaby, or talk quietly with your child about the day. The last moments of the day can be a very enjoyable time for parent and child, so once again you don't want to rush through. However, you can't keep reading "just one more..." for hours. Tell your child how many stories you will read and let her help choose them.

If possible, try to stagger children's bedtimes so you can enjoy this one on one time with each child.

Once you have a bedtime routine that seems to work well, stick with it. It might seem like a special treat to stay up late every Saturday night, but consistency is the key to a good bedtime routine. When children know what to expect it helps them feel safe and secure, making all transitions, especially big ones like bedtime, a little easier on everyone.

## Special Notices

### The Resource Centre will be closed...

- Monday October 13 (Thanksgiving)
- Tuesday November 11 (Remembrance Day)
- Thursday December 25, and Friday December 26 (Christmas Day and Boxing Day)
- Thursday January 1 2015 (New Years Day)

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

- Monday, October 13
  - Friday October 24 (K-12)
  - Tuesday November 11
  - Thursday November 20 (K-8)
  - Friday November 21 (K-12)
- The last day of school before Christmas vacation is Friday December 19. School resumes for the New Year on Monday January 5 2015.

### 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!

Mark  
your  
calendar!

## ***The Store***

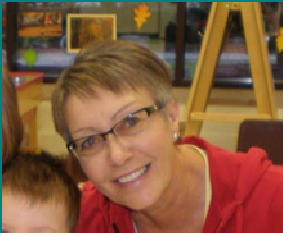
Located within the Elspeth Reid Family Resource Centre, **The Store** has clothing, toys, and household items for sale at very reasonable prices. Hours are Monday, Wednesday and Thursday from 1:15 pm to 3 pm.

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***



***Bev Otley***

Hi, my name is Bev. I have worked casually at the Elspeth Reid Resource Centre for seven years in the child care department. I have four grown children, eight grandchildren and have lived in Brandon all my life.

***Darlene Anderson***

Hi, my name is Darlene and I am new to the Elspeth Reid Family Resource Centre. I have worked here in casual child care for two years. Previously, I worked for the Brandon School Division as an Educational Assistant for 21 years.



***Raelene Croker***

Hello, my name is Raelene Croker. I joined the team at Elspeth Reid in August 2012. My role as facilitator for the Welcome Here program allows me to meet and get to know some of Brandon's newest families. I also am a Child Care Worker for the Centre and find my work with the children very rewarding. I enjoy travelling, knitting and spending time with my family and am also a long distance runner.



## Activity Corner

### Packing Tape Bracelet



You will need:

Clear packing tape (can be purchased at dollar store)  
Scissors  
Glitter, sequins, sprinkles, small bits of paper, etc.

Cut a piece of tape long enough to go around your child's wrist. Be sure it is long enough that the finished bracelet can easily slide on and off.

Lay the tape on a flat surface, sticky side up, and apply small decorations either in a design or just randomly. Cut another piece of tape, slightly longer than the first. Carefully lay it over the decorated tape, with the excess tape at one end. Press to secure the two pieces together. Wrap it around the wrist, using the excess tape to hold the bracelet together.

### Super Smooth Play Dough



You will need:

Inexpensive conditioner  
Cornstarch

Mix one part conditioner to two parts cornstarch. Keep kneading until it is smooth. Store in a sealed container or Ziploc bag.

## Recipe Cupboard

### Cracker Jack Cookies

1 cup margarine	1 cup brown sugar
2 eggs	1 cup white sugar
2 cups Rice Krispies	1-½ tsp vanilla
1-½ cups flour	1-½ tsp baking powder
1 tsp baking soda	2 cups oatmeal
1 cup coconut	

Mix margarine, sugars, eggs and vanilla. Add flour, baking soda and baking powder. Add remaining ingredients and mix well. Bake at 350F for 10-12 minutes or until lightly browned.



### Hamburger Soup

6 cups beef broth	1 stalk celery, chopped
1 can tomato soup	¼ cup barley
1 cup shredded potato	¼ tsp thyme
1 cup shredded carrot	½ tsp sugar
1 onion, chopped	1 lb ground beef



Mix all ingredients except ground beef in a large pot. Bring to a boil and then simmer for about 1-½ hours. Fry beef in frying pan, drain, and add to soup. Simmer for another half hour. This makes a very thick soup; you can add more water to stretch it further. Freezes well.

*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

**Elsbeth 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.

## Rhyme Time

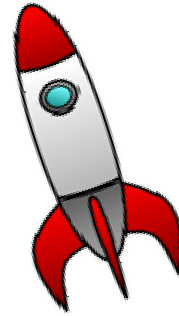
### ***I'm a Little Rocket***

I'm a little rocket

Pointing to the moon (bounce baby gently on your lap)

4 3 2 1

Blast off, zoom! (lift baby up)



### ***Where Are Your Toes?***

What a surprise, here are your eyes  
(point to baby's eyes)

And this I suppose is a nose  
(point to nose)

And right under here, I've discovered an ear  
(tickle behind ear)

But where oh where are your toes?  
(tickle toes)



"If children know eight nursery rhymes by heart by the time they are four years old, they are usually the best readers by the time they are eight. From rhymes children learn words, sentences, rhythm, rhyme and repetition, all of which they'll find later in the books they read."

*Mem Fox, Reading Magic, 2001*

# NATIONAL FAMILY WEEK

**OCTOBER 6-12, 2014**

Join in our Kick Off Celebration!!

**When:** Sunday, October 5, 1:00-4:00

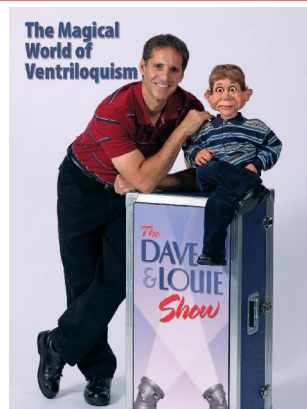
**Where:** Princess Park      Brandon Family YMCA

Christopher Campbell Skate Board Park

**FREE FAMILY ENTERTAINMENT!**



**1:05 EVOLUTION ENTERTAINERS**



**1:45 DAVE & LOUIE SHOW**



**2:40 CHRISTINA THE CRAZY HOOPER**



**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
- \*WATER/SNACK
- \*COMMUNITY DISPLAYS
- \*CHECK OUT AMBULANCE,  
FIRE TRUCK, POLICE CAR
- \*FREE DRAWS

**Brandon Healthy Families Team**

