

## Elsbeth Reid Family Resource Centre\*

"the place for families"



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\*a facility of

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# Read the Reid

September 2011

## A message from Coordinator Lisa Ramsay

**H**ello!

We are so pleased to bring back *Read the Reid* for you!

*Read the Reid* is our seasonal newsletter designed to share upcoming programs and events at the Centre and in the community. It is published every September, January and April.

Our newsletter will contain lots of fun and informative ideas for families. If you have a favourite recipe, a cute quote from your child or any other ideas, please let us

know—we look forward to hearing from you!

Our fall calendar is now available. Programs fill up quick so call as soon as you can to register. The calendar is available at the Centre, on our website at [www.cfswestern.mb.ca](http://www.cfswestern.mb.ca) or by calling 726-6280.

All the best to the children, and their families, returning to school this fall.

*Lisa Ramsay*



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and the many other donors that help make operation of CFS Western's family strengthening programs possible.



October 3—9, 2011

**Turning Your Family  
Values Into Action!**

National Family Week has been  
celebrated across Canada since 1985.

Join the *Elsbeth Reid Family Resource Centre* and other community members for *Brandon's 2nd Annual National Family Week Kick-Off Celebration!*

Sunday, October 2

1 pm to 4 pm

Princess Park and the Kristopher Campbell  
Skateboard Plaza, Brandon

Admission **FREE!** Entertainment **FREE!** Fun **FREE!**

Bring the entire family, blankets and lawn chairs and come out for an afternoon of family-based activities including face painting, skateboard demonstrations, magic show, ventriloquism and much much more!

Brandon's National Family Week kickoff celebration is sponsored by FRP Canada, the Brandon Healthy Families Team, Healthy Child Manitoba, C & C Rental, the City of Brandon, Senate Skate, the Manitoba Metis Federation, 94 Star FM and the Brandon Neighbourhood Renewal Corporation (BNRC).

*“Studies of children’s time found that meal time at home was the strongest predictor of better achievement scores and fewer behavioral problems. Mealtime was far more powerful than time spent in school, studying, playing sports or art activities.”*



## Parenting Points: Overscheduled kids may prefer family time

A new phenomenon has emerged in the last two decades—overscheduled kids.

The picture of a carefree childhood with time for play and daydreaming is no longer the reality for many children. For some, childhood has become a rat race of over-busyness and the loss of family time.

Studies have focused on the changes in the free time of children from three to 12 years of age. Free time has declined and the following changes were noted:

- Children lost 12 hours of free time per week.
- Play activities dropped by 25%.
- Unstructured outdoor activities (camping, walking, and hiking) decreased 50%.
- Time spent in structured sports doubled.
- Time spent in spectator sports increased five fold.

They experienced a 50% increase in homework time.

You may consider enrolling your child in some of these activities. It is important to consider what and how many structured activities you may want for your child.

Because of busy schedules, families spend less time interacting. There is less time for household conversation—time for just talking and not doing anything else. It seems family life revolves around the children’s optional activities rather than activities focusing on the family.

Some of the reasons for the increase in structured time for children are:

- There are more opportunities for children, especially girls.
- The activities, particularly sports, are far more intense.
- Working parents need to fill a child’s time after school with structured activities.

The concern is that a child will miss out on opportunities or fall behind their peers.

When preschoolers through sixth grade children were interviewed, the wish expressed by almost every child was that their parents spend more time with them. Some of the lack of time results when parents have to work more hours and at more jobs. But another factor is the over scheduling of activities for the children.

Parents today are like recreational directors. Social pressures to be involved in outside activities have resulted in a sacrifice of time for parent-to-parent relationships, get togethers with extended family, family meal time, bedtime talks, celebrations and family vacations.

Many parents report that their children’s schedule of activities and homework makes their job as a parent harder. Parents say they hate these schedules but don’t know how to cut back without depriving their children of opportunities.

Interestingly, many other studies of children’s time found that meal time at home was the strongest predictor of better achievement scores and fewer behavioral problems. Mealtime was far more powerful than time spent in school, studying, playing sports or art activities.

We may be facing a new threat to childhood and family life, one disguised in the costumes of fun, achievement, healthy competition, and keeping busy. Fallout from overscheduling kids includes sports injuries never before seen in young children, over-stressed children who lack interpersonal skills and do not have skills to schedule themselves, and parental peer pressure. Parenting almost seems like a competitive sport with trophies going to the busiest.

With all that has been said about over-scheduling, it is important to note that the notion of over-scheduling is not universal. Some children are not doing enough.

As a parent, one of your roles will be to decide how much to commit to structured activities versus family time. The challenge will be to find a balance based on your individual family values. Decide what is important to you – and stick with it.

Source: J.E. LeFebvre, [Over Scheduled Kids](#), UW Extension. September 2005

## Staff Profiles

### Tammy Phillips

Hello! My name is Tammy and you will find me facilitating many different programs here at the Resource Centre.



In my 11-plus years here, I have been privileged to meet so many wonderful children, teens and parents. Over the years, my role has also taken me into the community providing outreach through presentations, information sessions and programs at various organizations.

I am especially proud of the creation and implementation of the many programs and partnerships that we have developed over the years.

I am happily married and my husband and I have been blessed with two wonderful children, ages 13 and 16-½. Our family loves the outdoors, especially camping and sitting around a campfire.

I look forward to many more years of supporting parents and hope that our programs help make the parenting journey a little less stressful and a lot more enjoyable!

### Korinne Bullee

Hi, my name is Korinne. I have worked at the Agency for nearly 20 years in a variety of roles.



My last five years have been with the Resource Centre as a facilitator. I enjoy the diversity and challenges of the many programs that we offer. I especially like getting to know all the families who participate at the Centre. Another highlight for me is going out into the community to offer our programs to other organizations. I also believe in the old African proverb *it takes a whole village to raise a child*.

My husband and I have two wonderfully spirited girls ages 13 and 17. One of our favourite

things to do as a family is spend time at the lake where we hike, bike, play games, hold campfires and be on the water.

### Brenda Lacerte

I have been a Program Facilitator at the Resource Centre since October 2007, with programs such as Welcome Here, Family Circle, Mothers and Daughters in Touch (9-11), PAST, MAP and Global Glue.



I share a love of drama and the arts with my son and three daughters. My favourite thing to do is perform with my children, and, when I'm not doing that, help make costumes and work backstage for their productions.

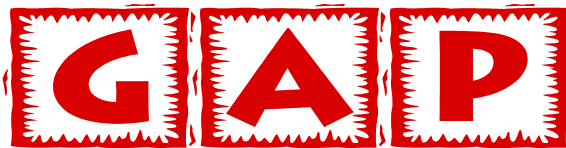
*"As a facilitator, I enjoy the diversity and challenges of the many programs that we offer."*

### Program Profile: Positive Discipline

**Positive Discipline** is a new 8-week parent education program emphasizing the principles of warmth and structure as the foundations to family life.

Parents of children ages newborn to 12 learn how to respond to parenting challenges while nurturing that precious parent-child relationship.

Please join us and other parents as we together learn how to maintain peace in our homes. The program starts September 15 and runs every Thursday morning from 9:30 am to 11:15 am with facilitator Korinne Bullee.



### Grandparents As Parents Support Group

First Tuesday of every month  
7 p.m. to 9 p.m.

Empowering grandparents who are raising their grandchildren, so that they are better able to cope with the many challenges they face, both within their homes and within the community.



For more information or to register, please call 726-6280.



## Special Notices

### **The Resource Centre will be closed:**

- Monday, October 10 (Thanksgiving)
- Friday, November 11 (Remembrance Day)

### **There is no school** in the Brandon School Division on:

- October 10 or 21
- November 11, 17 & 18

**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!

### **Here is a Nest**

*Here is a nest for a bluebird  
(ruffle baby's hair)*

*Here is a hive for a bee  
(pat baby's tummy)*

*Here is a hole for a bunny  
(tickle under arm)*

*And here is a house for me!  
(a big hug)*



## Parent-Child Home Program needs you!

CFS Western needs your help to make a difference in a preschooler's life.

Become a volunteer home visitor with the Parent-Child Home Program.

For more information, call 726-6114.



## The Store

**The Store** has clothing, toys, and household items for sale at very reasonable prices.



Hours are Monday, Wednesday and Thursday from 1p.m. to 3 p.m. 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, just let us know!

## Kids say the cutest things

Marcia from the Resource Centre's childcare staff, shares this story:

*Several years ago while shopping at the Mall, I ran into one of our families. Three year old Ashley couldn't quite figure out why I was at the Mall. She figured that because she sees me all the time at the Resource Centre, not only do I work there, apparently, I live there too!*

Feel free to tell us your children's cute quotes and stories—we'd love to add them to our newsletter! Use the handy and convenient suggestion box in our drop in area.

# Recipes

Dish: \_\_\_\_\_ Recipe Serves: \_\_\_\_\_

## Easy Cream of Potato Soup

4 ...slices of bacon, chopped  
 1 ...small onion, chopped  
 1 ...10-oz can cream of mushroom or cream of chicken soup  
 2 ...cups milk  
 1 ...cup water  
 3 ...cups chopped potatoes  
 1 ...cup corn

In a deep pot, cook the bacon and onion until the onion is clear and soft. Add all other ingredients. Bring to a boil, then simmer until the potatoes are cooked.

Dish: \_\_\_\_\_ Recipe Serves: \_\_\_\_\_

## Soft Gingersnaps

*(a Resource Centre favourite!)*

1 ..... cup sugar  
 3/4 ..... cup margarine  
 1 ..... egg  
 1/4 ..... cup molasses  
 1 ..... tsp cinnamon  
 1-1/4 .. tsp ginger  
 2 ..... cups flour  
 2 ..... tsp baking soda

Roll in balls and then roll in sugar. Place on a greased cookie sheet, leaving room to spread. Do not flatten. Bake at 350 F for 10 minutes.

Yields 3-1/2 to 4 dozen

*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!*

## Activities

### Leaf People

Collect a variety of fall leaves in different sizes, shapes and colours. Lay them out in the form of a person, and then glue them onto a piece of construction paper. Use markers to draw on a face.



### Fingerprint Tree

Paint the side of child's hand in washable liquid paint, and have them press it onto a piece of construction paper to form the trunk of the tree. They can then put leaves on the tree by dipping their thumb into a dab of paint and stamping it onto the paper. They might choose green for a summer tree; orange, yellow and red for a fall tree; or maybe they will create a new kind of tree in their favourite colour!



