

## Elspeth Reid Family Resource Centre\*

"the place for families"



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Brandon MB R7A 6X1  
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### Inside this issue:

Parenting Points.....	2
Staff Profiles.....	3
Program Profile.....	3
Special Notices.....	4
Milestones Wellness Fair..	4
GAP.....	4
The Store.....	4
Recipe Cupboard.....	5
Activity Corner.....	5

\*a facility of



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### Kissy Kissy Fingers

Kissy kissy fingers  
Kissy kissy toes  
Kissy kissy baby  
On your kissy kissy nose!  
I love to kiss your fingers  
I love to kiss your toes  
I love to kiss my baby  
On your kissy kissy nose!



# Read the Reid

Winter 2012

## A message from Coordinator Lisa Ramsay

**H**ello and *Happy New Year!*  
I hope your holiday season was filled with good health and special memorable moments for you and your family!

The winter calendar of programs and services went out in early January and the response was phenomenal! We are excited about the range of parent education programs, parent-child activities and family literacy programs we are able to offer the community.

We are only able to do this because of the generosity of our donors and grants and so we start another new year with hearts of gratitude for our supporters. Thank you!

This season we'll be celebrating **Louis Riel Day** in February for the first time! We are fortunate to have **Verna Demontigny** from the Manitoba Métis Federation joining us to do a parent-child traditional crafting afternoon.

We also celebrated **Family Literacy Day** on January 27 as this was another opportunity to promote families learning together.

This winter we have brought back the fathering program we called **Devoted and Dedicated** (DAD). We value the vision of the Centre as a place for all families and are pleased to offer a program specifically for fathers too.

In January, I was thrilled to host our first Parent Advisory Committee meeting. We know parents have great ideas about the needs and this committee will contribute to our growth and development over the years.

Our store has also been very busy this season and the volunteers are the key to keeping this operational. So as you can see, we have an awesome team of staff, volunteers and parents all working together to help strengthen families!



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



CHILD & FAMILY SERVICES  
OF WESTERN MANITOBA  
FOUNDATION INC.  
Established 1981



United Way  
Brandon & District

and the many other donors that help make operation of CFS Western'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.

The Elspeth Reid Family Resource Centre extends a sincere thank-you to the **Brandon Neighbourhood Renewal Corporation (BNRC)** for their generous support which has allowed us to purchase a television, projector and laptop computer exclusively for Resource Centre use.



BRANDON  
NEIGHBOURHOOD  
RENEWAL corporation

## Parenting Points:

### *Giving children choices helps them become good decision makers*

*Wise parents set some limits on choices.*

*Allow older children more choice freedom.*

*Let child decide some things in 'safe' areas.*

*Use respectful words when giving a choice.*

*Be clear when there is not a choice.*

Adults don't like to be forced to do things. Neither do children.

Sometimes things go a lot smoother when we give children real choices.

Asking a child whether he wants to clean up his room or be grounded from TV for the week is not a real choice—it is a threat. We might instead ask the child if he wants to play music while cleaning or if he would rather have it quiet.

Even young children should be given choices. For example, at bedtime a parent might ask a child, "As soon as you are ready for bed I can read you a story or sing you a song. Which should we do?"

Young children might also be allowed to practice having some preferences. If a child favours carrots over potatoes, let her eat the carrots.

**Wise parents set some limits on choices.** We allow young children to decide what shirt they wear to school but we set limits on bedtime. We allow teens to go out with their friends but we ask them to be home by a certain time.

**As children get older, we allow them more freedom in their choices.** During the elementary school years, your child's ability to reason is increasing. She is able to make decisions and learn from the experience. When you provide opportunities to make decisions, you are helping her practice this important skill.

For example, you might let your child spend her birthday money as she chooses, even if you think her choice is impractical. You might talk with her about her options for using her money, but let her make the choice.

She will learn from the experience, whether her choice was good or bad. When your child experiences the consequences of her choices, she will eventually learn to make better ones.

Maybe your teenager hates to clean his room. Sometimes a compromise works. "Would you be willing to clean your room every Saturday and I won't bother you the rest of the week?" Teens should also be given more freedom about choosing their friends and how they spend their time. That does not mean that they are allowed to hang out wherever they want.

**The child should decide some things.** In matters of style, it is better not to start a battle. You may think your child's hair is too long or too short or that baggy pants look ridiculous. Allow the child freedom to express themselves in areas that are not unsafe or immoral.

**Use respectful words.** When giving a choice, use a friendly and helpful tone. Examples include, "You may keep your food on your plate or you may leave the table." Another way is to say, "You

may have Tracy and Stephanie over if you agree to do your homework right after supper.," or "You can make pizzas if you leave the kitchen as clean as you found it."

**Make it clear when there isn't a choice.** Many times parents offer a choice they don't really mean.

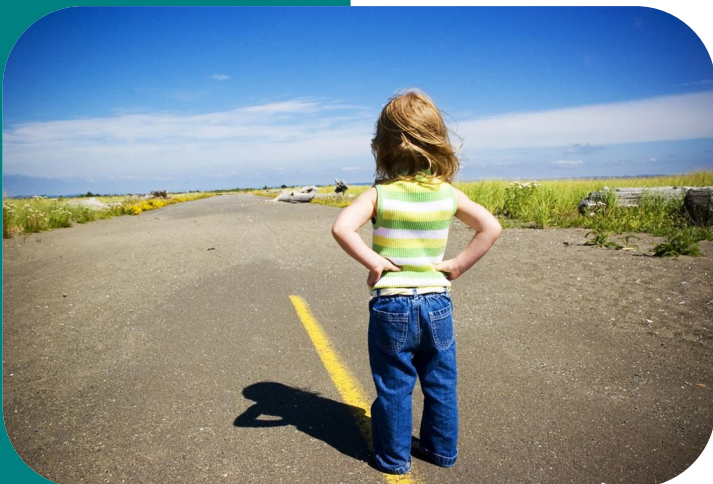
When they say, "Time to go home – okay?" or "Are you ready to go home?," the child might say "Not yet." Instead, warn the child a few minutes in advance, and then be clear about what you expect: "Time to go. Let's get our bag."

If the children continue to stall, offer a choice: "You can come on your own, or I'll need to carry you."

Many times you can prevent misbehaviour by giving your child positive alternatives when you have to say no to her request.

For example, you might say, "You can't have Shayla spend the night because it is a school night. You may ask her for Friday or Saturday, if you wish." She is less likely to misbehave out of anger or frustration if she feels she has some control over the situation.

It is not helpful to pester children, but we can help them learn a sensible way of making choices. If we want our children to be good decision makers when they become adults, we should give them many opportunities to make decisions along their journey to adulthood.



## Staff Profiles

### Leslee McKee

Hello everyone! I have worked with the Agency for over 20 years.

In April 2000, I began my current role as Child Care

Supervisor. The majority of my time is spent with the children in the child care room. I also co-facilitate the Family Circle program.

For me, getting to know the children and families who come to the Family Resource Centre is the most enjoyable part of each day!

We have a son, daughter and son-in-law, and two wonderful grandchildren. My favorite time is being with our family.

I also love music, books, swimming, making jam and pies, a good cup of tea, looking at a starry night sky, and being a "Mom and Grandma."



### Marcia McMaster

Hi! My name is Marcia McMaster and I have worked at the Resource Centre since 1997.

At the Centre, my role for the past 11 years has been that of a childcare assistant.

I love working with children of all ages. To see each child develop and grow into a unique individual is an incredibly rewarding bonus to my job.

I also love crafting—the messier the better!

Outside of childcare, you may see me assisting with special fun activities involving parents and their children.

I am married and have a three year old son.



### Marilyn McKay

I have been working for CFS Western since 1992.

I've worked as a Family Aide, Homemaker and also did casual child care. Now I work permanent part-time in child care and housekeeping.

Throughout the years, I also raised four children—two boys and two girls—and I have three grandchildren.

I really enjoy working in child care. I've watched a lot of children grow up from babies to school age.

I love working with all my friendly co-workers here at the Resource Centre!



*"I love crafting—the messier the better!"*

## Program Profile:

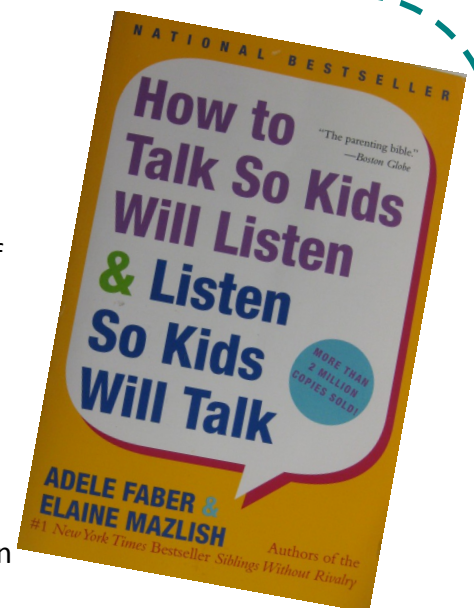
### *How to talk so kids will listen and listen so kids will talk*

**How to Talk So Kids Will Listen and Listen So Kids Will Talk** is one of the most popular and universal of the courses offered at the Resource Centre.

The techniques taught in this program apply to toddlers through teens, and also help to improve communication with spouses, co-workers, and people in general. It is based on the best-selling book by Adele Faber and Elaine Mazlish. Participants use the book while taking the course and are given many additional handouts on various topics.

**How to Talk** offers a combination of information, exercises, and discussion on the topics that concern parents. Participants learn to identify and understand a child's feelings, discover the difference between punishment and discipline, find ways to help build a child's self-esteem and independence, and many other useful tools to help make the job of parenting a little easier.

**How to Talk** is offered in the Spring, Fall and Winter sessions. If you are considering taking a parenting course but are not sure what is right for you, **How to Talk** is a great place to start.







***A Chubby Little Snowman***

*A chubby little snowman  
Had a carrot nose.  
Along came a bunny  
And what do you suppose?  
That hungry little bunny  
Looking for his lunch  
Ate that snowman's carrot nose  
Nibble, nibble, crunch!*

## Special Notices

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

- Tuesday, February 14 (staff conference)
- Monday, February 20 (Louis Riel Day)

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

- February 3, 20 and 24
- March 8 and 9
- Spring break is March 26 to 30

***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!

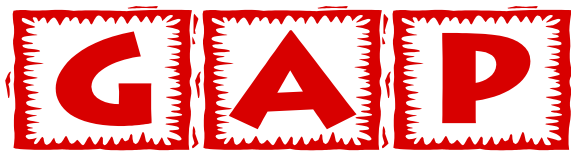
## Attention parents of three-and four-year-olds!



***M***ark your calendar for ***Tuesday, April 17*** to attend the Milestones Preschool Wellness Fair at the Keystone Centre.

Your child can receive free professional screenings in Speech and Language, Vision, Development, Hearing and Dental.

Watch for more information closer to the date.



## Grandparents As Parents Support Group

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

***E***mpowering 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.



## The Store

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

Hours are Monday, Wednesday and Thursday from 1 p.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!

# Recipe Cupboard

## Applesauce Muffins

- |                         |                     |
|-------------------------|---------------------|
| ½ cup margarine         | 1-½ cups flour      |
| 2/3 cup sugar           | ½ tsp baking powder |
| 1 egg                   | ½ tsp baking soda   |
| ¾ cup canned applesauce | ½ tsp salt          |
| ½ tsp vanilla           |                     |



Cream together margarine and sugar. Beat in egg. Add vanilla and applesauce. Add dry ingredients and mix until smooth. This is a thick batter.

Bake at 375 F for 15-20 minutes. Yield: 1 dozen.

## Meatloaf

- 2 pounds ground beef
- 1 package onion soup mix
- 1 egg
- ½ cup ketchup
- ½ cup water
- 4 cups Rice Krispies (approx.)

Combine ground beef, soup mix, egg, ketchup and water. Add Rice Krispies, a bit at a time, until mixture is no longer sloppy and holds its shape. Press into a casserole dish and bake at 350 for about an hour.

## Activity Corner

### Cotton Pad Snowman

You will need:

- Construction paper
- Cotton wool pads (the type for removing make up)
- Scraps from craft box to decorate—buttons, pompoms, craft matchsticks, ribbons etc.
- Glue



### Instructions:

Glue two cotton wool pads one on top of the other to make the body of your snowman. Raid your craft box for bits to decorate your snowman and glue on.

### Photo Coaster

You will need:

- Unwanted CD, CD-Rom or DVD
- Standard white printer paper
- Large digital photo
- White glue
- Small paint brush
- Markers



Print out a photo, large enough to cover your disc. Glue the photo to the disc, using the paint brush to spread the glue evenly. When dry, trim the paper around the disc and add a message with the markers. To seal, paint over the image and the edges with glue and leave to dry. Repeat.

*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!*

