

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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Read the Reid

Winter 2013

A message from Coordinator Lisa Ramsay

It is my pleasure to once again say hello and share with you our news from the Centre. I trust you and your family had a memorable holiday season.

The fall of 2012 presented us with an opportunity to deliver many new programs for families. Programs were full and as always we had waiting lists for some. We know it takes a lot of courage and effort to call and ask for help, so it remains a challenge for us when programs fill up so quickly. Staff are always flexible and we work hard to offer one-on-one support whenever possible. Please keep calling and add your name to waiting lists as this helps us to know the needs and plan for the upcoming season.

We also celebrated National Family Week 2012 this past fall. We had a glorious day with our kick-off party at Princess Park in Brandon. Fred Penner was our main stage entertainer.

We planned this event in partnership with various organizations including the City of Brandon, Samaritan House, Brandon Friendship Centre, Prairie Mountain Health and parent volunteers. We had 600-plus folks turn out! Families from across the city enjoyed crafts, a skateboarding demonstration, community displays, and a free healthy snack and drink.

It was another day that filled my heart with pride. Our community has so many strengths! Thank you to our major sponsor – BNRC (Brandon Neighbourhood Renewal Corporation). Plans are already well underway to prepare for National Family Week 2013. We're always looking for more volunteers, so feel free to call me if you are interested in becoming involved.

Our Winter 2013 sessions are in full swing. With all the heavy snowfall, cold weather days and the flu going around, we have found our numbers down so far this winter.

We have a well-balanced calendar of parent education courses, support groups and family literacy programs. Within the calendar, you will see a new program called *Parenting Connection*. In this program, parents will be supported to reflect on how they became the parents they are. Parents are encouraged to set goals for strengthening family relationships and also time will be given for peer support. *Parenting Connection* will be a longer program because we know change takes time and most of us need longer term support to sustain change. I look forward to feedback from the participants about how the program worked for them.

Lastly, I want to update you about our *Parent Advisory Committee*. As you may recall, we shared that the Centre wanted to have a *Parent Advisory Committee* to contribute to our overall direction. I am pleased to report that we have now formed a strong group. These parents represent the community well and they are sharing many insights into families' needs. It has been a valuable resource to us and we are grateful to each of these volunteers for their time and efforts.

We wish you well, and as always we'd love to hear from you so feel free to call me directly at 204-726-6258 or toll free 1-800-483-8980 if you have feedback. All the best.

Respectfully,

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:

Spend one-on-one time with your child every day

One-on-one time is about quality, not quantity. It is spending a bit of time each day, just the two of you, with no TV, no phone, and no other people.



It has been said that the best gift we can give our children is our time. However, in the midst of very busy lives, sometimes it is hard to fit in one-on-one time with each child.

One-on-one time is about quality, not quantity. It is spending a bit of time each day, just the two of you, with no TV, no phone, and no other people.

This is not the time to be voicing complaints or planning next week's schedule. It is simply a chance to be together and to give your child your undivided attention, even if it is only for 20 minutes.

Throughout the day, most of us spend a lot of time with our children. We drive them to school or activities, take them grocery shopping, and enlist their help with household chores. But during these times, we tend to be focused on other things.

Think about this: if you had a chance to visit with a friend you haven't seen in a while, would you rather sit down for a coffee and



conversation, or tag along while she goes to the dentist and picks up her dry cleaning?

Quality one-on-one time makes your child feel important and lets them know that you are interested in what he or she wants to do and has to say.

It is also a great way to really get to know your child. When you are giving your undivided attention, a child is more likely to open up about how the school day was, or to talk about a new interest.

Children who have a strong connection with parents are more comfortable speaking up when they are feeling troubled by something.

Fitting one-on-one time into your day, especially in homes where children outnumber the adults, can take some work. Take advantage of times when you are already alone together. For example, spend quality time with your toddler when older children are in school. When baby is napping, devote some time to an older sibling. Staggered bedtimes can allow a few minutes of one-on-one at the end of the day.

Especially when children are very young, there may not be many times that you are alone with one child. In a two-parent home, you can take turns so that each parent has a chance to spend one-on-one time with each child. In a single parent family, you may want to ask a family member or friend to help.

Even if there simply is no time to spare, use what time you do have. Instead of mentally running through your to-do list while making supper, use this time to involve your child and hear about his or her day. Once you get into the habit of daily one-on-one time, you will find it easier to make it a priority.

Spending quality time together benefits both parent and child, and helps create and maintain a strong bond. Remember; they are only young for a short while, so give yourself the gift of time with your children.



Program Profile: *Mothers and Daughters in Touch*

This very popular program gives girls and their moms a chance to spend some one-on-one time together. There are two separate programs available, one for daughters ages 9 to 11 and another for ages 12 to 14. The group meets one evening per week for eight weeks.

Through fun activities and discussions on a variety of topics, mothers and daughters can learn and practice good

communication skills. Being in a comfortable setting with other moms and girls makes it easier to discuss some important issues like puberty, peer pressure and body image.

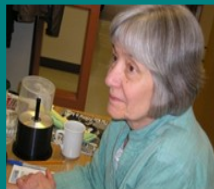
The goal of the program is for daughters to be reassured that they can talk to mom about anything, and for mothers to be equipped with information and confidence to guide their daughters through this stage of life and beyond.



Meet Our Staff

Barb Martens

I have been with Child and Family Services of Western Manitoba for 23 years. In September 2001, I began my current position as Coordinator of the Parent-Child Home Program. My work varies from day to day. Some of my duties include training and supporting the volunteers who deliver the program, purchasing the books and toys, and interviewing the families throughout the two years they are participating in the PCHP. I also have the opportunity to do PCHP visits for a number of families when volunteers are on vacation or not able to visit their family for some reason. It is an honour to work together with the many caring and dedicated volunteers who support families in their role as their child's first and most important teacher.



Tara Kardash



For almost two years, I have been working as the Development Officer for the Child and Family Services of Western Manitoba **Foundation**. Most of my time is spent raising funds to support programs operating from the Elspeth Reid Family Resource Centre, the Preschool Enrichment Program and through rural education. I've really enjoyed working with our donors and raising awareness for the programs we offer. My office is located within the Resource Centre and as such I've had the opportunity to meet several of the families who enjoy our programs. It's a real treat to see different people every day who benefit from the programs that I raise money for. Outside of the Foundation, I volunteer at the Brandon Humane Society and the Alzheimer Society. I am married and am often seen at the local dog parks with my two dogs Bo and Brooks.

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!



The Snowman

Roll him and roll him into
a ball (roll hands)

Roll him and roll him until
he's tall (roll hands)

He has two eyes and a
hat on his head (point to
eyes and head)

He'll stay there all night

While we're in bed
(sleeping motion).



Itsy-Bitsy Snowman

The itsy-bitsy snowman
was standing in the snow.

Down came some flakes
– it made the snowman
grow.

Out came the sun to
shine its golden rays

Which warmed the little
snowman and

Melted him away!

Special Notices

***The Resource
Centre will be
closed...***

- Friday, March 29
(Good Friday)
- Monday, April 1
(Easter Monday)



***Spring break is
March 25 to 29...***

***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!



Notice of New Policy...

If possible, please ensure that your child
has clean indoor shoes to wear while attending
child care at the Family Resource Centre. This
allows us to be prepared in case of an
emergency.



Coming Events

Preschool Wellness Fair



Parents of three- and four-year olds can bring their children for free
professional screenings in speech and language, vision, development,
hearing and dental.

When: Tuesday, April 23
Where: Keystone Centre

Recipe Cupboard

Chewy Cereal Bars

3 cups rolled oats
1 can sweetened condensed milk
1/3 cup margarine, melted
1-1/2 cups total of your favourite add-ins, such as raisins, dried fruit, chopped nuts, sunflower seeds, chocolate chips, etc.

Mix all ingredients together and press firmly into a 9x13 pan. Bake at 350F for about 25 minutes or until brown around the edges. Let cool slightly and cut into bars.



Carrot Muffins

1/2 cup oil
2 eggs
1 cup white sugar
1 cup shredded carrots
1-1/2 cups flour
1 tsp baking soda

1 tsp baking powder
1/4 tsp salt
1 tsp cinnamon
1/2 cup milk
1/2 cup raisins (optional)



Mix sugar, oil and eggs. Stir in carrots. Add dry ingredients and milk, stir until moistened. Bake at 350F for 20-25 minutes.

Activity Corner

Paper Cup Snowman

You will need:

- a paper or plastic cup
- washable white craft paint
- dark coloured construction paper
- markers or pencil crayons

Pour a bit of white paint into a paper plate and dip the top edge or the bottom of the cup in. Press the cup onto the construction paper to form a circle. Repeat two more times to complete a snowman.



Let dry and use markers or pencil crayons to draw in a face, arms and buttons.

Chocolate Play Dough



You will need:

- 2 cups water
- 1/2 cup salt
- 2 tbsp vegetable oil
- 2 tbsp cream of tartar
- 1/3 cup cocoa
- 3 cups flour (start by using less)

Bring water and salt to a boil. Stir in remaining ingredients. Allow to cool slightly. Knead until smooth.

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!

IN MEMORIAM

Bonnie McAlpine

our dear friend and co-worker



Bonnie worked with CFS Western for over 15 years. She started as a Family Aide Worker, providing kind and compassionate care to countless families. In more recent years Bonnie worked as a child care provider at the Elspeth Reid Family Resource Centre. Her gentle care to children, sense of humour and compassion for families made her a valued and respected peer.

Diagnosed in late fall 2012, Bonnie lost her brief battle with cancer and passed away on January 17, 2013.

As a staff and as her friend we participated in the celebration of her life on January 23, 2013. We thank Bonnie's family for having us be a part of that day. We are grateful to have been a part of Bonnie's life and know we were fortunate to have her as our co-worker and friend. She will be dearly missed by staff, friends and families at the Elspeth Reid Family Resource Centre and at CFS Western.