



Daylight Savings Time - Nov. 3 ends  
 Remembrance Day (Closed) - Nov. 11  
 National Child Day - Nov. 20  
 Walk through Bethlehem (Memory Lane Heritage Village) - Nov. 23-4pm



**December**

Last Day of Programs - Dec. 13  
 Lobster Trap Tree and Museum Lighting - Dec. 7 @ 4:30pm  
 Musq. Harbour Parade of Lights - Dec. 7 @ 6pm  
 Christmas Day - Dec. 25

Return to Programs - Jan. 6



Port Dufferin Rocks - Monday evenings 6-8pm

NOV—DEC 2019

# Eastern Shore

# Family Focus

## Just a little “give and take” - Community Trading Cupboard

The fight against hunger, food security and poverty challenges require a collective effort and ESFRA would like to be part of the effort in addressing this increasing concern. Starting January 2020, the Eastern Shore Family Resource Association will be implementing a “Community Trading Cupboard” for families along the Eastern Shore.



The cupboard will include (subject to availability):



- ◆ non-perishable food items
- ◆ family toiletries
- ◆ feminine hygiene products
- ◆ school supplies.

Please note: Due to health regulations, the Community Trading Cupboard cannot take items that are dented, opened, or expired.

The hours of operation will be on Monday and Wednesday afternoons from 1:00 pm to 3:00 pm (during the Centre’s low-key time in order to provide confidentiality and anonymity for families needing access).



*How can the community help?* Making a Donation of the listed items above or a monetary contribution. Either would be greatly appreciated.

If you are a family requiring some assistance you can drop by the Centre located at 5228 #7 Highway, Porters Lake Shopping Centre, Suite 203.

### INSIDE THIS ISSUE:

Adults Too	2
Early Learning Environment Safety	2
ESFRA Board Vacancy	3
2019-20 Sponsor Thank you	3
2019 Fall Trail-walk	4
Imagination Tea-it 2020	5
Sun 'Scape Camp - Update	4
Imagination Tea - 2020	5
Rememberance Day 2019	5
Great Expectations - Spring 2020	5
2019-20 Survey Evaluations	6
Word Find - Bookworm Level	7
2019-20 Grand-parent Shift	7
National Child Day	8

## EASTERN SHORE FAMILY RESOURCE ASSOCIATION

### OUR PARENT/CHILD INTERACTIVE PROGRAMS

- Bookworms at Play
- Kids 'N Elders
- New Parent Group / Breast Friends
- Play Dates Are Us!
- Ready to Learn
- Wee Bears

### OUR ADULT PROGRAMS

- Grandparent Shift
- Great Expectations (Prenatal)

### OUR FAMILY SUPPORT SERVICES

- Healthy Beginnings
- Parenting Journey

ESFRA is proud  
to announce that our

**Autumn 2019**

**50/50**  
FUNDRAISER

began on October 7th, 2019.

Stay tuned on our [ESFamily.org](http://ESFamily.org) or  
[Facebook.com/esfamily](https://Facebook.com/esfamily)  
for current possible win amount.

**Draw Date**

**December 13, 2019.**

**Ready to  
Learn**



Promoting Mental Health in Young Children

Included within Ready to Learn's specific design, is a unique 8 session parent/caregiver series. The spirit of the program is to celebrate parenting, promote self-care and recognize the value of all caregivers and their role in strengthening the social & emotional well-being of children; to grow self-esteem, focus, learn and develop meaningful relationships.

**The Program's topics are based on the 4 "Building Blocks":** Building trust and attachment; Building and Enhancing self-esteem; Expressing emotions/ Relationships with others ; and Self-care.

Emotional based learning program designed for children ages 3-5 years helping with literacy and school readiness components. This program nurtures:

- Development of self-control.
- Development of positive self-esteem
- Social -emotional competencies

Thank you to [Nova Scotia Works](http://Nova Scotia Works) for providing a comfortable space for our Ready to Learn parents/caregivers to have some learning of their own.

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## Early Learning Environment Safety

Over the last few years we hear many people discussing what they would like to see for their children. Discussions around inclusion, education, sports or physical activity, healthcare, food safety and childcare are just some of these. One thing for sure is - parents would like to be providing their "Best". But what is our best? It is not always what money can buy but the quality in what is provided within our means. We at ESFRA would like to assist in providing some of these "Bests".

This is why we would like to offer up the following 8 items as also noted by Lauren Elrick of Rasmussen College that ESFRA does on a conscious level.

1. **Keep dangerous supplies out of reach** - We keep our cleaning supplies well out of the reach of little ones. Craft supplies are monitored for usage or ingestion that could cause harm. Fortunately for our facilitators we have an active group of parents/caregivers in our programs that monitoring little ones has not been a safety risk to this point.
2. **Wash your hands** - Since Flu season seems to be upon us stronger and longer each year, we are working hard to ensure that we encourage what is "Best Practice" - hand washing with each group. While hand sanitizer has it's benefits at times, consensus is good old fashioned soap and water will be best.
3. **Sanitized everything** - While most are aware we clean our items, it may have slipped your mind as to why our rooms full of enticing toys are not accessible at all times. This is because once cleaned and prepared for the next group, sanitization cannot be compromised.
4. **Practice emergency plans** - Each year ESFRA provides reminders about our practice fire drills and the importance of having proper footwear on at all times. This places upon each participant a limit to the number of little ones they can bring into a program. This is precautionary but meaningful should the unforeseen happen.
5. **Follow through on consequences** - As it is widely understood that children need boundaries to feel safe, the implication is there are consequences for not adhering to the boundaries. Please understand that the safety and enjoyment of all is the target for a facilitator. Help us help your children by being mindful of there whereabouts at all times to avoid any unwanted issues.
6. **Design the room properly** - While our locations and room sizes vary, there has been a lot of thought and discussion regarding layouts for maximizing space, safety and numbers of participants. Our partner facilities also provide us with limitations. Please adhere to the guidelines provided by our staff so we avoid any program interruptions.
7. **Watch the floors** - Due to spending so much time on the floor, it is crucial to the safety and enjoyment of all that the excess items be cleared away. Experts note that including children in this function helps to develop good habits in them that will be beneficial later in life.
8. **Keep communication flowing** - This circle is never-ending, nor do we want it to be. Parents/children, children/facilitator, facilitator/parent, etc. are all vital to maintaining safe and happy spaces. ESFRA works hard to provide our up-to-date guidelines, inclusive activities and one on one support for those needing a little extra hand.

Becoming a Board member provides you with a unique opportunity to actively participate in the governance of one of the best charitable organizations in the Halifax Regional Municipality. We are very proud of what has been accomplished by former and current volunteer Board members. They have all played an active role in building and enhancing the programs and services that we provide in support of the Eastern Shore community.

**What does a Board member do?**

As a member of the Board of Directors you:

- ⇒ Represent ESFRA at official functions.
- ⇒ Act as a Goodwill Ambassador.
- ⇒ You are committed to ESFRA and its Mission.
- ⇒ You develop Governance Policies.
- ⇒ You are a voice in the community.
- ⇒ Attend special events.
- ⇒ Approve budgets
- ⇒ Attend Board and Annual meetings.
- ⇒ Participate on Board Committees.
- ⇒ Develop the strategic plan, goals and objectives.

Looking to expand your horizons?



Where to apply?

Please Contact Nancy Hollis the Executive Director at 902-827-1461 or

**How much work is really involved?**

Being a Board member does require work. You are required to attend Board meetings, read reports, and possibly chair a Board committee. There are also special events and activities. The average position requires 6 to 10 hours per month September to June.

**Okay, but what is in it for you?**

- ⇒ Make a difference in the Eastern Shore community.
- ⇒ Meet new people.
- ⇒ Develop new skills.
- ⇒ Be affiliated with a great organization.



Our Board of Directors is made up of no less than five, no more than 10 voting members and one ex-officio non-voting member (the Executive Director). The nominating committee recruits potential Board members. This committee works to recruit fair representation with a variety of skills and experience. While it is not necessary to have specific skills or experience it can be a benefit to the Board. The most important attribute that the Board is looking for when recruiting new Board members is energy, enthusiasm and commitment to the organization.



Thank you!

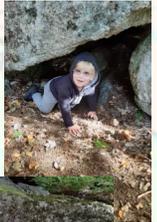
To our local businesses supporting our Eastern Shore Community.



ALL THE LEAVES ARE FALLING DOWN

ORANGE, YELLOW

RED AND BROWN.



# OCTOBER 2019 TRAIL WALK

## Breastfeeding Support

We offer Breastfeeding support to breastfeeding moms.

Breastfeeding is welcome in all programs & at all program sites!!

\*\*If you have questions, need support, or would like to become an active part of our breastfeeding culture please call the Family Resource Centre @ 902-827-1461.

## Breast Pump Loan

Please contact our Healthy Beginnings Home Visitor at 902-827-1463 in regards to a loan of one of our Breast Pump Machines.

\*\*Machine is loaned at no cost and supplies may be purchased for \$25.00 onsite for use and care. (taxes included)

## Sun 'Scape Camps. Recap

Sun 'Scape Camp's second season offered another set of themes with a variety of activities for three to six year olds.

Based out of ESFRA in Porters Lake and delivered by two summer students for six weeks during July to mid-August had themes encouraging both physical and creative activity—Ooey Goey, Moovin' and Groovin', Emergency Services, Safari, Splish Splash and Around the World in 80 Days. Special thanks to the RCMP for providing the young ones with the opportunity to meet a special officer that provides an emergency service.

There was a two hour morning session for three and four year olds, and a two hour afternoon session for five and six year olds. Once a week on Thursdays, we were scheduled to be at the Porter's Lake Community Centre for outdoor games and activities. Fortunately this past summer did cooperate, with no rain preventing the outdoor sessions.

During each two hour session, the children had time for free play and snack time; all the while enjoying creative time for experiments, crafts and theme related activities. Free play was child led, with use of various toys and play materials, such as playdough, sand and colouring, which were used to nurture their imaginations. Creative time was semi-structured with opportunities for the children to individualize their activities and show their creativeness.

The camps were originally intended for a registration only, but as with last year due to space availability, were offered multiple weeks and even on a drop-in basis for those who could not commit to a full week. Many parents commented that their children were excited to come back the next day.

Evidence that the children had lots of fun was seen not only through their actions but also their words when attending. As the camps went on, our numbers increased. We are enthusiastic and hope to grow this program further.

Special thanks to *Jorja Abboud* and *Rebecca Conrod* for their hard work and creativity expanding our Summer Camp Program.

## Ready to Learn Remembers Special Days

On Nov. 7/19 our Ready to Learn program received a special visit from veteran

Mr. John Gibson

of the Royal Canadian Legion Branch 161.



Mr. Gibson reminded our youngsters about "Special Days" and read them a story. The children were fascinated by both the presentation and shiny medals.



We wish to sincerely thank Mr. Gibson for taking the time again and spending it with our young ones. on his yearly visit.



In Flanders Fields  
John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



**A Remembrance Day Service at the Porters Lake Cenotaph begins at 10:55am. Parade forms at 10:20am and marches off at 10:35am.**

## ESFRA welcomes one and all to another Imagination Tea

**Coming Spring 2020**

- Frolicking
- Prize winning
- sweet treat nibbling
- costume wearing

**iA real hoot for All Ages!**



Be yourself;  
everyone else is taken.

Oscar Wilde



## Great Expectations - Prenatal Program

The eight week program in Winter/Spring 2020 for our Great Expectation (Prenatal) program will be facilitated by two members of our staff, **Sarah Harnish & Sandra Thornhill**. Both facilitators have enjoyed being a part of seeing new parents gain information which provides growth in confidence as they begin their new parenting role.

Striving to maintain our relaxed, interactive and informative approach, the program goal is to create a balance between important information that is current best practice while allowing time for families to openly share their concerns and stories as their comfort allows.

Various aspects of the program are based on the feedback from participant's weekly evaluations in regards to the informational handouts and the input by facilitators. During the program we are fortunate to have the following special guests to facilitate their area of interest and/or expertise such as the Public Health Nurse (breastfeeding & labor/delivery), Physioliink (safe exercise), La Leche League (breastfeeding support), Healthy Beginnings Home Visitor (car seat safety) & the Parenting Journey Family Support Home Visitor (Attachment & Speech-Language).

We invite all expectant mothers and a their special support person to **join us** and share their "great expectations".

**When is the Spring Session? Feb. 24/20 - Apr. 27/20 6pm - 8pm**

**Where would it be? ESFRA Centre - Porter's Lake**

## ESFRA Family Support Services

**Healthy Beginnings** is an enhanced community home visiting program for families from pregnancy to a child's 3rd birthday. This free program offers in-home support to families for up to 3 years. Your home visitor can listen, encourage, share information about parenting and child development, help you understand your child's behaviour and help you find what you need in your community. This is a partnership program funded by the **Nova Scotia Health Authority**.

**Parenting Journey** is a voluntary, community based, in-home / on-site / by-phone Family Support program for families with children ages 3-16 years. Your home visitor can listen, encourage & help with parenting in such areas as managing behaviours, work-life balance, relationship building with your children, finding resources in your community, direct parenting program delivery, advocacy skills, plus more. ESFRA is one of the original Parenting Journey sites funded by the **Dept. of Community Services**.

*Please call the Family Centre at (902) 827-1461 to find out more about how we can help!*



12-21  
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**"I don't know what I'm gettin' for Christmas. My mommy and daddy keep SPELLIN' everything!"**

### 2019-20 Attendance Reminders

#### Storm & Illness Policies

We thought it timely to repost these reminders.

- **Closure** - ESFRA and its Outreach programs are closed if HRM school buses are not running or if HRM schools are closed. **\*\*Please check our Facebook page or voicemail message @ 902-827-1461 if there are any doubts.\*\***
- **Footwear** - As in prior years, we will have a set of Fire Drills. It is **IMPORTANT THAT PROPER INDOOR FOOTWEAR IS WORN AT ALL TIMES. This is for everyone's safety. \*\*Socks with grips do not count.\*\***
- **Illness** - **IF your child is not well, please remain home until symptoms have cleared up. This includes coughing, runny noses and viral infections. (Please understand that passing illness along is not family friendly, therefore bringing an ill child not registered in our programs to sit in our waiting area is not permissible.)**

## 2019-20 PARENT EVALUATIONS

Since Spring 2019, ESFRA has decided to send out **Evaluations** to registered participants who have provided us with their email, through an online service called Survey Monkey.

We have valued your input and are trying to keep these valuable sources of information simple and concise. Hoping to take no more than 5 minutes of your time to complete, we are encouraging **all that can** to participate in the Online Survey and email it back through the Survey Monkey portal. This format greatly increases a person's anonymity and freedom to provide their honest comments.

Each year we are required to complete for our Funders an Annual Report regarding the services we provide and your online feedback has greatly streamlined this process for us.

IF you did not wish to provide your email for other ESFRA group emails, please consider providing it for this Online Survey format.

There will also be hard copies available with envelopes at all our locations for those who did not provide us with an email address. Please ensure you place your evaluation in the envelope and seal it. The Executive Director will be the only one who reviews the online or hardcopy formats.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

eye



v a r r o w

pony



y o y o y l

yoyo



n k d e y e

panda



o n p t a t

arrow



p a r r o t

parrot



p a n d a s

When you wish upon a star.....



### ESFRA Wish List 2019-20

We are looking for items for art activities & snack supplies (peanut sensitive).

All donations are greatly appreciated.

- Fresh Fruit/Raisins
- Arrowroot Cookies/Graham Crackers/Goldfish
- Cheese
- Vegetable Oil
- White Flour/Table Salt/Cornstarch
- Stickers (non-seasonal)/Fun Foam Stickers
- Unsweetened Kool-Aid packets
- Paper Towel/Kleenex
- Brown Paper Lunch Bags
- Printer Paper/Coloured Paper/Bristol Board
- Garbage Bags/Blue Bags/Clear Bags

We would like to *THANK* everyone in advance for their support to help our programs and ser-

## GRAND-PARENT SHIFT

### A drop-in support group for grandparents raising grandchildren

- ◇ Are you a grandparent with full legal custody and/or guardianship of your grandchildren?
- ◇ Do you provide "anytime care" for your grandchildren while your children are at work?
- ◇ Would you be interested in attending a support group for grandparents to discuss many of the unique challenges of parenting the "second time around" in today's world?

**Psst! Have you heard?**  
 Our guest speaker for November is Earline Sharpe with Mental Health Addictions and Prevention In Sheet Harbour.

If so, we would like to invite you to join our group for some - informal conversations, special guest speakers on the topics of interest to you, make new friends, and enjoy a light refreshment.

This year we are expanding group meetings to include the **Musquodoboit Harbour** area on a bi-monthly basis opposite our current **Sheet Harbour** meeting place.

#### Bi-Monthly, 10:00 a.m. – 12:00 p.m

Eastern Shore Memorial Hospital -  
 22637 HWY 7, Sheet Harbour  
 2019-20 GROUP MEETING DATES: Nov 18/19,  
 Jan 20/20, Mar 9/20 & May 25/20

Twin Oaks Memorial Hospital -  
 7704 HWY 7, Musquodoboit Harbour  
 2019-20 GROUP MEETING DATES: Dec 16/19,  
 Feb 10/20, Apr 20/20 & Jun 15/20

#### For more information, please contact either:

Tracy Cowan, B.A, ECE  
 Parenting Journey Family Support Home Visitor (ESFRA)  
 (office) 902-827-1462 (cell) 902-476-0642  
[tcowanesfra@ns.aliantzinc.ca](mailto:tcowanesfra@ns.aliantzinc.ca)

Comm. School Social Worker Duncan MacMillan Family of Schools  
 (office)902-885-2777 ext. 765100 (cell)902-391-0150

Meetings are held by the Eastern Shore Family Resource Association in partnership with Nova Scotia Health Authority.



## Eastern Shore Family Resource Association

Supporting Children, Youth, Families and Communities

Phone: 902-827-1461

Toll Free: 1-866-847-1461 Fax: 902-827-1464

Email: [esfamilyresource@ns.aliantzinc.ca](mailto:esfamilyresource@ns.aliantzinc.ca)

Website: [www.esfamily.org](http://www.esfamily.org)

Mailing Address

PO Box 53

Porters Lake, NS

B3E 1M1

Civic Address

5228 Hwy 7, Suite 203

Porters Lake Shopping Centre

B3E 1J8

### Our Staff

#### Executive Director

Nancy Hollis

#### Parenting Journey

Tracy Cowan

#### Healthy Beginnings

Samantha Vatcher

#### Bookkeeper

Tara González

#### ECE Program Coordinator

Susan Corkum

#### Program Facilitators

Brenda Awalt

Lisa Chapman

Sandra Thornhill

Sarah Harnish

Shelley Josey

Wanda Bellefontaine

#### Program Substitutes

Joanne Kalyta

### Our Volunteer Board

Laura Rockwood ~ Chair

Katie Simms ~ Vice Chair

Jennifer Oldham ~ Treasurer

Denise Surette ~ Secretary

Samantha Wood

Crystal Tobin-Legere

Kaitlyn Hines

### Our Major Funders

NS Dept. of Community Services



NS Health Authority



## Celebrating 30 Years - National Child Day

This annually recognized date of November 20th marks the 30th year of the adoption of the United Nations Convention on the Rights of the Child.

The United Nations Convention was a series of 54 articles that provide a strong basis on how to raise happy and healthy children.

Canada ratified the Rights of the Child in 1991, making a commitment to ensure that all children are treated with dignity and respect.

Additionally it includes the opportunity for children to have a voice, be protected from harm, be provided with their basic needs and every opportunity to reach their full potential.

For more information, including a tool kit and calendar of events, please use the following government website:

[canada.ca/en/public-health/services/health-promotion/childhood-adolescence/national-child-day.html](http://canada.ca/en/public-health/services/health-promotion/childhood-adolescence/national-child-day.html)



## A Smile is the Beginning of Peace

Children Learn What they Live (1998) By Dorothy Law (1924-2005)

If children live with criticism, they learn to condemn.

If children live with hostility, they learn to fight.

If children live with fear, they learn to be apprehensive.

If children live with pity, they learn to feel sorry for themselves.

If children live with ridicule, they learn to feel shy.

If children live with jealousy, they learn to feel envy.

If children live with shame, they learn to feel guilty.

If children live with encouragement, they learn confidence.

If children live with tolerance, they learn patience.

If children live with praise, they learn appreciation.

If children live with acceptance, they learn to love.

If children live with approval, they learn to like themselves.

If children live with recognition, they learn it is good to have a goal.

If children live with sharing, they learn generosity.

If children live with honesty, they learn truthfulness.

If children live with fairness, they learn justice.

If children live with kindness and consideration, they learn respect.

If children live with security, they learn to have faith in themselves and in those about them.

If children live with friendliness, they learn the world is a nice place in which to live.

Nolte states it is her hope that this poem “serves as a guide and inspiration to parents as they face the most important job of their lives - raising their children”.