



Return to Programs - Jan. 6



Port Dufferin Rocks - Monday evenings 6-8pm
Family Literacy Day—Jan. 27

Board Meeting - Jan. 13

Groundhog Day - Feb. 2
Valentine's Day - Feb. 14



Family Day - Feb. 17

Imagination Tea Mar. 7



March Break
Play Dates - Mar. 17 To 19

Board Meeting - Mar. 30

JAN—FEB 2020

Eastern Shore

Family Focus

The long running tv gameshow **Jeopardy!** provides the answer and requires the contestant to provide the correct question. Here is the **Jeopardy!** clue:

TAKING PLACE EVERY JANUARY 27th SINCE 1999 BY ABC LIFE LITERACY TO RAISE AWARENESS ABOUT THE IMPORTANCE OF READING AND ENGAGING FAMILIES IN OTHER LITERACY RELATED ACTIVITIES.

The correct response is - What is **Family Literacy Day?** However, is this just a response or a true social issue?

Regardless of our personal situation, literacy is a key component in life. How is it a key?

According to Project Literacy, "Helping someone to read and write effectively or acquire the basic math skills so many of us take for granted, improves the future of everyone in society. Literacy is critical to economic development as well as individual and community well-being."

With that in mind the website provides the following statistic - "A 2004 Statistics Canada study concluded that a 1% increase in literacy levels would raise Canada's labour productivity by 2.5%, and add an estimated \$32 billion to our annual Gross Domestic Product."

At the Eastern Shore Family Resource we are committed to assisting in the growth and development of our families along the Eastern Shore. Family literacy programs, such as Bookworms, show that taking time every day to read or do a learning activity with children is crucial to a child's development.

(con't pg. 2)

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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

New Parent Group - Jeddore



Wee Bears -

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Bookworms -
Musquodoboit Harbour



Wee Bears - OPA



Is English really so hard?

Face, but preface, not efface.
 Phlegm, phlegmatic, ass, glass, bass.
 Large, but target, gin, give, verging,
 Ought, out, joust and scour, scouring.
 Ear, but earn and wear and tear
 Do not rhyme with here but ere.
 Seven is right, but so is even,
 Hyphen, roughen, nephew Stephen,
 Monkey, donkey, Turk and jerk,
 Ask, grasp, wasp, and cork and work.

Pronunciation -- think of Psyche!
 Is a paling stout and spikey?
 Won't it make you lose your wits,
 Writing groats and saying grits?
 It's a dark abyss or tunnel:
 Strewn with stones, stowed, solace, gunwale,
 Islington and Isle of Wight,
 Housewife, verdict and indict.

Finally, which rhymes with enough --
 Though, through, plough, or dough, or cough
 Hiccough has the sound of cup.
 My advice is to give up!!!

(con't from pg. 1)

Activities such as playing word games, singing, writing to a relative or friend, sharing day-to-day tasks such as making a shopping list/using a recipe/surfing the Internet have a lasting and far-reaching impact on children's language development, future success in school and well being throughout their lives.

By reading to children and engaging in fun literacy activities, parents are actively keeping their own skills sharp while at the same time strengthening the relationship between the family which, in turn, encourages lifelong learning.

As some may have noticed, our Newsletters have tried to incorporate a variety of activities that our younger ones can find as exciting tasks to work on at home with an adult plus a few interesting tidbits for our older readers. **Have a look through and see what we've added!** Hopefully you and/or your family will find these enjoyable.

GRAND-PARENT SHIFT

A drop-in support group for grandparents raising grandchildren

- ◇ Do you provide "anytime care" for your grandchildren while your children are at work?
- ◇ Are you a grandparent with full legal custody and/or guardianship of your grandchildren?
- ◇ 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?

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: Jan 20/20,
Mar 9/20 & May 25/20**

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

For more information, please contact:

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

Meetings are held by

the Eastern Shore Family Resource Association in partnership with Nova Scotia Health Authority.

F	⇒ SAY THE ALPHABET BACKWARDS AS FAST AS YOU CAN.
U	⇒ TEST A FAMILY MEMBER'S MEMORY SKILLS BY ASKING THEM TO DO MORE & MORE SILLY ACTIONS IN THE RIGHT ORDER (EX. FLAP ARMS, HOP TWICE, SPIN, ETC.).
N	⇒ LOOK UP A NEW WORD IN THE DICTIONARY OR FAVOURITE STORY BOOK & USE IT 3 TIMES IN A SENTENCE THAT DAY.
F	⇒ HAVE YOUR CHILDREN CREATE A MAP FOR YOUR NEXT "ROAD TRIP". THEN THEY CAN FIND THE WAY BY READING THE SIGNS AND BILLBOARDS.
A	⇒ DESIGN YOUR OWN BOARDGAME.
M	⇒ KEEP A "FAMILY JOURNAL" OF SPECIAL THOUGHTS AND MEMORIES.
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2020 Pre-School Screenings

Take advantage of a great "free" opportunity to have your child(ren) screened for speech language, hearing and school readiness skills before they enter pre-primary/primary. Testing will be happening right in "Our Community"!

But what other positives should I consider when deciding to screen or not screen? These include:

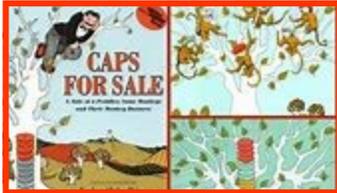
- ⇒ Fabulous experience for a child to have in a play-based setting.
- ⇒ Needed experience for the Dalhousie students as some have not worked with the preschool age.
- ⇒ Rules out any parental concerns about your child's speech language development, hearing ability (most children have not had a hearing screening since birth) and school readiness skills especially since the implementation of the Pre-Primary Program is in many of our schools.
- ⇒ Parents will receive a mini-report and any needed referrals will be directed to the appropriate professionals.
- ⇒ Gives families a "snap shot" of their child's development on the day.
- ⇒ Early detection is key for faster services (if required - why wait longer than needed).

ESFRA has been privileged to be the only Family Resource Centre to have this partnership with Dalhousie School of Communication Sciences & Disorders, now going into our 15th year.

Each test session takes about 2 hours. For any questions please contact **Tracy Cowan, ECE, ESFRA Family Centre at 902-827-1462 or Susan Corkum, E.C.E., ESFRA Family Centre at 902-827-1461.**

April 23 & 24 at Good Shepherd Church



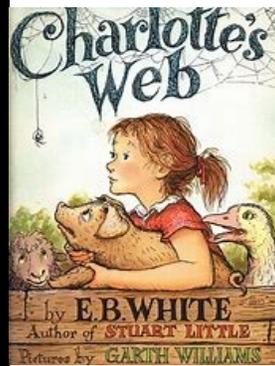


CAPS FOR SALE

Fondly remembered by Brenda Awalt

This book was originally published over 75 years ago and was written by Esphyr Slobodkina.

My children always loved to hear the story about a cap peddler and the mischievous group of monkeys who steal his caps while he's sleeping. How does he get them back? Monkey see, monkey do, of course!



Cherished by Nancy Hollis

I really valued this book as it has a strong theme of friendship. That feeling it gave me resonates until today.

Family Literacy
Creating Reading Memories
While working on themes for our Newsletter we discussed at some length this issue regarding literacy, how our programs add to it and what to include in the Newsletter that goes to the parents.

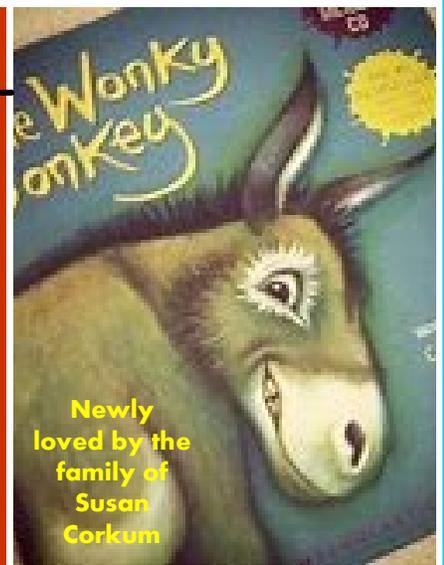
As a staff, we started reminiscing about books we loved as kids and shared with others or new ones we grew to love because of sharing with our children. (con't pg.5)



Wonky Donkey

By Craig Smith

Introducing a new family favorite.....The Wonky Donkey. Children will be in fits of laughter with this read aloud tale of an endearing donkey. This book has lots of rhymes, repetition and tongue twisters. It is a great source of entertainment for the young and the old. I challenge everyone to try and read it without messing up and breaking into laughter. (Sequel is The Dinky Donkey) Hee Haw



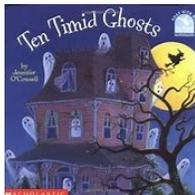
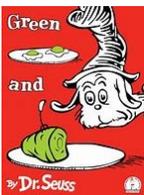
Newly loved by the family of Susan Corkum

Ten Timid Ghosts ate a lot of Green Eggs and Ham!

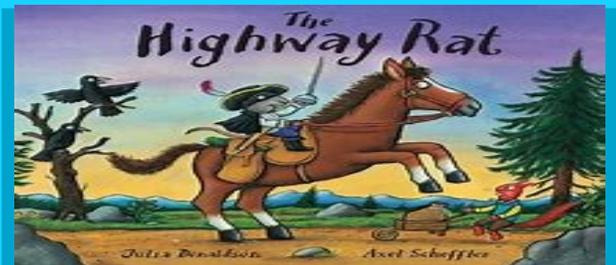
Tracy Cowan relates her memory

I can't remember about my favourite story book from childhood, however my son Dawson enjoyed Dr. Seuss' Green Eggs and Ham so much that I could recite it from memory! He loved any book with a rhyming component. Ten Timid Ghosts was another one but I can't remember the author.

By Dr. Seuss

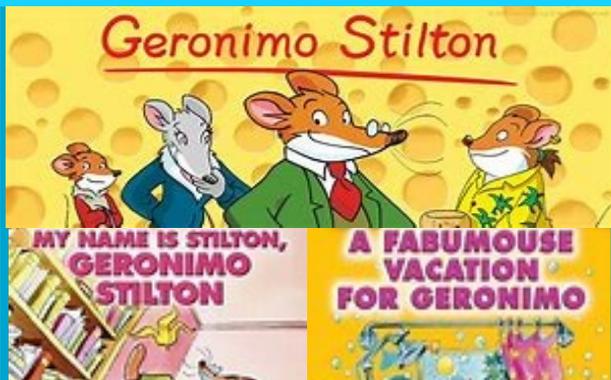


By Jennifer O'Connell



Kindly related by Lisa Melanson-Chapman

One of my favourite books is Julia Donaldson's "The Highway Rat". It is a great read aloud story - as are nearly all of Donaldson's books - about a mean old rat thief and a plucky young duck who saves the day. What I love about it is that it mirrors Alfred Noyes' famous poem "The Highwayman", adding a bit of literary culture to the child's library. Both of my children know how much I love it and will often bring me "Mommy's favourite" to read together.



Highly Recommended by Sarah Harnish

Written by Elisabetta Dami.

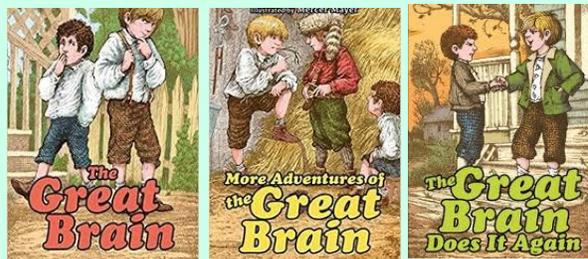
Geronimo Stilton stories are adventurous and full of surprises. Geronimo is full of optimism, lives in a multi-cultural society, focuses on appreciating the things you have.

Geronimo stilton books are filled with fun fonts, colourful lettering, fantasy, imagination and hours well spent together. My son and I really enjoyed continuing these stories night after night. These books are intended for readers 6-12 years old.

The Great Brain (series)

By John D. Fitzgerald delighted Tara González

For everyone who loves that someone naughty. Even my brother, who never read anything, read this series as a kid. I got to share this with my child as well. Watching her eyes get bigger as the plot thickened and giggles as she enjoyed the shenanigans these boys got into. This series can keep you connected to your 8-10 year old's who still would enjoy bedtime stories with a parent.

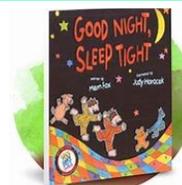


Reminised by Samantha Vatcher

I honestly have **at least** 50 favorite children's books & am having an extremely hard time narrowing it down to even 20 because I have favorites for different ages but if I can only give you one, (sad face), it would be "Edith Ellen Eddy" by Julee Ann Granger & Kathryn Mitter.

I would have to say this is my favorite as I identify strongly with the main character, she reminds me a lot of my childhood self. She's full of vigor and intense curiosity, passionate about the natural world and is deliciously unaware or cares not of societal norms.

The story is about loving & embracing who you are as well as parents recognizing and embracing who their children are. It was one of those books I read so often to my girls I could recite it without looking at the pages ;)



GOOD NIGHT, SLEEP TIGHT

Lovingly shared by Shelley Josey

This is one of my grandchildren's favourite bedtime story books.

The story is about Bonnie and Ben's favourite babysitter telling them six old favourite nursery rhymes at bedtime including "It's raining! It's pouring! The old man is snoring!", "This little piggy went to market" and more.

Bonnie and Ben enjoy the stories so much that they don't want to go to sleep, they want to hear more. My grandchildren enjoy the rhymes plus the actions that go with them.

(con't from pg. 4)

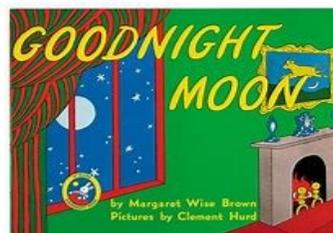
Memories shared and the laughter around their creation is "a soothing for the soul". These help to bind people together in ways that are not easily broken.

So, we hope that some of our favourites could become some of your favourites.

Why not take some time, on Family Literacy Day or any day really, allowing stories to become part of your family memories.

This book has been a family favorite for years. It is about a bunny saying "good night" to everything in the room. The story is filled with repetition and rhyme that children enjoy. The illustrations allow the children to actively participate in the story. It's a perfect calming book to end the day.

By Margaret Wise Brown



Enjoyed by Sandra Thornhill and family



Ready to Learn

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](#) for providing a comfortable space for our Ready to Learn parents/caregivers to have some learning of their own.



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, Building Relationships with others and Self-care.

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ESFRA is proud to announce that our

Autumn 2019

50/50
FUNDRAISER

which began on October 7th and drawn on December 13th, ended with an amazing split of

\$1405.00 for

Mr. Howard Gilbert

Congratulations to our lucky winner and Thanks to all for their participation.

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 late winter/early spring 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 and 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 in the Porters Lake Shopping Centre at 5228 #7 Highway in Suite 203 or call Nancy (Executive Director) .902-827-1461.



Great Expectations - Prenatal Program

The eight week program in Winter/Spring 2020 for our Great Expectation (Pre-natal) 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), Physiolink (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 invites all to join us
in Gaetz Brook
for the **Imagination Tea**
at the Royal Canadian Legion on
Saturday, March 7, 2020
between 11am to 1pm.

- **Frolicking**
 - **Prize winning**
 - **Sweet treat nibbling**
 - **Costume wearing**
- A real hoot for All Ages!**



Be yourself;
everyone else is taken.

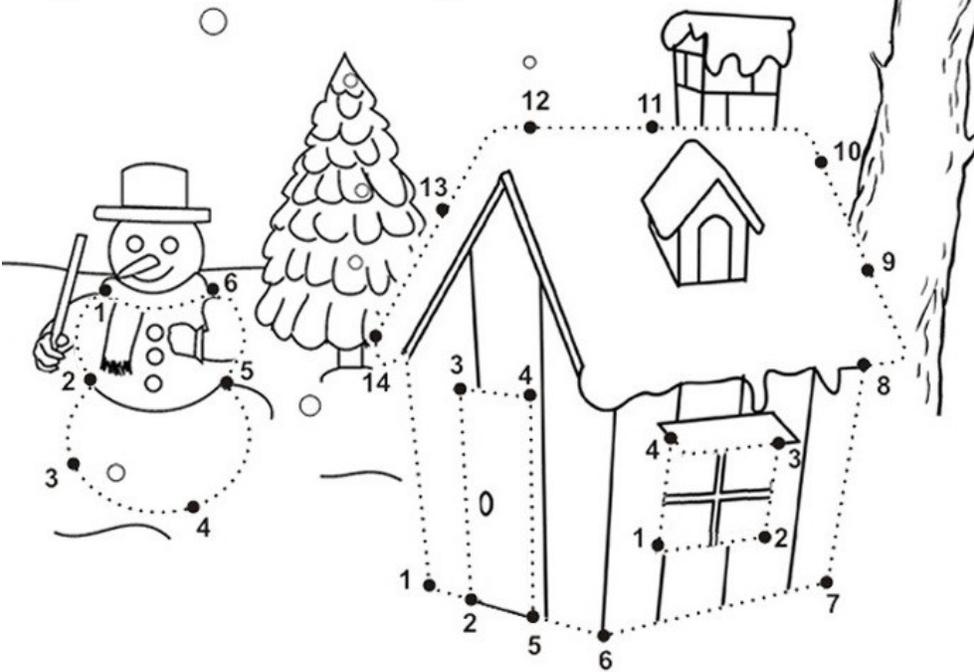
Oscar Wilde

ESFRA Family Support Services

Healthy Beginnings is free, strengths based, non-judgmental parenting support program. The program offers in-home support to families beginning with Pre-natal to a child's 3rd birthday. Your community home visitor will share information around parenting as well as child development and behaviour. They will listen, encourage and help you to access any community resources you may need. Parents choose When, Where and How Often they will meet with their home visitor. 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 0-19 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**.

F _ O _ S _ Y ' S
C A _ I _



Breast Pump Loan

Please contact our Healthy Beginnings Home Visitor (Samantha Vatcher) 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)

Bring your baby and join us for Breast Friends!

We offer Breastfeeding moms support during the varying stages individually or within EFRA programs & sites!

Each week we specifically have drop in spots available in our New Parent Group to allow our **Breast Friends** a chance to ask questions, share experiences and learn from each other.

**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.



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

Website: 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 Melanson-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

Kaitlyn Hines

Melissa Bayers

Our Major Funders

NS Dept. of Community Services



NS Health Authority



Fostering Healthy Eating Habits

The majority of parents share the same worries. They are always asking themselves - Am I doing this right? With so much discussion on opposing social issues that cause equal worry - childhood obesity and malnutrition. The idea of a "good eater" is one most people cherish. But what is a "good eater"? And how to we get one? Is it by ideas such as:

Eat everything on your plate or you cannot leave the table.

Since he/she really likes it, I'll make it everyday.

Since you were so good today, you deserve a special treat.

Well the honest answer is - children tend to have short attention spans and their appetite may vary from one day to the next. So how does our role as a parent help create a "good eater"? And does our child have any role as well?

Parents & Caregivers

Are responsible for

what, when & where their children eat.

Children

Are responsible for

how much & whether they eat.

1. **Create a Positive Eating Environment** - Children eat better when the environment is pleasant, comfortable and safe. Sit and eat with children at meal time, allow them enough time to eat and try to minimize distractions (i.e. Turn off the TV). Use meal time as an opportunity to share, learn and spend time together.

2. **Offer Healthy Foods for Snacks and at Meals** - Children have short attention spans, including at meal time. Serve small nutritious meals and snacks throughout the day to ensure their nutritional needs for healthy growth and development are met.

3. **Be a good Role Model** - Role modeling healthy eating practices and positive attitudes towards food will influence and encourage children to develop positive attitudes about food. Positive role modeling can teach children how to be respectful of other people's feelings at meal time and how to turn down food politely. (i.e. By encouraging a child to politely say "no thank you" rather than "yuk".)

4. **Encourage Children to Eat, but Never Force Them** - Children know how much they need to eat. Their internal sense of hunger, appetite and fullness is stronger than adults and they eat the right amount to grow properly. In fact, children are more likely than adults to stop when they are full rather than when the food is gone.

5. **Offer New Foods** - Children are naturally skeptical and cautious about the new foods. Children learn to like new foods by having them served repeatedly, by seeing their friends and family eat them, by tasting them many times and by having someone they trust eat the same food with them.

6. **Never Use Food to Reinforce Behaviours** - Using food as a reward or withholding it as a punishment, teaches children that food is associated with an action, rather than hunger. It can teach children to prefer some foods over others and can alter children's natural ability to respond to internal cues that allow them to know when they are hungry and when they are full.