



Imagination Tea - Mar. 7



March Break Play
Dates - Mar. 17 To 19

Board Meeting - Mar. 30

April

Programs Close - Apr. 9
Return to Programs - Apr. 14
Board Meeting - TBA



Last Day of Programs - May 15
Year End Picnic - May 16
Closed Victoria Day - May 18

MAR-APR 2020

Eastern Shore

Family Focus

Pre-School Screenings - April 23 & 24, 2020

*Being ready for whatever comes our way is a something we all hope for. Opportunity is knocking.
And this knock doesn't come with someone looking for a handout,
it's an Opportunity being handed to us.
Better yet - a benefit for our children.*

**Testing will be happening right in Our Community
at the Good Shepherd Church!**

**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.**

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.
- ⇒ Necessary 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.

See page 4 for more details.



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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

GRAND-PARENT SHIFT - 10:00 a.m. – 12:00 p.m.

In the 2019-20 year we expanded our group meetings places. Meeting not only in **Sheet Harbour** but also the **Musquodoboit Harbour** area . Having multiple locations has enabled additional grandparents in our communities to add to our insightful group meetings.



- ◇ 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?

With so many changes in our modern world, we would like to invite you to join our group of informal conversations to make new friends and enjoy a light refreshment. Occasionally special guest speakers will be available speaking on topics of interest to you,

A drop-in support group for grandparents assisting or raising grandchildren

Eastern Shore Memorial Hospital -
22637 HWY 7, Sheet Harbour

2019-20 GROUP MEETING DATES:

Mar 9/20 & May 25/20

Twin Oaks Memorial Hospital -
7704 HWY 7, Musquodoboit Harbour

2019-20 GROUP MEETING DATES:

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



Questions



1. What do you think about it?

- Good
- Bad
- Not sure



2019-20 SURVEY

As with previous years, ESFRA wishes to conduct surveys to see how our programs have done over the year. Each program has it's own goals to achieve and your input will help in determining what programs will be included in our upcoming years.

Email surveys will be sent out and take less than 10 minutes to complete.

We thank you in advance for your participation.

March Break Play Dates

March 17th - 19th

For fun loving groups of children between
1 to 3 year olds & 4 to 8 year olds.
(Maximum 12 children per group, per day)

Parent & child interaction begins at
10am to 12pm

Tuesday - St. Patrick's Day

Wednesday - Building & Creating Day

Thursday - Messy Paint Day

Come and Play with us!

Join us at
10:00am
on
Friday,
April
24th*



for a Trail Walk at the
Musquodoboit Harbour
Walking Trail.

We invite participants to **meet us in the parking lot** to begin our walk. Feel free to **bring a friend or family member** to share in this lively event.

* Cancellation IF  or  on the morning of walk.

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 3-19 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**.

Finish the Poem

Use the rhyming words in the word bank to complete the poem.



Mr. Bear loves to eat _____
To fill his great big _____
Then he plays with _____
Outside when it is _____

bunny
sunny
honey
tummy

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 limited 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.

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

2020 Pre-School Screenings (con't from pg. 1)

Dear Parents,

The **Eastern Shore Family Resource Association (ESFRA)** promotes early language, literacy and cognitive development in children through positive parent-child interactive programs and quality child development programs throughout our communities.

ESFRA has been partnering with **Dalhousie University School of Communication Sciences and Disorders** to have Speech – Language Pathology & Audiology students & faculty provide early childhood screenings. Children attending the Bookworms at Play, Kinder Ready, Wee Bears & Ready to Learn programs will be given the opportunity to be screened for speech, language, hearing and school readiness skills, including numbers and letters.

The screenings are being held on Thursday April 23, 2020 and April 24, 2020 by appointment at the Good Shepherd Church in Lawrencetown. Children must be 3-5 years old, on or before, the screening dates.

The screening process is designed to be fun! It will involve a series of play stations using speech-language and pre-literacy (PLS-5 Screening Test, K-SEALS) screening tools. In addition, **Audiology** students will perform a hearing screening for each child. Parents will receive notice from ESFRA centre staff within a few weeks if the screening indicates that a full speech-language and/or hearing assessment is warranted. Referral forms will be available to send a referral to Nova Scotia Hearing and Speech Centres (or your child's school) for those children requiring further assessment. ESFRA Family Centre staff can complete the referral form.

Each screening will take approximately 2 hours per child to complete, and will take place at the Good Shepherd Church in Lawrencetown (3621 Lawrencetown Rd – Hwy 207, Lawrencetown). Appointments will be set up throughout each day, beginning at **9:15am** and ending at **2:15pm (latest appointment time)**. **We ask that parents bring their children 15 minutes prior to their screening appointment** to allow for a little playtime beforehand. We will have a Playroom set up for parents and siblings to play in while the screenings take place. Only coffee, tea and water will be provided, however, families are welcome to bring a peanut free snack on that day to enjoy while waiting. **Please note:** Participation is voluntary.

For further information or to schedule a screening time, 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**.

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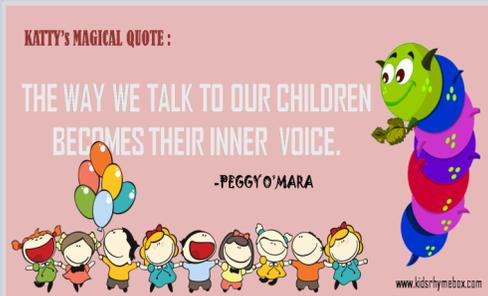
Thank you for your continued support for families of the Eastern Shore.



Easing a Toddler's Daily Transitions

How to avoid a battle when it's time to change activities.

Transitions are tough on toddlers, but let's face it, it may be just as hard on the adult needing the transition to happen. Whether it is stopping playing for bedtime, turning off that favourite sing song to sit and eat yucky vegetables or clean up in place of play time, we all have to make changes.



"After all, toddlers live in the moment, don't have a real concept of time and are only just beginning to understand that separations don't last forever", says Gail Reichlin (Executive Director of the Parent Resource Network in Chicago).

While some resort to tears or tantrums, others may brood. Temperament and learned behaviours play a part in how your little one handles transitions. As with any other skill, transitioning is a learned ability. *Children mimic what they see, so if we - the adult - exhibit smooth transitional methods our children can learn to mirror these.*

Below are a list of 6 ways to help create smoother transitions.

* **Give advance warning** - You can't expect kids to stop what they're doing on a dime, and time is a blurry concept to toddlers, so "We have to leave in 10 minutes" is not meaningful. If your child is engrossed in his play, but you need to take him with you to the store or to pick up an older sibling at school, start preparing him in advance. Set a timer to ring five minutes before you want your child to get ready. Tell him that when the bell rings, it'll be time to go. And while you're waiting, say something like, "When you hear the bell ring, I'll help you put on your shoes and put the puzzle away, and then we'll get into the car and go to the" When the bell goes off, reiterate that it's time to get ready to go.

If a timer isn't an option, use references relevant to your child: "I'll push you on the swing 10 times, and then we have to go."

* **Develop rituals** - To make transitions that involve separation, such as being cared for by someone else, the predictability of a set routine gives a child a sense of control and order. When dropping your child off at day care, you might give her three kisses and then ask for three in return, or read your child two books before walking out the door -- whatever works to help your child predict what's going to happen next.

* **Keep your language simple** - Making your words brief can short-circuit power struggles. Rather than explaining why your toddler needs to come to the dinner table, try kneeling down right in front of her and whispering a one-word description of what she'll be eating. All a child needs to hear is "soup" or "spaghetti" and she'll probably be happy to put the toys aside and move on to her next activity -- mealtime.

* **Offer choices** - Presenting your child with options gives him lots of room to cooperate. But don't give too many, and make sure that the choices are not whether to comply, but how to comply, Grey says. For example, don't say, "Do you want to put on your shoes?" if "No" isn't an option. Instead, you might say, "Do you want to wear shoes or sandals?"

If your toddler refuses to budge, you might ask him if he wants to walk to the car or wants you to carry him.

* **Avoid making threats** - Counting down ("If you're not on your feet by the time I count to 10... ") or threatening a time-out doesn't work because both back a child into a corner, putting him in a position of losing face. Either he has to back down or lose your love and approval, which is a big thing to ask of a young child.

First, tell her in a calm voice that it's time to go, using short, simple sentences. Put your hand on your child's shoulder, or take her hand gently and guide her to where you want her to go. If you've given it your best shot and your child is still balking at stopping his play, try saying, "I can see that you don't want to come along. I'm going to help you now. I'm going to pick you up and carry you."

* **Get down to your child's level** - It tends to be very effective when you veer away from arguing and simply change your tone of voice,

Reichlin says. Rather than running after your child holding the shirt you want him to put on and telling him to be still, get down on one knee and lower your voice to a whisper. Tell her very softly what you would like her to do. She may be so surprised that she'll willingly switch gears and move on to the next activity.

Helping your toddler learn to make transitions smoothly pays off in the long run. It's doubtful that he'll ever grin broadly as he drops his toys into the box and hops into his stroller to go home for a nap. But with patience and diplomacy, you can help him take a few steps forward.

By Rosemary Black - American Baby





Eastern Shore Family Resource Association Supporting Children, Youth, Families and Communities

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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



Committing to a Drop In?



Are you busy? That's a familiar question to us all. It seems there is never enough time in the day to accomplish all that we would like or need to do.

Keeping in mind how busy our lives are, over the years ESFRA has run several programs that many families felt they could commit to. Simply put - the committing to not committing - a Drop In program.

Our drop in programs that have run during the 2019-20 year have included - **A Baby's Connection, Summer 'Scape Camps, Breast Friends, Grandparents Shift, Kids 'N Elders, Play Dates and March Break Play Dates.** All of these programs have been well attended and ESFRA has received many happy comments about time spent in them!

While appreciating our registered programs and their objectives, many families wishing to participate simply feel they cannot, in good conscience take up that space while knowingly not being able to meet the requirement. We thank each family that opts for the drop in options instead.

By choosing to attend drop in programming over a registered program requiring weekly commitment, these families reap the benefits of stimulating social interaction for their young ones, and themselves, which has left other spaces open to additional families wanting that weekly timeframe.

Why not give 'a drop in' some thought?

Commit to not committing! Our elders that participate with us at The Birches feel that this program is "very good medicine". The songs, laughter and personal interaction adds to and creates endearing memories not only to them but also for their "little friends".

The Summer 'Scape Camp gives young ones a chance to be creative using various themes while also providing employment to local youth.

WE LOOK FORWARD TO SEEING OUR CURRENT PARTICPANTS & ANY NEW ONES IN THE COMING MONTHS.