



2022 Pre-School Screening

Speech-Language Pathologists (S-LPs) are Essential Members of Education Teams

Speech-language pathology services support academic success, as well as the social and emotional well-being of students.



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. Tickets are available at www.esfamily.org.

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.
- ⇒ Provides 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 17th year.



Con't on page 2

Adult/Child Rapid Test Kits

ESFRA has received a limited number of Rapid Test Kits that are approved for both Adults and Children. Individuals/Families living along the Eastern Shore, must call our office at 902-827-1461 to make a request and confirm a pick-up day and time within ESFRA's operating hours.

Due to limitations of both kits and onsite visitors, Rapid Test Kits are available for only your personal family.

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Special points of interest:

- 2nd Semester Programs are full.
- Car Seat Clinics will be offered soon.
- Stay tuned for more Community Events.
- Free Bread Program will continue in 2022 sponsored by Cobs Bread.

Vaccine Clinics

OUR VOLUNTEER BOARD

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Tina Devine

Program Facilitators

Anna Cannings

Latika Kumar

Taylor Pye

Bookkeeper

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OUR MAJOR FUNDERS



NS Dept. of
Community Services



ESFRA has been pleased to provide, in co-ordination with **Nova Scotia Health**, two (2) vaccine clinics for residents of the Eastern Shore.

Our first clinic, with space provided by **Choice Properties**, was held in October 2021 for adults. The space chosen was ground level and gave consideration to those who possibly were not able to use stairs and head on up to our location.

Our second clinic in January 2022 for children, was held after school. Nineteen were vaccinated in our Centre. Cheery arrivals and chipper goodbye's were heard by all.

2022 Screenings (con't)

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 ESFRA programs will be given the opportunity to be screened for speech, language, hearing and school readiness skills, including numbers and letters. In addition, we will be opening up the screening opportunity to those Eastern Shore families and their children in the larger community who are of age (must be 3 years on or before screening date). If you are interested, please select a "ticket" from our Upcoming Events to make an appointment from <https://www.esfamily.org>.

Once you have a "ticket", please complete the online "Screening Registration" within 3 days from https://docs.google.com/forms/d/1pJ13LBBJJRr-V3buuG8_AQK9m4IT70TNPVI7OzeUSG0. (Registration without a "ticket" does not secure your child's participation.)

The screenings are being held on **April 21 and 22, 2022** by appointment at the Good Shepherd Church in Lawrencetown - 3621 Lawrencetown Rd. (Hwy. 207, Lawrencetown).

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 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. Appointments will be set up throughout each day, beginning at **9am** and ending at **12:30pm** (latest appointment time).

Event protocols:

Before Arrival – We ask parents to complete their Health Check In 30 mins prior to appointment time (<https://www.esfamily.org/>) and bring their children no earlier than 5 minutes prior to their screening.

Upon Arrival – We ask that you call either Tracy Cowan 902-476-0642 or Nancy Hollis 902-476-3840 before entering the building.

Once admitted – You and your child will be directed to an area for parents to complete, IF necessary, all consent documents prior to starting the screening process. These may include PLS-5/K-SEALS Permission Form or Audio/Video/Photograph Release Form (as the event will be documented for promotional purposes).

- Masks are required to be worn at all times when moving around the space, but children can take theirs off once they reach each station. We will have social distanced areas set up for parents to wait while their child goes through the screening process.
- Only those registered are permitted onsite.
- Families may bring covered water bottles for themselves and their child(ren); however, snacks and hot beverages are not permitted.

For further information or to schedule a screening time, please contact **Tracy Cowan** (ECE), at **902-827-2311**.

Food for Thought



You can find inspiration in everything. And if you can't, look again.

Paul Smith



"Your real strength comes from being the **BEST YOU** you can be.

Who are you?
What are you good at?
WHAT MAKES YOU, YOU?"

Storm & Illness Policies

- **Closure** - ESFRA and it's Outreach programs are closed if HRM school buses are not running or if HRM and/or Eastern Shore District schools are closed.

Please check our Facebook page or voicemail message @ 902-827-1461.

- **Footwear** - PROPER FOOTWEAR IS TO BE WORN AT ALL TIMES. This is for everyone's safety. ***Socks with grips do not count.***

- **Illness** - Health Check In must be completed a minimum of **30 mins prior to arrival**. IF your child is not well, please remain home until symptoms have cleared up. (We hope not to turn away anyone.)

Please do not hesitate to ask questions if in doubt, by email or phone, or refer to your registration packet documents.

Thinking about
something to do?
Join our Board!

Do you want to Become a Board Member?

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 it's 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.

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.
- * Work with other awesome volunteers.

Do I need to have special skills or can anyone join the Board?

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.

For more information please contact Nancy Hollis at 902-827-1461.

Breast Pump Loan

Please contact our Healthy Beginnings Home Visitor, Tina Devine 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)**



PRE-K CHART

I had a great day

<input type="checkbox"/> I used my words.	<input type="checkbox"/> I was a great listener.
<input type="checkbox"/> I did all my tasks.	<input type="checkbox"/> I followed directions.
<input type="checkbox"/> I was a great friend.	
Name _____ Date _____	

For more free downloads go to: Latitudes.org

Technology Lending Program

The HRM Public Library has embarked on a project to provide families across HRM with extended loan access to technology.

Providing Chrome Books, iPads and MiFi portable hotspots as a way of addressing and combating social isolation.



By partnering with Family Resource Centres, as a way of distributing this technology to families, feedback has been positive and people in our community have taken advantage of this free service.

Why not give us a call - 902-827-1461.





Hi there! I'm Nancy Hollis the Executive Director of ESFRA. I will be starting my 10th year at the Centre on June 25, 2022.

Being from a military family, I have had the pleasure and opportunity to live in a few provinces across Canada throughout my childhood but I call Shediac, New Brunswick, home.

After graduation from St Thomas University, I had the privilege of living and working in Lahr, Germany, with my husband Steven for 4 years. Both my children, Amanda and Matthew, were born there. I am a proud grandmother of 3 beautiful grandchildren, who I cherish deeply!

For the past 29 years I have worked in the

non-profit sector and

- * *have a true passion when it comes to working with families who benefit from the services they receive.*
- * *believe Family Resource Centre's strengthen family bonds.*
- * *believe "it takes a village to raise a child".*

When you take part in a family activity at your local Family Resource Centre, it brings a sense of accomplishment and joy, and that's important because family time brings a stronger sense of connection within the family and within the community, they live in.

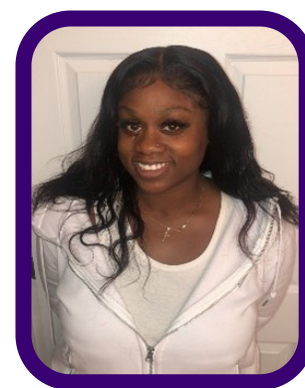
Shyneste Downey

Hi, my name is Shyneste Downey!

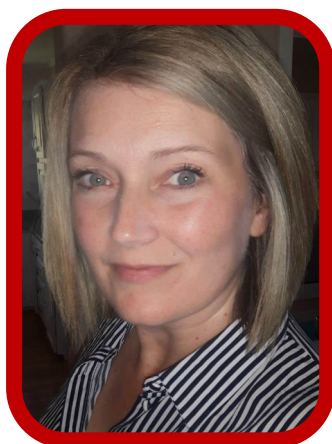
I was born in Halifax and proudly from one of the largest black communities in Canada, North Preston. I grew up in Windsor, Ontario but moved back "home" in my high school years. After high school I worked at a call centre for a few years before pursuing my dreams of working with children. I graduated from Eastern College with a Child and Youth diploma. Not long after I graduated, I was hired as an early childhood educator at East Preston Daycare. I enjoyed 8 years

there working with different age groups, and building meaningful relationships with families and children. My love for working with families and children continues, and I am blessed to be able to work now for The Eastern Shore Family Resource in the Parenting Journey role where I work with families and their children, one-on-one as a home visitor.

Raising three children of my own and spending time with my family, is what I enjoy most. I look forward to travelling someday, experiencing different cultures and wish to visit Hawaii the most.



Tina Devine



My name is Tina. I was born and raised in a small fishing village, Woods Harbour, Shelburne County. I moved to East Preston 11 years ago. I have 6 children of my own and always knew I wanted to be a part of the development of young minds and bodies. I have a Level II Early Childhood Education Diploma. I am thrilled to put it to use by working as a Healthy Beginnings Home Visitor for the Eastern Shore Family Re-

source Association where I am grateful to be accepted as an extension of the families in this area.

My favorite quote:

Don't compare yourself to others. There's no comparison between the sun and the moon, they both shine when it's their time.

– Unknown Author



Tara González

Ahhhh, finance. No one would have thought that's where Tara González would ended up; seeing how I did not excel in math.

Professionally, each job has led to the next, gaining a variety of skills. Personally, each place that I lived has deeply impacted my life -how to view people, cultures and scenarios. I fully believe there is a song for every occasion.

Fortunately along the job path, Family Resource found me.



My position here at Family Resource is the best of many circumstances - a combination of using the acquired skillset while still meeting people and being able to enjoy shared experiences.

Time spent in Sheet Harbour as a child created a love of the Eastern Shore and I enjoy living in a province surrounded by water.

So excited that the Centre is trying to expand services to families along the Shore.

Cannot wait to see where we go from here!

Hey there...my name is Tracy Cowan and I am the Program Director with ESFRA & PJ Supervisor (supporting families with children ages 0-18yrs).

I am originally from St. John's, Newfoundland and came to Nova Scotia to study at Saint Mary's University.

During that time, I took a part-time position in childcare falling in love with working with children and their parents.

I have been a member of ESFRA staff since 2005 and prior to that

volunteered on the Board of Directors.

I have worn many hats within this agency from co-developing our Bookworms at Play program; initiating the development of our newest program Ready to Learn; Continue to nurture and coordinate our preschool Speech-Language/Hearing screenings in partnership with Dalhousie, now in its 16th year; Developed and facilitated our Grandparents Support group; and am lead Parent Educator for a variety of parenting workshops.

and families. Making the decision to work at family resource was the best decision I have made professionally as an Early Childhood Educator but I also have to give credit to both my lived experiences working in the licensed childcare sector, in addition, to being a proud parent of raising two grown children...the latter I feel is my greatest accomplishment.

They say, "*work is not work when you love what you do*" and that is how I feel about Family Resource..



Anna Cannings

My focus has always been children



Hi my name is Anna. I am a Program Facilitator here at the ESFRA.

I have worked as an Early Childhood Educator for the past 4 years and am in school studying to become an ESL Teacher.

In my free time I enjoy:

⇒ Playing guitar

⇒ painting

⇒ Going camping

⇒ or hiking.

Latika Kumar

My name is Latika, and I am one of the program facilitators at ESFRA. I have a Bachelor's with honours in Criminology and a minor in Psychology, and I'm looking to pursue a Master's in the Child and Youth study field. I love working with kiddos and families, and adore

working with the community. I'm from BC and when I moved away for University, I knew I had to be close to the ocean, so I went from the Pacific to the Atlantic. In my free time, I love going on walks with my pups, shopping, listening to music, crafting, cooking and baking.



Taylor Pye

Hello, I'm Taylor! I graduated NSCC in 2021 from the Early Childhood Education program. I am now continuing my education at Mount Saint Vincent University for Child and Youth Studies.

I'm incredibly happy to work with



all the families along the Eastern Shore as I myself have grown up here!

In my spare time I love to spend time with my family, and get outside, specifically hiking or spending time on the ocean kayaking/paddleboarding.



EASTERN SHORE FAMILY RESOURCE ASSOCIATION

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Fax: 902-827-1464

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"Through our programs & services, the Eastern Shore Family Resource Association supports children, youth & families, and contributes to the quality of family life in our community"

**For current events follow
us on Facebook @esfamily
or www.esfamily.org**



*Highlights
from 2021*

Eating Issues with Pre-Schoolers.

Having had two conversations with Moms who had questions about their child's "eating habits", and what their doctors were advising, I suggested that they also take note of their own feelings & observations as a parent.

- ◆ How do they view their child's weight, general health, happiness and activity?
- ◆ Was the child going hungry?
- ◆ If they didn't like vegetables, did they often eat fruit?
- ◆ Did the parents offer two choices and then let go, without becoming a slave to the child's whims - making complete separate meals?
- ◆ Were the parents modeling healthy eating?

Then I came across this:

"My wife and I have never required that our daughter eat what she is not disposed to eat, so there are times when she eats very little at a meal. But we have noticed times that she devours whatever is put in front of her and that these periods of devouring come in cycles. Furthermore, each period of devouring precedes a period of sudden growth. Something within the child anticipates when a period of growth is going to occur



and ensures that she consumes the appropriate food and takes in the energy that will be needed for that growth".

This perspective comes from Stephen Gallegos, Ph.D., in his book (pages 131-32), **"Animals of the four Windows: Integrating thinking, sensing, feeling, and imagery"**. What the author is talking about is what some doctors *DO believe* (many do not) that our bodies have an innate, subtle mechanism that actually knows what we need. Going against this internal mechanism would be to demolish the "*fine tuning*" of the appetite to the needs of the body.

After experiencing the fear, insecurity and frustration of trying to get my first pre-schooler to eat his supper, I finally listened to "*my gut*", my intuition, and stopped fighting about it. Similarly to Gallegos, I recalled how my kids would grow "*sideways*" and then grow "*taller*" at different times in their development prior to pre-adolescence. I stopped worrying and trusted my gut feeling about their body growth and development.

Contributed by Leslie Hauck (Founding Member & former Family Life Educator for ESFRA)