



Our Mission Statement:

“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.”

Programs 2022-2023

Bookworms at Play – Two (2) Sessions

Bookworms at Play Program will be offered in two (2) sessions in order to accommodate all families in our community. Separate registration is required for each semester. Our maximum group size is 8 children participating. Families will only be permitted to register for 1 semester per program year. Priority will be given to families not already having registered for this program. However, space permitting, there might be opportunity for an additional semester.

Wednesdays – Musquodoboit Harbour Library, Musquodoboit Harbour

Jump Jiggle and Jive (JJJ) – Two (2) Sessions

This music and movement program is a way for you and your child to have fun and for your child to master new skills and concepts. These include developing a sense of rhythm, body awareness, communication, social skills and intuition, following directions and learning to focus on simple tasks.

Thursdays – ESFRA Centre, Porters Lake

New Parent Group – Program Year

The New Parent Group will be offered from September to June or until your baby ages out at a year old (12 months) in order to accommodate all families in our community. Due to space capacity, our maximum group size is limited to 10 parents & babies.

Mondays – ESFRA Centre, Porters Lake

Thursdays – St. James Church Hall, Jeddore

Play Dates Are Us – Program Year

The Play Dates Are Us Drop-In Program will be offered from September to June. Due to space capacity, our maximum group size is limited to 10 children and their parents/caregivers participating.

Wednesdays – ESFRA Centre, Porters Lake

Ready to Learn – One (1) Session

Ready to Learn Program will be offered from September to June. Due to space capacity, our maximum group size is limited to 10 children participating.

Tuesdays – ESFRA Centre, Porters Lake

Wee Bears – Two (2) Sessions

Wee Bears Program will be offered in two (2) sessions in order to accommodate all families in our community due to space capacity, our maximum group size is limited to 10 to 14 children participating depending on location.

Families/caregivers will only be permitted to register for 1 semester per program year.

Priority will be given to families not already having registered for this program. However, space permitting, there might be opportunity for an additional semester.

Mondays – Good Sheppard Church, Lawrencetown

Thursdays – St. James Church Hall, Jeddore

Fridays – ESFRA Centre, Porters Lake



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You Make the Difference Parent-Child Interaction Program – Two (2) Sessions

You Make the Difference Parent-Child Interaction Program (YMTD) is a community based, general education program that encourages positive interaction. Using a combination of small group sessions and individual parent and child practice sessions, YMTD helps parents learn how to foster and enrich their child's social, language and literacy development during everyday experiences.

Thursdays – ESFRA Centre, Porters Lake

Centre Closures

Labour Day

National Day for Truth and Reconciliation

Thanksgiving

Remembrance Day

Christmas Break – December 24, 2022 to January 3, 2023

Heritage Day

Good Friday

Easter Monday

Victoria Day

Canada Day

Natal Day

General ESFRA Policies and Procedures

Illness

In case of common communicable childhood diseases such as chicken pox, 5th disease, head lice etc., participants are asked to notify ESFRA staff of the condition. **If you or your child is ill it is required to refrain from attending ESFRA programs and services.**

Attendance

Please be sure to give us notice by calling the Family Centre (902-827-1461) if your child will not be attending class on any given day and the reason (e.g., transportation, illness, work, medical apt., or weather). This allows the staff to properly prepare for the day while avoiding waste of program materials.

After two missed sessions (2 weeks) without notification, staff will make contact to find out if the child is returning. If you do not plan on continuing to attend, please advise staff. **If you or your child is sick you are to refrain from ESFRA programs and services.**

Early Arrival

We request that parents and children arrive **no earlier** than **5 minutes** prior to program time. This allows staff to plan and prepare for the day so ALL can have fun and play.

Departure – Families are respectfully requested to leave immediately following their program session. If you need to speak with an ESFRA staff we kindly ask you contact them from home via telephone (902-827-1461).

Hand sanitizer - Kiosks are located in the hallway and in the centre space.

Parental/Caregiver Supervision

All parents & caregivers attending any of our programs with their child(ren) **MUST** remain **ON SITE** at all times. ESFRA is not a LICENSED agency and therefore cannot be responsible for the care of your child(ren) in your absence at any time due to insurance liability restrictions.



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Cell Phone Etiquette

ESFRA respectfully requests that all participants keep cell phones on 'vibrate' during programs to avoid interrupting class 'flow'. Please restrict use to calls/texting for emergency use ONLY.

Holidays & Snowy Days

The program does not operate on school holidays such as March Break, or winter days when schools are closed &/or the school buses are not running. Participants are asked to call the Family Centre at (902-827-1461) to hear a recorded message if in doubt. At times ESFRA programs and services will be cancelled at the Executive Director's discretion due to inclement weather or other.

Face Book

ESFRA has a Face Book page for families as another means of keeping up to date on any special notices of events as well as for notification of program cancellation due to inclement weather. Links to our website can be found on our Facebook page.

Website

Our website is www.esfamily.org for additional information about our programs and services.

Monetary Donations

You can make donations in person or you are more than welcome to use our donate button on ESFRA's website, it can be found on our website homepage (www.esfamily.org). Any donation above \$10.00 will be issued an income tax receipt.

In-Kind Donations

Donations of healthy snacks or craft supplies are welcomed. **Please Note: all donations are shared amongst all programs.**

ESFRA Membership/Volunteer Opportunities

By registering for any ESFRA program, you automatically become a member of the Eastern Shore Family Resource Association with rights to attend and vote on issues at our Annual General Meeting. If you wish to decline membership, please direct all verbal &/or written communications to Nancy Hollis, Executive Director at 902-827-1461. Declining will not affect your registration to our programs &/or services.

If you are interested in joining our Board or Fundraising Committee? Please call the Family Centre at 902-827-1461.

If at any time you have comments, questions or concerns about our programs feel free to contact Nancy Hollis, Executive Director at 902-827-1461.

Welcome to Programs

Bookworms at Play

Bookworms at Play is an Early Learning, Family Literacy Program for children ages 3-5 years and their parents/caregivers. **Children must be 3 years by September 1, 2022.** This program places a greater emphasis on family literacy through parent-child interactive components, both in class and at home, allowing parents/caregivers to share in the preschool experience with their child(ren).

Program length: 2 hours

- Arrival & Free play
- Clean up
- Snack
- Creative Experience
- Circle Time: Includes show 'n' tell, stories, songs and games. As this is the most important portion of the program, **parents/caregivers** are asked to model good listening skills for their child(ren) & participate with their child(ren) during all circle time activities.



What do we bring?

Please bring a clearly marked water bottle for you and your child/ren (water is available for refill). Snack will be provided by ESFRA. Our policy, includes a **peanut and nut sensitive policy**. Please ensure that staff are aware of any food allergies you or your child may have. The following foods are **not permitted** - Superstore baked goods, Alligator Cheddar snacks and Tim Horton's baked goods.

Art supplies and educational toys are all provided as part of the program. Please dress your child in play clothes, as some activities can get MESSY!!! DRESS FOR MESS!!! In addition, adults and children **must** wear sneakers/shoes (no slippers or sock feet allowed) while attending any ESFRA program. If you want your child to wear a paint shirt it is recommended children bring their own freshly laundered paint shirt.

Great Expectations

Great Expectations is an 8-week prenatal program covering a wide range of topics surrounding Pregnancy, Birth and Infant Care. Dates to be determined for Spring 2023



Jump Jiggle and Jive (JJJ)

This music and movement program is a way for you and your child to have fun and for your child to master new skills and concepts. These include developing a sense of rhythm, body awareness, communication, social skills and intuition, following directions and learning to focus on simple tasks



Each JJJ session is designed to meet your child's need for repetition and familiarity as well as to challenge them to learn something new. We have attempted to include music from different cultures and in different languages in the group sessions. We encourage you to share your own musical traditions

and ideas with your group. We value diversity and look forward to learning from you and your child. Each group session will also include an idea for an activity that you and your child can try together at home.

The main goal for **Jump Jiggle and Jive** is for parents/caregivers to have fun with their children in a safe & comfortable play space. Since you will be attending with your child, you are responsible for supervising your child at all times. This supervision will include:

- Helping your child as they try out climbing and other movement activities.
- Assisting your child as needed to participate in activities and make music.
- Supporting and modeling for your child how they can make connections with other children but do not know how to interact. We want to model gentle touch and safe ways of making friends. Do not be alarmed if your child seems awkward or rough – most children eventually learn acceptable ways of making new friends.

Roll & Stroll - Musquodoboit Trail Walk



The **roll & stroll** is held twice a year - Fall and Spring. Please Note: we will not be arranging a rain date. The walk is at the Musquodoboit Harbour Trails and families from all programs and session times are to meet in the parking lot across from the ball field at 10:00 am. Please bring your own snacks and dress appropriately for weather conditions.

New Parent Group/Breast Friends

The **New Parent Group** is specially designed for new parents with an infant under twelve months of age. This program offers parents and (their babies) an opportunity to meet other new families in the community, receive information on parenting related topics, and access to other programs and supports offered by the Eastern Shore Family Resource Association.

We will do our best to invite special guests and professionals (Healthy Beginnings Home Visitor and Public Health Nurse) from our community to attend the **New Parent Group** to provide information on topics relevant to new families. Our new parents are encouraged to request the special guests and suggest topics to discuss according to their needs and interests



The **Breast Friends** group is intended to be an extension of our **Great Expectations Prenatal Program** as well as our **New Parent Group**. Anyone in need of breastfeeding support can make an appointment with our Healthy Beginnings Home Visitor (902-476-6153) or your local Public Health Nurse (902-481-5800).

Play Dates Are Us!

ESFRA offers an hour and a half drop-in program for parents/caregivers and children (birth-6years) to play, chat & connect! ESFRA staff members will be available to help if families need assistance or have questions about our programs and services.



Play Dates Are Us! is not a structured program thus it is up to families to help us out and appropriately monitor their children's activities and clean up before they leave. All are welcome to come for the full time or pop by for a few minutes! It's up to you! Please note that a light snack will be provided for our young ones to enjoy!

Ready to Learn!

Ready to Learn is a 2-hour early learning program focusing on the social-emotional development of children ages 3 to 5 years with literacy-based components. **Children must be 3 by September 1, 2022 in order to attend.**

The Ready to Learn Program is delivered once a week and is based on the PATHS preschool curriculum (Promoting Alternative Thinking Strategies). This program highlights and nurtures the development of self-control, positive self-esteem and emotional-social competencies in young children. In addition, **Ready to Learn** has school readiness activities (following direction, letter and number knowledge etc.) built into the classroom experience but is **not** the core focus of this program.

Program length: 2 hours

- Arrival & Free play
- Clean up
- Snack
- Creative Experience
- Circle Time: Includes show 'n' tell, stories, songs and games.



Promoting Mental Health in Young Children

What do we bring?

Please bring a clearly marked water bottle for you and your child/ren (water is available for refill). Snack will be provided by ESFRA. Our policy, includes a **peanut and nut sensitive policy**. Please ensure that staff are aware of any food allergies you or your child may have. The following foods are **not permitted** - Superstore baked goods, Alligator Cheddar snacks and Tim Horton's baked goods.

Art supplies and educational toys are all provided as part of the program. Please dress your child in play clothes, as some activities can get MESSY!!! DRESS FOR MESS!!! In addition, adults and children **must** wear sneakers/shoes (no slippers or sock feet allowed) while attending any ESFRA program. If you want your child to wear a paint shirt it is recommended children bring their own freshly laundered paint shirt.

As with all ESFRA programs, **Ready to Learn** will be offered free of charge at our Family Centre in Porters Lake to the registered group Tuesday mornings. While this program is not a parent/child interactive program, there is a **required** parenting workshop called Handle with Care which supports the mental health of young children for parents/caregivers to participate. Handle with Care is an 8-session program (2 hours) using simple interactive activities for parents/caregivers. Mental Health is a part of our overall health, it's about how we think, feel, our level of self-esteem and how we cope with the ups and downs of every day life. 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 and emotional well-being of children; to grow in self-esteem, focus and learn better, and develop healthy relationships. The programs topics are based on the following building blocks:



Building trust and attachment



Building and enhancing self-esteem



Expressing emotions



Building relationships with others

& Self-care

Parent Education Sessions Dates will be held in person. This workshop will be facilitated by our Program Director Tracy Cowan. These sessions will be held while your child is in Ready to Learn. **Please Note:** All parenting handouts and supplies for activities will be distributed on your child's program day.

Wee Bears

Wee Bears is an Early Learning Parent/Caregiver and Child Interactive program for children age 1 to 3 years. Wee Bears has been providing quality early learning opportunities for families on the Eastern Shore since January 2000.

Program length: 1.5 hour

- Arrival & Free play
- Snack
- Creative experience
- Circle Time: Includes story, songs & games.
- **Parents/caregivers are asked to model good listening skills for their child(ren) & participate with their children during all aspects of the programs.**



What do we bring?

A clearly marked water bottle for you and your child/ren. Please Note: snack will be part of the Wee Bears program. Our policy, includes a **peanut and nut sensitive policy**. Please ensure that staff are aware of any food allergies you or your child may have. The following foods are **not permitted** - Superstore baked goods, Alligator Cheddar snacks and Tim Horton's baked goods.

Art supplies and educational toys are all provided as part of the program. Please dress your child in play clothes, as some activities can get MESSY!!! DRESS FOR MESS!!! If you want your child to wear a paint shirt it is recommended for parents to bring a freshly laundered paint shirt for their child. In addition, adults and children must wear sneakers/shoes (no slippers or sock feet allowed) while attending any ESFRA program.



You Make the Difference Parent-Child Interaction Program

The You Make the Difference Parent-Child Interaction Program (YMTD) is a community based, general education program that encourages positive parent/child interaction. Using a combination of parent group sessions and individual parent and child practice sessions, (YMTD) helps parents learn

how to foster and enrich their child's social, language and literacy development during everyday experiences.

The parent and child relationship is the most important context in which the child's early language, social and literacy development unfold. How the parent interacts with the child during



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their everyday routines and activities plays a key role in the child's overall development. Helping parents provide their child with a positive, responsive, language-enrich and stimulating early environment can make the difference in helping the child reach his or her full potential.

You Make the Difference is a nine session (9) program which includes a 90-minute parent group followed by an individual one-on-one parent/child practice session (approximately 10 minutes for each family). This program is intended for families with children birth to 5 years. Childcare provided while parents are in the parent education piece. Snacks and refreshments will be provided for all.



Parent Handbook 2022-23 Acceptance - required

I _____ (Print Guardian Name) have received, read and understand the Eastern Shore Family Resource Association Parent Handbook and agree to adhere to all policies.

Please Note:

We may also make changes or modifications in our policies if required by our agency. ESFRA will inform parents of changes taking place whenever possible in a timely fashion. **This is a living document and will continue to evolve as the Public Health directives evolve.**

Participant Signature

Date