

## 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.”

### Program Dates to Remember 2021-2022

#### Bookworms at Play – Two (2) x 15 Week Sessions

The 2021-2022 Bookworms at Play Program will be offered in two (2) x 15-week sessions in order to accommodate all families in our community. Separate registration is required for each semester. 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.

#### Program Sites

**Wednesdays** – Musquodoboit Harbour Library, Musquodoboit Harbour  
**Semester 1** September 29<sup>th</sup> to February 2<sup>nd</sup>, 2022  
**Semester 2** February 9<sup>th</sup> to May 25<sup>th</sup> 2022

**Fridays** – ESFRA Centre, Porters Lake  
**Semester 1** October 1<sup>st</sup> to February 4<sup>th</sup>, 2022  
**Semester 2** February 11<sup>th</sup> to May 28<sup>th</sup>, 2022

#### New Parent Group – Program Year

The New Parent Group will be offered from September 2021 to May 2022 or until your baby ages out at a year old (12 months) in order to accommodate all families in our community.

#### Program Site

**Mondays** – ESFRA Centre, Porters Lake  
September 27<sup>th</sup> to May 16<sup>th</sup>, 2022

**Thursdays** – St. James Church Hall, Jeddore  
September 30<sup>th</sup> to May 26<sup>th</sup>, 2022

#### Play Dates Are Us – Program Year

The Play Dates Are Us Drop-In Program will be offered from September 2021 to May 2022. Due to space capacity, our maximum group size is limited to 10 children participating.

#### Program Site

**Wednesdays** – ESFRA Centre, Porters Lake  
September 28<sup>th</sup> to May 24<sup>th</sup>, 2022

## Ready to Learn/Ready to Play – Two (2) x 15 Week Side by Side Sessions (Tuesdays and Thursdays)

The 2021-2022 Ready to Learn/Ready to Play Program will be offered in two (2) x 15-week sessions in order to accommodate all families in our community. 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. **Please Note:** The program is offered twice a week for the same group of children in the semester.

### Program Site

**Tuesdays & Thursdays** – ESFRA Centre, Porters Lake  
**Semester 1** September 28<sup>th</sup> to February 3<sup>rd</sup>, 2022  
**Semester 2** February 7<sup>th</sup> to May 26<sup>th</sup>, 2022

## Super Dads/Super Kids – TBD

The 2021-2022 SuperDads/SuperKids Program will be offered in sessions in order to accommodate all families in our community. Start Date - To be determined.

### Program Site

**Days** – ESFRA Centre, Porters Lake  
**Semester 1** TBD  
**Semester 2** TBD  
**Semester 3** TBD

## Wee Bears – Three (3) x 10 Week Sessions

The 2021-2022 Wee Bears Program will be offered in three (3) x 10-week sessions in order to accommodate all families in our community. 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.

### Program Sites

**Mondays** – Good Sheppard Church, Lawrencetown  
**Mondays** – Virtual via Zoom  
**Semester 1** September 27<sup>th</sup> to December 4<sup>th</sup>, 2021  
**Semester 2** January 10<sup>th</sup> to March 12<sup>th</sup>, 2022  
**Semester 3** March 21<sup>st</sup> to May 27<sup>th</sup>, 2022

**Fridays** – ESFRA Centre, Porters Lake  
**Semester 1** October 1<sup>st</sup> to December 3<sup>rd</sup>, 2021  
**Semester 2** January 14<sup>th</sup> to March 11<sup>th</sup>, 2022  
**Semester 3** March 25<sup>th</sup> to May 27<sup>th</sup>, 2022

### Centre Closures

- Thanksgiving** – Monday October 11<sup>th</sup>, 2021  
**Remembrance Day** – Thursday November 11<sup>th</sup>, 2021  
**Christmas Break** – Friday December 24<sup>th</sup>, 2021 to Wednesday January 3<sup>rd</sup>, 2022 (inclusive)  
**Heritage Day** – Monday February 21<sup>st</sup>, 2022  
**March Break** – March 14<sup>th</sup> to 18<sup>th</sup>, 2022 (for regular programs)  
**Good Friday** – April 15<sup>th</sup>, 2022  
**Easter Monday** – April 18<sup>th</sup>, 2022  
**Victoria Day** – May 23<sup>rd</sup>, 2022

### Policies and Procedures

**Arrival** – **No earlier** than 5 minutes prior to your program start.

**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.

**Covid-19 Questionnaire** - Must be completed prior to attending programs (complete electronically via our website or hardcopies are available at the centre); this must be completed in full prior to entry every time you attend your program or visit the centre. If you've forgotten your form, we will provide you with one at the centre to fill out.

### General ESFRA Policies and Procedures

#### **Illness**

In case of other common communicable childhood diseases such as chicken pox, 5<sup>th</sup> disease or head lice, 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 three missed sessions (3 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.

#### **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.

#### **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 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](http://www.esfamily.org) for additional information about our programs and services. Links to our Covid-19 Participant Screening Questionnaire can be found on our home page.

### Cleaning Protocols

Due to Covid-19 ESFRA has increased the cleaning procedures. Our Landlord, Choice Properties, have ensured us that cleaning will be done twice a day (morning and lunchtime) for all common areas (bathrooms, hallway, stairwells etc.). In addition, ESFRA employees in partnership with Heptagon Learning Centre will maintain the cleanliness of the common areas between those above times (approximately every two hours and/or when needed.)

To help reduce further germ spreading, ESFRA staff will ensure all toys will be wiped down and disinfected at the end of the program.

### 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](http://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.**

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 2021-22

### 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 30, 2021.** 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. For the 2021-202 year.

- Class 1. Intro / Maternal Changes
- Class 2. Healthy Pregnancy
- Class 3. Labour Prep / Stages of Labour
- Class 4. Medical Interventions / Positive Birth
- Class 5. Breastfeeding
- Class 6. Infant Care
- Class 7. Postpartum / Transition to Parenting
- Class 8. Recap / Q's & A's





### Roll & Stroll - Musquodoboit Trail Walk

The **trail walk** is held twice a year - Fall and Spring. This year's trail walk will be held on October 13<sup>th</sup>, 2021 and April 2022 (TBD). Please Note: we will not be arranging a rain date. The walk is at the Musquodoboit Harbour Trails and families 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. To maintain a less congested walk, families will go on their program day only!

### 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 support 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 virtual **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. ESFRA staff, with related training and experience, facilitate this program.



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 a 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 30, 2021 in order to attend.**



The **Ready to Learn Program** is delivered twice per week for 15 weeks 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.

### 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 and Thursday mornings between 9 am to 11:00 am. 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 in on a monthly basis via Zoom (first Tuesday evening of every month).



Promoting Mental Health in Young Children

Handle with Care is a 4-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 virtually via **Zoom**. This workshop will be facilitated by our Parenting Journey Home Visitor Tracy Cowan. On each night of class an email will be sent to you with a join meeting access. **Please Note:** All parenting handouts and supplies for activities will be distributed on your child's program day.

## Ready to Play

**Ready to Play** is a 2-hour parent/child interactive early learning program focusing on the Social-Emotional Development of children ages 1 and 2 years. (Due to the expansive nature of the programs and its corresponding curriculum, the participants of each program will be able to attend twice a week!)

Social and Emotional Development is a child's ability to understand the feelings of others, control his/her own feelings and behaviors, get along with other children and build relationships with adults.

**The Ready to Play Program** is delivered to the registered group twice per week for 15 weeks on Tuesday and Thursday mornings between 9 am and 11 am at our Family Centre in Porters Lake. The primary goal of this program is to help parents support their child's social and emotional development through play (A Child's Work). Children learn about their world, practice and refine skills, use imagination and learn about relationships. Play is the perfect time for toddlers to work out strong feelings like anger.

Program length: 2 hours

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

### 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.

### **Super Dads/Super Kids – Three (3) x 10 Week Sessions**

The **Super Dads/Super Kids** Program will be offered with a focus on connections between children and the “main man” in their life. The 2021-2022 SuperDads/SuperKids Program will be offered in sessions in order to accommodate all families in our community. Start Date to be determined.

### **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. **Children must be 1 year by September 30, 2021.**

#### **Program length: 1.5 hour (1hr virtual)**

- Arrival & Free play
- Clean up
- Snack
- Creative experience
- Clean up
- Circle Time: Includes story, songs & 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 children during all circle time activities.



#### **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 this year. 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.



## Parent Handbook 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:**

ESFRA continues to follow the current Nova Scotia Public Health Covid-19 procedures and recommendations. ESFRA policies and procedures are subject to change to reflect the needs of the program, children and families we serve.

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