



March

Daylight Savings Time - Change
Clocks Mar. 10
St. Patrick's Day - Mar. 17
March Break Camp - 10:00-12:00
Mar. 19 - 21 @ ESFRA

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Board Meeting - Apr. 10
Closed for Easter - Apr.
19 & 22
Pre-School Screenings -
Apr. 25 & 26
Musq. Harbour Trail Walk
- 10:00am Apr. 26

Last Day of Programs - May 10



Annual Picnic - May 11 (Time TBD)

MAR - APR 2019

Eastern Shore

Family Focus

Pre-School Screenings - April 25 & 26, 2019

*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 the handout,
it's an Opportunity being handed to us.
Better yet - a benefit for our children.*

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 14th year.

See page 6 for more details.

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EASTERN SHORE FAMILY RESOURCE ASSOCIATION

OUR PARENT/CHILD INTERACTIVE PROGRAMS

- Bookworms at Play
- Kids 'N Elders
- New Parent Group / Breast Friends
- Ready to Learn
- Ready to Play
- Wee Bears

OUR ADULT PROGRAMS

- Grandparent Shift
- Great Expectations (Prenatal)
- Mum's Night Out

OUR FAMILY SUPPORT SERVICES

- Healthy Beginnings
- Parenting Journey
- Parent Link

Kinder Ready is "Graduating into Pre-Primary".

Just as with many milestones in our young ones lives, graduating, or moving onward and upward, is a natural process. With the implementation of the Pre-Primary Program being offered by the Province of Nova Scotia, ESFRA wanted to let all our participants about the Kinder Ready Program conclusion.

Kinder Ready was a pre-school like program that promoted **independence, literacy** (through choosing their own books from our library to take home), **fine motor skills** (printing or scissor skills), **creative crafts**, 'sign in' (writing their names), **colours, shapes, social skills, sharing, playing with peers, turn taking**, etc.



Throughout the year, learning was focused on separating from the child's parent/caregiver, letter and number recognition, pre-academic skills

(listening, following directions and classroom routines).

These wonderful growth skills are now going to be acquired via the Provincial Pre-Primary programs located in various communities.

Notably the 2018-2019 year is the final one for Kinder Ready at Eastern Shore Family Resource Association. So as to ensure ESFRA is not duplicating a pre-school like service, we have decided to move our funding into other areas that will serve our Eastern Shore Communities equally as well as our beloved Kinder Ready program. *Continuing to serve the 3-5 age group in both Bookworms and Ready to Learn.*

A big thank you goes out to all our clients who participated in this program over the past 15 or so years.

Feeling Blue? New Baby?

Don't know what to do?

Eastern Shore Family Resource (ESFRA) offers a variety of programs for parents.

Welcoming *all families* residing in our Communities to participate.

After the new addition is home and you begin to wonder *what* or *where* you can go for some engaging conversation or baby play, try our **New Parent Group** or **Breast Friends** programs.

If your little one is at 1-3 years - **Wee Bears** could be the right fit.

Our **Healthy Beginnings** is a free program which offers in-home support for those wanting a little more assistance (see pg. 5).

Please call the Family Centre at (902) 827-1461 to find out more about how we can help!

ESFRA is pleased to announce that our

Spring 2019

50/50
FUNDRAISER

which begins on April 1, 2019

Stay Tuned as each of our last

50/50 Fundraisers

have made one lucky person

over \$1500 richer.

Draw Date - May 11th, 2019

Breast Pump Loan

Please contact Jaime our Healthy Beginnings Home Visitor 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)

Breastfeeding Support

*We offer Breastfeeding support to breastfeeding moms. Breastfeeding is welcome in all of our programs and at all of our program sites!!

**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.

MENTAL WELLNESS OUTREACH PROJECT

Our Mental Wellness Outreach Coordinators are available to support residents to make positive steps to improve their overall mental wellness.

TOLL FREE 1-(833)-851-5320

outreach@novasalutem.ca
[facebook/NovaSalutem Inc.](https://www.facebook.com/NovaSalutemInc)

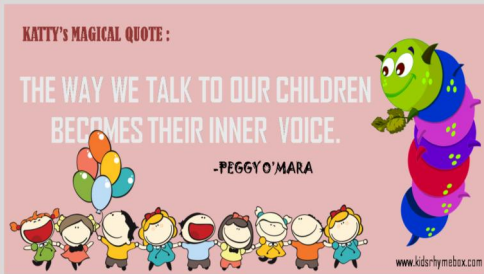
*This is a pilot project that will occur between November 2018 and April 2019 and is available to residents of the Eastern Shore (Ecum Secum to Lake Echo) and the Musquodoboit Valley.

This is NOT a crisis line. If in a crisis call 911 or Mental Health Mobile Crisis Team toll free at 1-888-429-8167

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



Ready to Play and Ready to Learn Update

Since it's start this September, there has been an overwhelming emotional response to our new programs. An emotional response is, in this case, exactly what we are looking for. Both programs work on the Social-Emotional Development of children, with Read to Learn having an informative piece for parents/caregivers.

Based on the success seen during this pilot year, we will be pleased to be offering these programs again during the 2019-20 year.

As an overview, below is a repeat of the programs and their goals.

Ready to Play is a 2 hour parent/child interactive early learning program focusing on the Social-Emotional Development of children ages 18 to 28 months.

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 30 weeks on Tuesday and Thursday mornings between 9 am and 11 am at our Family Centre in Porters Lake – FREE OF CHARGE. 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. Alongside classroom learning's parents will receive information (on a monthly basis) on how they can implement best practice in their homes to support their child's social and emotional development.

Ready to Learn is a 2.5 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 years of age on or before September 1, 2019 in order to attend.

The Ready to Learn Program is delivered twice per week for 30 weeks and is based on the PATHS (Promoting Alternative Thinking Strategies Preschool Curriculum). 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, active listening, problem solving and letter and number knowledge) built into the classroom experience but is **not** the core focus of this pilot program.

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 and 11:30 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 (monthly dates to be determined).

Handle with Care is an eight session program (2.5 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. 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: along with Self-care:

Building trust and attachment



Expressing emotions



Building and enhancing self-esteem

For information please feel free to contact

Building relationships with others



Susan Corkum or Tracy Cowan at the Eastern Shore Family Resource Association at (902) 827-1461



266-3444
430-3784

**Mobile Tire
Service Ltd.**

42 Hawes Dr., Head Chezzetcook NS B0J 1N0

Commercial Truck Tires - Sales & Service

Adam Bezanson
Email: ajsmobiletire@gmail.com



902-579-2825

Great Expectations - Prenatal Program

When is the Fall Session?

Sep. 26/19 - Nov. 14/19

6pm - 8pm

Where would it be?

ESFRA Centre - Porter's Lake

The eight week program in Spring 2019 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), Physiolk (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**".

ESFRA Family Support Services

Healthy Beginnings is an enhanced community home visiting program for families from pregnancy to a child's 3rd birthday. This free program offers in-home support to families for up to 3 years. Your home visitor can listen, encourage, share information about parenting and child development, help you understand your child's behaviour and help you find what you need in your community. 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 3-16 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**.

Parent Link is a service which provides in-depth help and support for individuals, parents, couples, and older youth (17+). Anyone requiring Parent Link services, can typically be seen within days in our Family Centre or in your home if you don't have transportation or childcare. Just call ESFRA Centre and request our Parent Link Program.

Please call the Family Centre at (902) 827-1461 to find out more about how we can help!

2018-19 PARENT EVALUATIONS

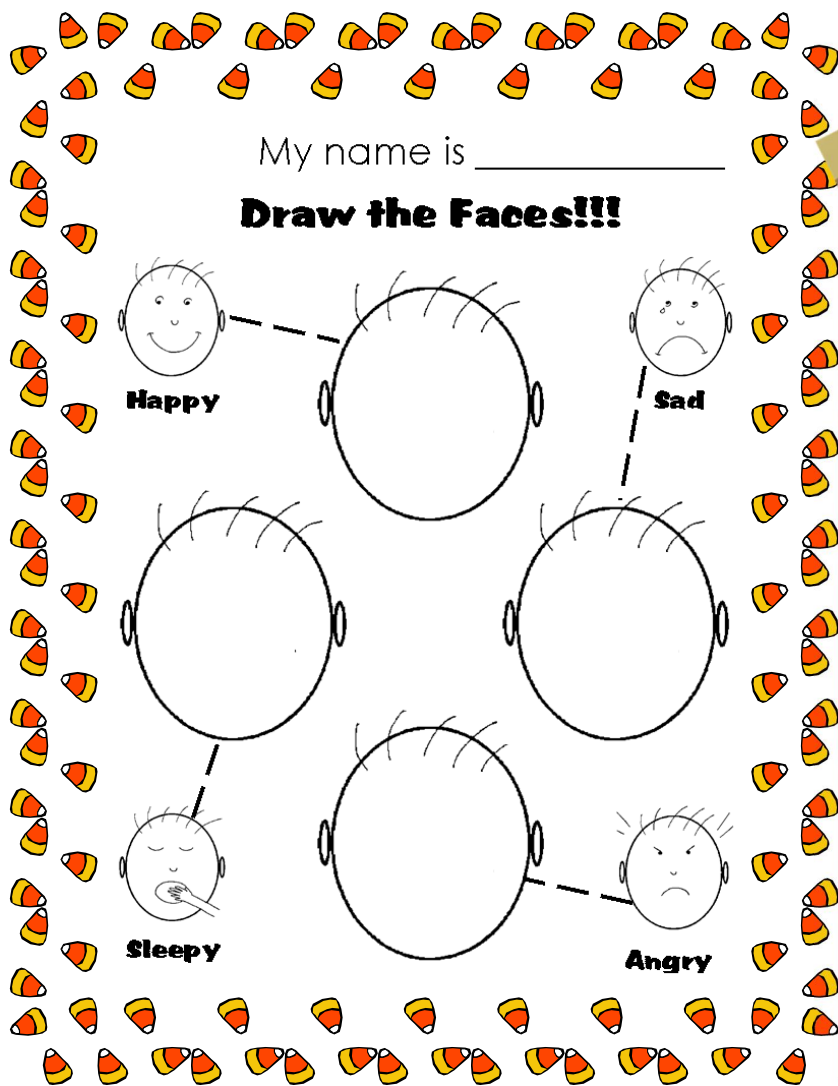
Starting on Thursday, March 25th, ESFRA will be sending out **Parent Evaluations** to anyone who provided us with their email, through an online service called Survey Monkey. Please take 5 minutes to complete the Survey and email it back through the Survey Monkey portal.

**WE ARE ASKING FOR YOUR HONESTY -
INCLUDING COMMENTS ABOUT WHAT WORKS & WHAT
MIGHT NEED TWEAKING.**

Who reviews these? The surveys will come directly to the Executive Director anonymously. **Why the Honesty?** The data will be gathered and used in May 2019 in order to complete our Annual Report to Funders of our programs.

There will also be hard copies available with envelopes at all our locations for those who did not provide us with an email address. Please ensure you place your evaluation in the envelope and seal it. The Executive Director will be the only one who reads it.

If you have any questions, please do not hesitate to contact me, Nancy Hollis, at 902-827-1461.



Pre-School Screenings (con't 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 25, 2019 and April 26, 2019 by appointment at the Good Shepherd Church in Lawrencetown. Children must be 3-5 years old, on or before, the screening dates and live in an Eastern Shore Community.

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**.

EVERYONE NEEDS TO BE HEARD

START BY TALKING TO US



FRIEND



PARENT



NEIGHBOUR



DOCTOR



AUNT/UNCLE



MINISTER/PASTOR



COACH



TEACHER



BROTHER/SISTER



NURSE



GRAND PARENT



HELP LINE

.....WE'RE HERE TO SUPPORT YOU

Contact the MENTAL WELLNESS OUTREACH COORDINATORS at
1-833-851-5320 or outreach@novasalutem.ca to find the right resource for you.

For a listing of Mental Health & Addiction supports visit
<https://www.communityhealthboards.ns.ca/5/ESMV-Mental-Health-Supports-Nov-2018.pdf>

Brought to you by the Tri-Community CAST Coalition (Communities Addressing Suicide Together)



Join us at 10:00am on
*Friday, April 26th**
for a Trail Walk at the
Musquodoboit Harbour
Walking Trail.

Meeting in the parking lot, we
invite participants of all ages to
bring a friend or family member
to share in this lively event.

* Cancellation if rain or snow on the
morning of walk.

Help us turn your empty
drink containers into
programs!

Take your refundable
containers to
**Greentree
Recycling**
near the Porters Lake
Superstore and tell
them they are for the
Eastern Shore Family
Resource Association.

Thanks
for your support!
www.esfamily.org
902-827-1461



GRAND-PARENT SHIFT

A drop-in support group for grand-parents raising grandchildren in all capacities

MONTHLY, 10:00 A.M. – 12:00 P.M

Eastern Shore Hospital - 22637 HWY 7, Sheet Harbour

2019 GROUP MEETING DATES: **Mar 11/19, Apr 15/19, May 13/19 & June 17/19**

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

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

For more information, please contact either:

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

Jan Ward, MSW
Comm. School Social Worker Duncan MacMillan
Family of Schools
(office) 902-885-2777 ext. 765100 (cell) 902-391-0150
jan.ward@nshealth.ca





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

Parent Link

Leslie Hauck

Parenting Journey

Tracy Cowan

Healthy Beginnings

Jaime Bent

Bookkeeper

Tara González

ECE Program Coordinator

Susan Corkum

Program Facilitators

Ginny Mendl

Shelley Josey

Sandra Thornhill

Brenda Awalt

Sarah Harnish

Wanda Bellefontaine

Program Substitutes

Joanne Kalyta

Kelly Hernon

Our Volunteer Board

Laura Rockwood ~ Chair

Vacant ~ Vice Chair

Jennifer Oldham ~ Treasurer

Denise Surette ~ Secretary

Judy Leaman

Brenda MacKay

Katie Simms

Samantha Wood

Crystal Tobin-Legere

Our Major Funders

NS Dept. of Community
Services



NS Health Authority



Imagination Tea

With attendance numbering over 100, families and friends of ESFRA joined in for a morning of fun-filled activities and games dressed in their favorite costumes.

Families were able to participate in an engaging set of activities, such as:

- energetic cake walk
- fishing for fish (prizes)
- skillful bean bag toss
- sweet sucker pull
- thrilling string of bowling
- face painting

After trying their luck at some of the games families sat down for a refreshment break of water/juice and special decorated cookies by Tracey's Tasty Treats.

Almost everyone's tummy gives a rumbling

Thank You to Krista Samuelson for once again organizing the bake sale table and all the



delicious goodies it held. Donations raised by the bake goods sale were in excess of \$150.00 and total donations were over \$500.00.

A big *Thank You* goes out to all the volunteers who gave so generously of their time (Olivia Bent, Madison Thornhill, Leah Steinburg, Norah Hartlen, Gwyn Osborne, Hailey Dowling, Drew Harnish and Garreth Leaman.

The *Crayons* would like to thank everyone for attending and helping our basic box become that amazing mixed box of wonder.



After burning off a lot of energy, while wearing some amazing costumes, many young and not so young headed home.

Well, we'll leave it to your

Imagination

to see what next year brings!

