

SEEECCC OCTOBER 2019 EMAIL UPDATE

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EARLY CHILDHOOD RESOURCES AND INFORMATION

READ IN WEEK (OCTOBER 7-11, 2019)



The purpose of READ IN week is to create a greater awareness of the importance of reading and this year's theme is *Celebrate with Stories!*

Reading a book doesn't have to be where the story ends. Expand on it by adding to the story, acting it out, making props, or telling your own story. Bring stories to life in your mind and physical world and share the experience as a family.

FEDERAL ELECTION 2019: WHAT THE PARTIES ARE SAYING ABOUT CHILD CARE

In federal election 2019, here is what Canada's federal parties are promising for childcare.

Are they building a solid foundation that supports Affordability, Accessibility and Quality of Child Care in Canada? <http://www.cccf-fcsge.ca/votechildcare2019/>

<https://www.childcarecanada.org/documents/research-policy-practice/19/09/federal-election-2019-what-parties-have-say-about-child-car>

RCSD CAREGIVER EDUCATION SERIES- FALL SESSIONS GUIDE

See attached sheets for fall session dates (September- December 2019)

Sessions Include: Parenting teens in the 21st Century; Breaking the Cycle of Anxiety; Technology and the Teenage Brain; Supporting Self-Regulation in Elementary School Children; Parenting Strategies that Promote Positive Mental Health; Mindfulness

GRIT PRESENTS: RESHAPING OUR CONVERSATION ABOUT INCLUSION

WHO SHOULD ATTEND:

Individuals interested in supporting the quality of life for people with disabilities throughout the lifespan.

DECEMBER 2/19- 6:30 pm to 8:30 pm Disabling Segregation & Conversation and Reception with Dan Habib @ The Kings University 9120 - 50 Street **COST:** \$50 per person

DECEMBER 3, 2019 - 9:00 am to 4:00 pm Keynote Address - The Bigger Picture: What Drives Inclusion?; Strengthening the Path to Inclusion; Hope to Action; The Rights of the Child; Looking Ahead to a Bright Future @ Edmonton Inn Conference 11834 Kingsway Avenue **COST:** \$195 per person

For More Information or to Register go to: [For More Information](#)

A GUIDE TO SERVE AND RETURN: HOW YOUR INTERACTION CAN BUILD BRAINS

You may have heard the phrase "serve and return" in the context of child development, but what does it actually mean? At its core, serve and return is about responsive interactions between children and the people who care for them, and how those interactions help children grow and reach their full potential. In this guide, learn more about what serve and return is, the science behind it, and how easy it is to help build strong brains by engaging in serve and return with a child.

https://developingchild.harvard.edu/guide/a-guide-to-serve-and-return-how-your-interaction-with-children-can-build-brains/?utm_source=newsletter&utm_medium=email&utm_campaign=september_2019

BONNIE DOON HEALTH CENTER PROGRAMS FOR NEW MOMS

New Mom Network

- held at the Bonnie Doon Health Center
- for new moms and babies from 6 weeks to 6 months
- meet other moms, led by a public health nurse, guest speakers, videos and discussions
- topics include adjusting to parenthood, common concerns, sleep/ crying, growth and development
- 6 sessions for \$30 (fee can be waved for low income)

Register by calling 780-413-7930

Health for Two Program

- for pregnant women and new mothers (usually lower income)
- provides support, information and resources
- can provide "milk coupons, toothbrush, prenatal vitamins, vitamin D, and bus tickets for appointments
- help find prenatal classes, hospital tours
- prenatal care and other supports
- promoting healthy pregnancies
- held on Tuesday afternoons at Bonnie Doon Health Center

Register by calling 780-342-1520 (#3 to register)

Prenatal Classes

- held Tuesday evenings and Saturdays

Register by calling 780-413-7980

Upcoming Free Workshops

PRIMROSE FAMILY RESOURCE CENTRE FALL WORKSHOPS

Primrose Place Family Resource Centre 6311 92 Ave.

Primrose has a terrific line-up of free weekly programs for families and free evening workshops for parents (supper and childcare are included) for the fall so check out their attached Program Guide. Also, new this fall is that you can sign-up for the PRIMROSE FREE PARENT WORKSHOPS on-line at <http://www.primroseplace.org/family-resource-centre/programs-workshops/#workshops>

IN OCTOBER & NOVEMBER:

QI SENSORY BEHAVIOUR DETECTIVE PART 1 Wednesday, October 9, 2019

5:30 Dinner & Registration 5:45pm - 7:45pm: Workshop

After each Qi workshops there will be a worksheet sent home. The follow up sessions are going to be a chance to work through the homework as well as ask any questions that may arise and discuss with other parents. This session will be facilitated by the Primrose FCSS Coordinator.

QI SENSORY BEHAVIOUR DETECTIVE PART (Follow up) Wednesday, October 30, 2019

5:30 Dinner & Registration 5:45pm - 7:45pm: Workshop

After each Qi workshops there will be a worksheet sent home. The follow up sessions are going to be a chance to work through the homework as well as ask any questions that may arise and discuss with other parents. This session will be facilitated by the Primrose FCSS Coordinator.

SECRET LEARNING THROUGH GAMES: A PLAY BASED APPROACH TO EARLY LITERACY DEVELOPMENT; WEDNESDAY, NOVEMBER 13, 2019

5:30 pm Dinner & Registration 5:45PM - 7:45 pm

Play is a child's job. Everyday children set out to discover how the work works. Play and games are both a fun and effective way to support your child's literacy development. This workshop will uncover some of the hidden learning that play and games teach.

QI SENSORY BEHAVIOUR DETECTIVE PART 2 MONDAY, NOV 18, 2019

5:30 Dinner & Registration 5:45pm - 7:45pm: Workshop

Presenting this new series of workshops where parents will be able to get a deeper, better understanding of concepts and have the opportunity to have meaningful discussions and even become teachers themselves with the direction of Jon Jon and the Primrose facilitator.

FULTON CHILD CARE ASSOCIATION FALL WORKSHOPS

Fulton Childcare Association 10310-56 St

<http://www.fultonchildcare.org/wp-content/uploads/2019/05/2019-Program-Guide.pdf>

IN OCTOBER & NOVEMBER:

AUTISM WORKSHOP: THURSDAY OCTOBER 10, 2019 FROM 6:30PM - 8:00PM

To register for workshop, or to arrange childcare, please contact Jessica at 780-667-4383 or fcssdodie@shaw.ca

This workshop is primarily intended for parents, caregivers and professionals. Participants will gain knowledge on the SCERTS model and how it is used to support children and families at home and in the community

GOODBYE MEALTIME STRUGGLES: THURSDAY OCTOBER 24, 2019 6:15 - 8:30PM

To register for workshop, or to arrange childcare, please contact Jessica at 780-667-4383 or fcssdodie@shaw.ca

Join in a discussion with other parents, a pediatric occupational Therapist (OT) and a Registered Dietitian (RD) to learn more about how children grow and develop eating skills. Explore the many reasons behind mealtime struggles and decide which first step strategies best fit your child and family. Learn about setting consistent routine, connecting with your child, introducing healthy new foods and appropriate portion sizes. Options for follow-up by an OT or RD are reviewed at the workshop.

*Suitable for parents of children aged 6 months to 5 years, who do not have complex medical/feeding concerns or have had extensive feeding intervention.

CHILDHOOD ANXIETY LOCATION: THURSDAY NOVEMBER 14, 2019 6:30 - 8:00PM

To register for workshop, or to arrange childcare, please contact Jessica at 780-667-4383 or fcssdodie@shaw.ca

Anxiety can make children and teens think that bad things will happen to them and that normal life situations will be much worse than they are. But if they can understand their anxious thoughts and feelings, and develop the right coping skills, they can move towards more independence and eventually become happy and secure adults. In this workshop, we will discuss the role of anxiety and how it impacts brain development. We will also discuss how to recognize anxiety in young children and offer strategies that parents, and caregivers can use to help their children stay regulated.

Family Events

FAMILY NATURE NIGHTS

Friday Nights from 6:11- 7:11pm from September 20- October 25

Gold Bar Park (10955 - 50 street)

All ages are invited to Gold Bar Park to go for a nature walk together. Meet by the washroom building east of the parking lot.

For more info, contact Jenny at 780-435-6328

C.O.W. (CLASSROOM ON WHEELS) BUS FREE PROGRAMMING

Starts this Week!!

Tuesdays from 8:30am-10am (Oct 1-Dec 6) at Twin Parks/ Maple Ridge

20 Park Ridge Crescent NW Community Hall

Fridays from 8:30am-10am (Oct.1 - Dec.6) at Ottewell Community Hall Parking Lot

5920 93A Ave NW

DROP IN PROGRAM! The COW BUS is a friendly space for parents and children (Ages 0 - 5) to learn and explore fun new ways to add literacy activities into their daily lives!!! The Centre for Family Literacy Staff are on board the bus to welcome your family or dayhome!

STRATHERN COMMUNITY HALLOWEEN PARTY: THURSDAY OCT 31 FROM 4-8PM

Please join Strathearn Community league for a free all-ages Hallowe'en party on Thursday, October 31st, at the Strathearn Community Hall (9511 90 St NW). Starting at 4pm we will have fun and games for younger children; starting at 8 pm we welcome tweens and teens (and adults!) for a Hallowe'en dance and party. More details check out the Facebook page and [website](#).