

**Rural Response for
Healthy Children**
www.rrhc.on.ca

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-Father Involvement**

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Summers are special for children and families. A time for children to really grow and thrive! There are often opportunities to enjoy holidays, meet new people and share new experiences. Have a safe family summer!

What's new? Over the next two years, Bob Hulley, our new Parent Support/Education Worker – Father Involvement is working with our staff and summer students to support holistic, friendly services for all family members. The Optimist Club of Clinton is taking the lead to replace our aging ten-year old THE Bus. Together, in partnership with several community leaders and organizations in South Huron, we are offering an action-packed Summer Neighbourhood Outreach Program in Huron Park on Monday mornings for six weeks. All family members including grandparents/caregivers will enjoy the various activities ranging from pick-up soccer to 'discovery' activities.

In our rural communities, we are fortunate to have many fun recreation, cultural, music and social activities for children and youth of all ages, and families in our neighbourhoods. Thanks to the hard work and creativity of many service organizations, churches and camps along the lake, these activities are often free or subsidized.

This summer, we are pleased to offer our Kinderoo – School Readiness Program to help children ages three to five years and their families with the transition to school in September. Thanks to the cooperation of the Avon Maitland District School Board, the Huron Perth Catholic District School Board and substantial local donations, we can offer this respected program in four locations, Goderich, Wingham, Clinton and Exeter.

Thanks to substantial in-kind contributions and financial support from our volunteers, local businesses, service clubs, individuals and government funding such as the Public Health Agency of Canada, the Ontario Trillium Foundation and Take Heart Huron, we offer developmentally appropriate activities that will make the summer of 2008 a special one for many of our children and families.

Marie Tyler
Executive Director

Parenting Toolkit

Discipline is Teaching

What is discipline? Discipline is teaching. If you were to stop reading now and take to heart the fact that discipline is teaching, it would strengthen your parenting skills. Every parent/caregiver faces times in their children's lives where there is a need to take some disciplinary action. Children may break rules, quarrel, disobey, hurt themselves, hurt others or damage property. We as parents/caregivers need to take action when children may hurt themselves or others. That hurt might be immediate or have long term repercussions. Pulling the family dog's tail today may be okay. However, pulling a strange dog's tail next month may lead to getting bitten. Hurting a dog could lead to a future pattern of bullying behaviour. How do we decide when to discipline? What form of discipline is appropriate?

Discipline is teaching. So the next question is "what are we teaching"? The desire of every parent's heart is to love, care for and teach self-discipline to their children. As our children develop there is progress in their ability to exercise self-discipline. Children ages 1 – 2 will not or may not recognize the danger of chasing a ball onto the street. Six year olds may begin to recognize danger and can exercise self-discipline to not chase a ball without checking traffic first. You wouldn't use the same discipline (teaching) with a 2 year old that may be used with a 6 year old.

Dads, moms, grandparents, caregivers teaching needs to be age appropriate. Your choice of discipline should fit your child's developmental stage.

- ▶ Babies to 1 year are usually too young to recognize any sort of consequences of their behaviour.
- ▶ 1 – 2 years – toddlers begin to learn right from wrong such as hot surfaces or pulling on a table cloth.
- ▶ 3 - 4 years – children ask lots of questions as they begin to understand the world around them; they are full of imagination and creativity thus drawing on walls; they may understand and follow simple rules.
- ▶ 4 - 6 years – children continue to be creative and begin to problem solve; they like to make choices and follow routines at home, daycare and school.

Know your child and choose the appropriate responses to teach. Be consistent in your appropriate responses when disciplining. Your child will recognize your love and care and respect your parenting skills.

Part of discipline is understanding natural and logical consequences. Visit our website www.rrhc.on.ca and click on Parenting Toolkit for the full article of Discipline is Teaching. Check out other websites for useful articles and tips: www.positivediscipline.com , <http://www.publichealthgreybruce.on.ca/Family/PositiveDisciplineTips.htm> and <http://www.canadianparents.com/article/positive-discipline> .

PARENTING PROGRAMS – Spring/Summer 2008

Morning/Afternoon Out

Parenting Programs in Wingham, Brussels, and Seaforth will end the week of June 6th and start again in the fall. In this unique group led program, the participants decide what they would like to do and learn.

Spring Session

- ⇒ SEAFORTH – WEEKLY - FRIDAY MORNINGS – 10:00 AM – NOON
- ⇒ WINGHAM – TUESDAY AFTERNOONS – EVERY OTHER WEEK – 2:00 PM – 4:00 PM
- ⇒ BRUSSELS – TUESDAY MORNINGS – EVERY OTHER WEEK – 10:00 AM – NOON

Watch for our **Fall Session** start times in the **Fall 2008 RRHC Newsletter** coming out early in September!

Huron Park – Neighbourhood Outreach – Summer Program

- ⇒ Behind Parkbridge Lifestyles Communities office, 110 Algonquin Drive, Huron Park
- ⇒ On Mondays - July 14 to August 25 from 10:00 AM – 11:30 AM (*NO program on August 4th, Civic Holiday*)
- ⇒ All children and youth 0-18 and their parents/grandparents/caregivers
- ⇒ Recreation activities and games, nutritious snacks, crafts, other interactive activities, parent/caregiver information
- ⇒ Resources and community information

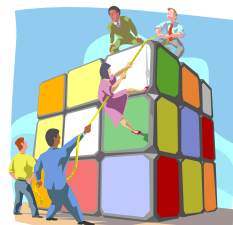
Huron Park Community - Watch for flyers in your mailboxes in June.

Interested in hosting a workshop or parent education program?

Are you a school, community group or organization interested in holding a workshop and/or parent education program? Rural Response for Healthy Children offers a variety of educational opportunities that we can tailor to meet your needs. These include but are not limited to:

- * Positive Parenting
- * Father Involvement
- * Parenting the Net Generation (Internet safety)
- * Inclusion and Diversity
- * Bullying Prevention (several workshops that could be booked)
- * Personal Safety Education (several workshops that could be booked)
- * Play and Your Child
- * Arts & Crafts
- * Jigga Jump – children's physical fitness
- * Nutrition Education

Childcare provided during programs/workshops.



For information about or to register for any of the Parenting Programs listed above,
Call 519-482-8777 or 1-800-479-0716

**Rural Response for Healthy Children
is pleased to introduce
Bob Hulley – Parent Support/Education Worker –
Father Involvement**



RRHC welcomes Bob Hulley, the newest member of our Parent Support/Education Team to support the integration of father involvement in all of our outreach programs/services.

Born in Seaforth, Bob has spent the majority of his life in Huron County. He has worked with parents, children and youth in Huron and Perth counties as a youth worker, parent group leader and facilitator as well as parent support worker and advocate for dads and moms. "My hope and desire is to use my own God given abilities to continue to strengthen and support families in Huron County," states Bob. Rural Response for Healthy Children reaches out to rural families, fathers and male caregivers who are managing challenges in their lives due to separation/divorce, isolation, low-income, mental and physical health issues and/or family crisis.

Over the next two years, the grant from The Ontario Trillium Foundation will be used to support the development, implementation and evaluation of the Rural Father Involvement Pilot Project. The results, lessons learned and best practices for preventing child abuse and neglect will be shared through the national, provincial and local community partner networks.

Visit these Father Involvement websites: www.cfii.ca/fiion, <http://www.fira.ca>, <http://www.dadscan.ca> and <http://www.dadstoday.org>

Visit our Rural Response for Healthy Children website at www.rrhc.on.ca

Kinderoo - School Readiness Program 2008

KINDEROO – School Readiness Program supports and strengthens a child’s self awareness, confidence and self-esteem. These attributes help children to succeed in school. Children learn about school routines, sharing and interacting with other children. They learn how to express their feelings, solve problems and gain literacy/numeracy skills.

KINDEROO – School Readiness Program supports healthy life choices through nutrition education and physical fitness activities. The program is positive and builds on strengths, based on the Virtues program. Ease the transition from home to kindergarten.

Locations – AM & PM	Scheduled Times	Locations – *AM ONLY
Goderich	AM - 8:45 AM – 11:45 AM	*Clinton
Wingham	PM - 12:30 AM – 3:30 PM	*Exeter

Available to any 3 - 5 year old child. This is a six week program (three days per week; three hours per day).

July 8th to August 14th, 2008.

Registration fee is \$60.00 per child (subsidies are available).

Spaces are filling quickly! REGISTER NOW!

Register by calling the Rural Response for Healthy Children office at **519-482-8777 or 1-800-479-0716**.

Reflections from 2007 Kinderoo – School Readiness Program

Hand in hand, often new friendships were the first signs of children settling into and enjoying Kinderoo.

“In the first three days of Kinderoo, watching each child gain confidence interacting with other children and their facilitators was heart warming. I felt privileged to be there in the moment! Big steps for little feet as children said goodbye to their parents, grandparents or caregivers the first day. Each child in their own way began to build trust, work and play with the facilitators. By the end of the week, it seemed that most parents and children were settling into the summer routine of Kinderoo and enjoying it”, said Marie Tyler, RRHC Executive Director.

This child-centred school readiness program provided a safe learning environment to help children gain confidence and enjoy a variety of activities that are similar to the routine of kindergarten. At each child’s pace, they were encouraged to enjoy free play time, participate in circle time and develop new skills doing crafts, pre-literacy activities, matching games and creative play.

“My son knows what to expect when starting school. He understands the idea of learning centres and circle time. He has an excitement to start school now,” said a Kinderoo parent last year at graduation.

As graduation day arrived with many parents, grandparents, brothers and sisters joining the celebrations, children in their own way said goodbye to their facilitators. Most parents/caregivers and children said that they were looking forward to the first week in their ‘big school’.

Spring Mini-Series – Thursday evenings in May.

“Separation and Divorce: A New Perspective for Parents”

May 8th – Helping Children Cope with Separation/Divorce

Huron-Perth Centre for Children & Youth, Rainbows Grief Counselling

May 15th – Speaking with Your Head not Your Heart:

Communicating with Your Ex

Julie Moore, B.S.W.-Clinton Family Health Team

Norman Pickell, LL.B –Conflict resolution/mediation

May 22nd – Caught in the Middle: Kids Between Parents

Dr. Daniel Terrance Ashbourne, Ph.D., Certified Psychologist

All sessions held at:

Clinton Christian Reformed Church

243 Princess St. E., Clinton

7:00 PM– 9:00 PM

Pre-registration is required. Child Care provided at no cost.

Call 519-482-8777 or 1-800-479-0716 to register.

Rural Abuse Helpline and Outreach – NEW!!

- ▶ Offered by the Huron – Perth Children’s Aid Society
- ▶ 24 hour toll free number to obtain access to support, counselling, referral and information services

Launch Dates:

Saturday, May 3rd Festival Marketplace Mall, Stratford

10:00 AM to 2:00 PM

Family activities, music, theatre groups & displays

Partners: Rural Response for Healthy Children and Perth County Child Abuse Prevention Team

Wednesday, May 14th St. Mary’s Catholic School, Goderich

7:00 PM to 9:00 PM

Forum on Child Sexual Abuse Prevention – “Personal Safety for Children –How You Can Help Keep Your Children Safe.”

Partners: Rural Response for Healthy Children, Victim Services of Huron, Women’s Shelter and Counselling Services Huron

Rural Abuse Helpline - 1-877-33-TALK NOW

Healthy Babies, Healthy Children Program is 10 years old!

Dr. Jean Clinton, a child psychiatrist at McMaster University, will be speaking about Healthy Growth and Development of Children throughout the day on Wednesday, June 4th. Along with stops in Wingham, Holmesville and Clinton, she will join Bryan Allen on the CKNX AM 920 Talk Show from 9:00 AM – 10:00 AM on June 4th.

Contact the Huron County Health Unit at 519-482-3416 or visit their website at www.huroncounty.ca/health.

Stationary Resource/Toy Lending Library

WHEN: Monday evenings from 4:00 pm to 6:00 pm (except holidays)

WHERE: 52 Huron St. Clinton

T.H.E. BUS


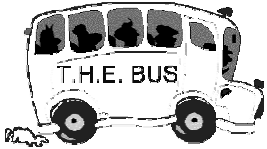

Spring/Summer 2008 Schedule



TUESDAY

WEDNESDAY

THURSDAY

WEEK # 1	TUESDAY	WEDNESDAY	THURSDAY
MAY 6-8 20-22 JUNE 3-5 17-19 JULY 1-3 15-17 29-31 AUG. 12-14 26-28	VANASTRA Tuckersmith Day Nursery 9:30 - 10:30 BAYFIELD Library 11:00 - 12:00 GODERICH Library 1:00 - 2:00 EXETER Relouw Early Childhood Learning Centre 4 :00 - 6:00	SEAFORTH United Church * 10:00 - 11:30 Playgroup/Lending BLYTH Christian Reformed Church 1:00 - 2:00 	PORT ALBERT Christ (Anglican) Church * 10:00 - 11:30 Playgroup/Lending LUCKNOW Family 'Y' 12:30 - 1:30 LONDESBOROUGH Radford Equipment 2:15 - 2:45 * denotes playgroups
WEEK # 2 MAY 1 13-15 27-29 JUNE 10-12 24-26 JULY 8-10 22-24 AUG. 5-7 19-21	BRUSSELS United Church * 10:00 - 11:30 Playgroup/Lending GORRIE United Church * 1:00 - 2:30 Playgroup/Lending 	GODERICH Knox Church * 9:30 - 11:00 Playgroup/Lending AUBURN Huron Chapel Missionary Church * 1:00 - 2:30 Playgroup/Lending WINGHAM North Huron Children's Centre 4:30 - 5:25 OEYP - Wingham Public School 5:35 - 6:30** **summer schedule at NHCC	ZURICH Bean Sprouts Nursery School *9:30 - 11:00 Playgroup/lending DASHWOOD Zion Lutheran Church 11:45 - 12:15 HENSALL Library 1:00 - 2:00 

THE Bus and US



will be at the Children's Festival in Goderich Saturday, June 28th/08



Teddy Bear Picnic 2006

Join us and celebrate the 10th Anniversary of Beverly Budd's contribution to THE Bus Program

We invite you to visit THE Bus and share your stories, memories in pictures and 10 years of professional work, fun and friendship with Bev.

This year RRHC supports the efforts of the Optimist Club of Clinton members as they spearhead the fundraising for the replacement of THE Bus. Meet Optimist Club members at the Children's Festival.

Dads, moms, grandparents, caregivers and friends.

See you there!

Rural Response for Healthy Children announces the

20TH Annual Teddy Bear Dream Auction

Saturday, October 4th, 2008
4:30 PM - Midnight

Knights of Columbus Hall, Goderich

"Meet Me at the Pav"

featuring
Stardust Big Band
Casablanca Dancers

Silent & Live Auction
Three Course Dinner



Tickets \$50.00 per person

For tickets: 519-482-8777 or 1-800-479-0716