



Rural Response

For Healthy Children

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www.rrhc.on.ca

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Welcome to a new year!

As we all embrace this new year and the events we know about and those we don't know of yet, let's make a commitment to do it together with the support and help that each of us needs from each other.

Our commitment to the families and children we serve continues to be strong and steadfast:

- providing the best programming and services that our staff can
- to be current and cutting edge in research backed programming so that families benefit from our expertise and connections
- provide families with programming to meet their needs and circumstances
- continue to deliver this programming county wide always mindful of changing needs
- support, educate and advocate for families and their children
- connect with community partners in support of families to meet their needs

Our commitment to community partners:

- continue our endeavour to provide inclusive programming to families and avoid duplication of programming and services
- meet the needs of partners as they call upon us to deliver programming and services to their participants/clients when requested to do so
- provide professional development opportunities when possible to strengthen both our abilities and the abilities of our community partners

Our needs:

- continued support from the community and community partners to help us facilitate our goals and commitments to families in Huron County and area
- continued respect and care from community partners ensure there is no duplication of services/programming when continuing/creating their programming in Huron County
- continued financial support to help replace an aging bus for our mobile toy/resource library that travels far and wide throughout the county
- continued financial support to ensure sustainability of Rural Response for Healthy Children programming and services

Beat the Winter Blahs!!!

Do you have a membership to T.H.E. BUS Program?

Are you up for renewal this year?

Considering buying one to give as a gift?

Looking to take out a new membership?

If you answered YES to any of the above questions and are ready to act on it, then you are eligible to enter our "Winter Blahs" contest. Deadline for entry is Thursday, March 4th, 2010. Draws for the winning entries will be Monday, March 8th at the Rural Response office. Only winners will be notified. See page 4 for more details. →

What can you win??

You can choose where you want your entry to go. Choose from one of the following items:

- A car seat, suitable for children 22-80 lbs
- A bottle sterilizer & bottles
- A package of fun, easy to read books for preschoolers
- A package of fun books for children 7+

Thanks to our community supporters for the donation of items for this contest!

- The Co-operators – Goderich (car seat)
- Kindred Circles – Central Huron
- Community donations

Parent Support/ Education & Family Ties Programming

We offer both male and female support workers. These two programs are provided at no cost to you. We work with parents and caregivers of children from age 0 to 18. We work with families in a holistic manner, helping to build supports and encourage positive family interaction. Our holistic approach includes families, single parents, caregivers, blended families, and persons who are separated/co-parenting.

<u>One to One Support</u>	<u>Groups</u>
<ul style="list-style-type: none">• Individual support services• Family support• Meet at your home or a private yet convenient location• Meet when it is convenient for you weekly, bi-weekly, monthly	<ul style="list-style-type: none">• Positive interaction between parents/caregivers and professional RRHC parent support workers• Meet at central community locations• Bi-weekly groups• Child care available

All programs offer:

- ✓ Non-judgmental supportive professionals
- ✓ Father Involvement
- ✓ Focus on participant needs
- ✓ Encourage positive parent – child interaction
- ✓ Support to strengthen families
- ✓ Positive discipline techniques
- ✓ Promote positive family structure and routine
- ✓ Encourage personal supports and well being
- ✓ Advocate with social and community supports
- ✓ Assist with Budgeting
- ✓ Relationships and communication
- ✓ Coping with stress



Groups this Winter:

- Seaforth – Friday Mornings – Every Other Week – 10 AM - 11:30 AM
- Wingham – Tuesday Afternoons – Every Week – 1 PM – 3 PM
- Brussels – Tuesday Mornings – Every Other Week – 9:30 AM – 11:30 AM

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

Rural Father Involvement Initiative



Ten things to do when there's nothing to do with your baby..... (Thanks to www.cfii.ca for these neat tips~!)

Have you ever found yourself just staring at your baby and wondering "what do I do with you now"? You can't go kick around a soccer ball, or pull out the paints, or teach them to throw a slider. But the ways you interact with them now will build the base you both need in order to have strong relationship later on. So just doing anything with your baby is teaching them they matter to you. Here are ten things you can do when it seems like there is nothing else to do . . .

1. Go for a house tour. Look out each window and into each mirror, click on the lights, check out the artwork. Talk about what you see.
2. Put on music and dance while holding your baby.
3. Make a mobile by hanging bright objects from a hanger. Hang it where your baby can bat at it.
4. Just for kicks lay him on his back and hold out things that make an interesting noise when he kicks them: a newspaper, aluminum foil or a set of car keys.
5. Sing a song or say a rhyme and move your baby's arms to do the actions.
6. Play peek-a-boo. Put a dish towel over his head and say, "Where's Mikey?" Maybe he will pull it off. If not, pull it off for him: "There he is!"
7. Let her grab your thumbs when she's lying down, and then holding onto her wrists, pull her up gently. Does she try to stand up?
8. Water play. Put her in the high chair, put a little bit of water in the tray and let her splash.
9. Kitchen concert. When he's old enough to sit up, give him a plastic or wooden spoon and let him bang on some pots.
10. Get a container – a shoe box, old purse or small bag – fill it with a variety of small safe objects and toys. Let your baby pull them out.

Learn more about the father involvement initiative and other RRHC programs and services that will help build a responsive community that protects the rights of children, reduces child abuse and neglect and strengthens families to nurture their children. Call our office at 519-482-8777 or 1-800-479-0716 and ask for Doug Ruhl. Visit these other 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

Making Do with Less or Living More with Less

In our current economic climate more families are starting and needing to take a look at their living expenses and trying to find ways to cut back. Does it mean we have to deprive ourselves and families or can we find joy and satisfaction in living with less? Might there even be advantages like more time, less stress, less competition, better relationships within our family and community?

First we must examine our expenses and compare the total with the income of the household. If there is more going out than what comes in, we must make change. This could mean minor or major adjustments to our jobs or where we live, when serious financial restraints occur. With less dramatic change we can look at many ways to help us live more with less.

Examine your family's needs and style of living, then remove or change optional expenses or luxury items and pare down your costs.

- Cut back on the amount of electricity and natural gas/propane you use. Adjust your thermostat and dress accordingly. Wrap your water heater with insulating material and use energy efficient light bulbs, turning them out when leaving a room. Unplug appliances when not in use.
- Shop for items and clothing at second hand, consignment shops and garage sales and sell items you no longer use or need in this way as well.
- Before getting groceries create a pre-planned menu. When possible try growing some of your own produce, check out food boxes or community gardens for local opportunities and additional savings. Dining can be special at home with candles, dress up clothes and special dishes.
- Consider using pre-paid phone cards with cheap long distance rates. If children are old enough to have their own cell phone they are responsible enough to have a part time job to pay for it, such as paper delivery, lawn cutting, or babysitting. Pay as you go options will teach them to use a phone only when needed and learn about the cost of this service.
- Library memberships are free with an endless variety of books, movies, cds and access to internet services for homework or research. Toy library memberships are an inexpensive way to offer variety without purchasing.
- Arenas and recreation centres often offer family days that are free or inexpensive as well as opportunities to attend games for entertainment. You can plan neighbourhood sports activities for the families you know, to have fun playing without the cost, competition and time stress of organized teams for you and your children.
- Check out local museums for discounts and inexpensive activities. Have movie night at home with a rental or borrowed movie and homemade popcorn. Hiking is free and if you have bikes use them for getting places and for fun outings.

With some simple changes you will soon notice you are saving money, teaching your family about wise choices and enjoying more satisfying time with them. To find more ideas check out these websites: www.canadianparents.com/home-and-family/familyfun; www.frugalfamilylife.com; www.frugalfamilyfunblog.com; www.boardgames4Us.ca; www.ontariotravel.net; www.cheapfamilyfun.com. Enjoying time with family and friends doesn't have to cost a lot!

Could you use a hand in sorting out your needs, wants and budget? Do you want to make the most of every dollar you have? Check out our new program - **Budgeting 101**. Sound interesting? Call our office at 519-482-8777 or 1-800-479-0716 for more information.

Personal Safety Education for Children with Disabilities

Sage Bath Recipe - Recommended by "The Ability Camp"

Aids in muscle relaxation, allows for more flexibility when exercising.

10 drops of 100% sage oil*

Put in hot bath water

Soak in bath for 10 to 15 minutes.

*Can also fill a knee high stocking with rubbed sage (sold in bulk) into running bathwater.

It can later be stored in plastic bags. (Water will turn brown)

(Also great for anyone who has had a stroke.)

For more information about the S.N.A.P. program contact Marg Cressman, S.N.A.P. Program Manager at 519-482-3557 or the Rural Response for Healthy Children office at 519-482-8777.

We have a WISH LIST.....can you help us? Our programming could use a volunteer or the following supplies and/or materials. If you know someone who would be willing to volunteer time to help out, donate the items or make a charitable donation to Rural Response for Healthy Children to cover the cost of purchasing these items let us know. Call us at the RRHC office -519-482-8777 or 1-800-479-0716.

- Help out a family in need....donate a food card from a local grocery store!
- Thomas the Tank or Dora DVD's for the lending library
- Folding card table
- T.H.E. Bus Program needs a volunteer to clear off snow from around and on the bus from Tues-Thurs each week for the winter
- Parent Support/Education Team needs a supply of crock pots and food processors for participants who can not afford to buy these items for themselves
- We always need printing paper, both white and coloured, pens and markers. It all helps out!

We thank everyone for helping us meet the needs of our programs!

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



"Keeping You Posted"
This Winter..



T.H.E. BUS

Winter 2010 Schedule

Our newsletter is user friendly. Cut along the line and you can post both the Family Ties and T.H.E. BUS schedule on your fridge!

	TUESDAY	WEDNESDAY	THURSDAY
WEEK # 1	AUBURN Huron Chapel Missionary Church *10:00 – 11:30 Playgroup/Lending	CLINTON United Church * 9:30 - 11:00 Playgroup/Lending	DUNGANNON Seniors Centre * 9:30 - 11:00 Playgroup/Lending
JAN 12-14 26-28			
FEB 9-11 23-25	GODERICH Library 1:00 - 2:00	SEAFORTH Seaforth Children's Centre 12:00 – 1:00	**LUCKNOW** Lucknow Arena 11:30 – 12:30
MAR 9-11 23-25	EXETER Relouw Early Childhood Learning Centre 4 :00 - 6:00	BLYTH Christian Reformed Church 1:30 - 2:00	LONDESBOROUGH Radford Equipment 1:30 – 2:00
APR 6-8 20-23			* denotes child development playgroups
WEEK # 2	BRUSSELS United Church * 10:00 - 11:30 Playgroup/Lending	GODERICH Knox Church * 9:30 - 11:00 Playgroup/Lending	ZURICH Zurich Lutheran Church *10:00 - 11:30 Playgroup/lending
JAN 5-7 19-21			
FEB 2-5 16-18	GORRIE United Church 1:00 – 1:30	BAYFIELD Bayfield Library 1:00 – 1:30	EXETER Hansen's Parking Area 12:30 – 1:30
MAR 2-4 16-18 30,31	FORDWICH United Church 2:00 – 3:00	VANASTRA Tuckersmith Day Nursery 2:00 – 3:00	
APR 1 13-15 27-29	WINGHAM North Huron Children's Centre 4:00 - 6:00		

Great News! Beat the Winter Blahs - January and February are exciting months! READ ON...

Location Changes!! Responding to community requests and needs.

Beginning **Wednesday January 13**, a **NEW** Playgroup/Toy Lending service at **Clinton United Church** from 9:30 – 11 am. This replaces our Seaforth United Church location; we are still in Seaforth on the same day at Seaforth Children's Centre for lending.

Beginning **Thursday January 15**, a **NEW** Playgroup/Toy Lending at **Dungannon Seniors Centre** (upstairs), from 9:30-11 am. This replaces our Port Albert Location.

Beginning **Thursday January 21**, a **NEW** bi-weekly lending location in the parking lot at **Hansen's Independent Grocer**, Exeter from 12:30 – 1:30.

Winter Blahs Celebration!

Join us in celebrating these changes to our schedule! During January and February there are some **great prizes** to be won too! One entry if you have a current Toy Library Membership as of January 1, 2010. A second entry if you become a **NEW member** or **renew** your membership in January or February 2010.

Choose the prize you hope to win:

- A car seat, suitable for children 22-80 lbs
- A bottle sterilizer
- A package of fun, easy to read books for preschoolers
- A package of fun books for children 7+

The names of the **4 lucky winners** will be drawn on Monday, March 8th.

Come out to a Playgroup! Meet new friends and learn something new! Sign up for a membership with T.H.E Bus, borrow new toys every two weeks and maybe even win something! Happy Winter Everyone!

Our playgroups are free. Toy Library Memberships are very affordable \$20/year for families. (subsidies available).

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