

Rural Response for Healthy Children

www.rrhc.on.ca

52 Huron St., P.O. Box 687
Clinton, ON N0M 1L0
519-482-8777 or 1-800-479-0716

Tyler, Marie Ext. 207
Executive Director

Beuermann, Dorothy Ext. 204
Program Services Manager

Budd, Beverly Ext. 215
T.H.E. Bus Manager

Cowman, Susan Ext 208
Parent Support/Education Worker

Cressman, Marg 519-482-3557 Ext.207
S.N.A.P. Program Manager

Greidanus, Cathy Ext 217
Mobile Resource Librarian

Hill, Wanda
Child Care Programmer

Nichols, Eric
Bookkeeper

Rogers, Laura Ext 206
Parent Support/Education Manager

Rooseboom, Audrey Ext. 201
Executive Assistant

Change is a part of family life. To manage change, we need to make choices. Sometimes those choices and the consequences are not easy.

This newsletter shares timely information and tips that may support you as you manage change in your life. Many rural families are making some major choices due to financial challenges, different parenting roles and new communication technology.

We reach out to support families, parents, grandparents and caregivers who are often the most influential people in children's lives. Service providers value the parenting toolkits and other links to resources and services in our community highlighted in the newsletter.

Young families and others with important challenges need our community's support. In most cultures, young families raising young children have the greatest needs, yet often have access to the least amount of income, life experience and assets such as land, investments and leisure time. Some of the strengths of our rural communities can be close extended family, supportive neighbours and professionals who are committed to improving our well-being. What more can we do to support young families so that they can nurture their children? Which choices will you make to support the development and safety of the next generation?

Our community-based not-for-profit organization is grateful for everyone in our community who steps forward to work with us and support our child abuse prevention work: Kids On the Block, S.N.A.P. Personal Safety Education for Children with Disabilities, our Parent Support/Education and THE Bus programs. The in-kind contributions, financial support and our cooperative efforts with community partners makes a difference in our communities. Together we help children make healthy choices, respect and care for each other. We are taking the lead in a Rural Internet Safety Initiative to support families to guide children's choices about internet use. Look at the new Communications Corner in our newsletter.

Best wishes for the best possible year in 2009.

Marie Tyler
Executive Director

Parenting Toolkit

Choices – Learning and Teaching

Giving children the opportunity to make choices gives them the feeling they have a say in what is going on.

From the time children wake up to the time they go to sleep there are many things we need to teach them. Parents and caregivers guide their children to get up, get dressed, eat, clean up and do chores. We show children how to play by themselves and with others. As children grow we also teach them how to be safe and know what not to do. How many times do we say? Don't go that way. Just take one. Look both ways. Don't talk to strangers. Learning what and what not to do gives children the ability to grow into responsible, thoughtful adults who have self discipline, self reliance and self respect.

The art and skill of making appropriate decisions at whatever age is important. So how can we influence and guide our children to give them the opportunities to grow and develop the skills of effective communication and decision making?

Life is all about choices. You know your child. How can we as parents and caregivers model wise decision making based on different situations? Through play, working together and just spending time together your children will learn how to identify problems, choose options, problem solve and see the consequences.

As adults it's important for us to understand how we make choices in our lives so that we can provide the guidance necessary to support healthy choices. Think of the daily choices we make about what we eat, how we spend our leisure time, how we spend money, how much time we sit in front of home computers. We make choices based on our values, beliefs, attitudes and life experiences.

As children develop they change physically, intellectually, socially, and morally. The challenge in parenting is to guide and influence this development as they grow. Making choices will become an integral part of family life. We are all challenged to improve our decision making skills and learn the consequences that comes with choice. It takes patience and perseverance to teach children that there are varying degrees of positive and negative consequences. Take advantage of teachable moments and opportunities as a family to strengthen your communication, decision making and problem solving skills

View the full 2 page version of this Parenting Toolkit on our website at www.rrhc.on.ca.

Some website you may find valuable are: http://www.rcmp-grc.gc.ca/docas/guide-kids-enfants/page5_e.htm
<http://www.progressiveparenting.com/children-choices.html>
http://www.investinkids.ca/ContentPage.aspx?name=Parents_Positive_Parenting

For more information about positive parenting topics and other programs and services offered by Rural Response for Healthy Children visit www.rrhc.on.ca or call our office at 519-482-877 or 1-800-479-0716.

PARENTING PROGRAMS – Winter 2009

Morning/Afternoon Out

Parenting Programs in Wingham, Brussels, and Seaforth.

Participate in this unique group led program for parents/caregivers. Our professional staff provides an opportunity for participants to identify their needs and decide what they would like to learn and accomplish.

Fall Session

⇒ SEAFORTH – FRIDAY MORNINGS - EVERY OTHER WEEK – 10:00 AM – 11:30 AM

⇒ WINGHAM – TUESDAY AFTERNOONS – EVERY WEEK – 1:00 PM – 3:00 PM

⇒ BRUSSELS – TUESDAY MORNINGS – EVERY OTHER WEEK – 9:30 AM – 11:30 AM

Link to timely parenting resources and community services/programs. Call us at 519-482-8777 or 1-800-479-0716. Child care is provided free of charge for these sessions.

**Workshops
Available**

Rural Response for Healthy Children offers a variety of educational opportunities that we can tailor to meet the needs of school councils, community groups/organizations and businesses.

These include but are not limited to:

- Positive Parenting
- Father Involvement
- Internet Safety
- Bullying Prevention
- Practical Conflict Resolution Skills
- Personal Safety Education
- Inclusion and Diversity

** Professional child care can be provided free of charge for most workshops/programs.

Call us. We can adapt any of our training/information sessions to suit your needs.

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 Response for Healthy Children

Rural Father Involvement Initiative



Tips on being an Involved Dad: (From <http://www.dadscan.ca/tips01.html>)

1. Support and respect the mother of your children.
2. Work together as a team, sharing equally in all childrearing tasks
3. Spend time with your children
4. Show love and affection toward your child
5. Protect your family
6. Spend time together as a family
7. Tell your story (about your childhood)
8. Promote and encourage your place of work to be father-friendly
9. Be an example
10. Being an involved father is for life
11. DADS CAN DO IT!

To read the full article of tips visit our website at www.rrhc.on.ca and click on the Father Involvement link.

If you would like more information about father involvement, our services or how we are implementing father involvement in our organization, give us a call. We look forward to sharing our experiences and our learning with you.

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

Parenting and Money Management – It's never too early!

What is best for young children usually benefits the whole family. How we share our feelings, ideas, information and skills and make money management decisions as a family is a very important part of parenting.

Children are watching, listening and learning. At an early age, you can show how you value everyone's contribution at home, work, school and in the community. As your child's ability to understand and their life experience changes, share meaningful stories and talk about money management, debt, credit and consumer choices. Do you remember how you first learned about the value of a quarter or a dollar? How did you feel about first saving and waiting to buy something special in a store? How did you last make a family decision about saving for a big purchase?

As young children begin to talk and understand the difference between needs and wants, we can guide their choices and help them to make wise decisions. Young children are watching and listening as parents/caregivers, grandparents, older brothers and sisters talk about money, decisions about buying and giving, work, volunteer and leisure time. Just like adults, children are greatly influenced by marketing on television, radio, internet and in magazines. How others use their resources like the environment, time, knowledge, skills and money?

At home, we begin to learn about the value of work and the ability to produce and make things to meet our needs and give meaningful gifts. Involving children in creative play, crafts and quality time together can help them develop knowledge and skills to be able to turn materials in the home into often special, interesting gifts for people in their lives. Is this the beginning of entrepreneurship?

Children can learn how to save to meet both short and long term needs and wants. Often parents and caregivers have their own way of guiding children to learn about the benefits of saving. One way to start is by giving a regular allowance that is appropriate to the type of work and chores that your child is able to do around the house. Many children use a small piggy bank to collect money. Open a bank account for your child to encourage long term savings and to guide them to use bank services. Talk about what interest is and how money can be deposited and withdrawn. Even regular deposits of a dollar a week can add up to 52 dollars plus interest a year.

Financial management is a hot topic right now for most of us in our families, at work, in our communities and in the media. You know your child best. Take time to talk, share your feelings and ideas about how your family manages money. 'Walk' your values, attitudes and skills that guide how you try to wisely spend and save money. Be sensitive about when it is an appropriate time to talk with your children about the challenges of work and business, earning and spending, and making wise consumer decisions. Two recommended Internet sites to learn more about parenting and money management.

Solutions Newsletter Issue 16 (Family Services Employee Assistance Programs):

http://www.uwo.ca/humanresources/docandform/docs/benefits/EAP16_financial_management.pdf

The Money Belt (Financial Consumer Agency of Canada): <http://www.themoneybelt.gc.ca>

CONNECTIONS- Rural Internet Safety Initiative

Let's investigate P.A.R.E.N.T.S.*

Participate and Share

Act Appropriately

Research, Ratings and Reviews

Examine Consequences

Need Rules and Restrictions

Take Action

Supervision for Safety * Presentation from Katie Cole, Thames Valley District School Board

In this issue:

Participate and Share

- Choose family friendly games to play together
- Book club
- TV night
- Create a playlist
- Film study (director or genre)
- Create a social networking profile
- Create a family website or blog
- Discuss News Events together
- Watch positive *YOUTUBE* videos

What will you do? _____

Thanks to our Rural Internet Safety Initiative sponsors for this informative corner!

Silver Sponsor

Hay Communications Co-operative Limited

Donor

Tuckersmith Communications Co-operative Ltd.

'Keeping you Posted'

Personal Safety Education for Children with Different Abilities



SNAP

Safety Awareness

- Take a walk around the neighbourhood.
- Make yourself aware of abandoned buildings, vacant lots, and unlit walkways.
- Know and walk the route your child takes to school.
- Know your child's favourite play areas.
- Know where your child is on an hourly basis
- Know phone numbers/addresses of your child's friends.
- Know how and where to reach your child
- Discuss with your child who to approach if they need help or are lost.

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.

"The strongest principle of growth lies in human choice."
George Eliot



T.H.E. BUS

Winter 2009 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	<p>AUBURN Huron Chapel Missionary Church *10:00 - 11:30 Playgroup/Lending</p> <p>GODERICH Library 1:00 - 2:00</p> <p>EXETER Relouw Early Childhood Learning Centre 4 :00 - 6:00</p>	<p>SEAFORTH United Church * 10:00 - 11:30 Playgroup/Lending</p> <p>BLYTH Christian Reformed Church 1:00 - 2:00</p> <p>TOY LIBRARY Clinton Office 3:00 - 4:00</p>	<p>PORT ALBERT Christ (Anglican) Church * 10:00 - 11:30 Playgroup/Lending</p> <p>LUCKNOW Family 'Y' 12:30 - 1:30</p> <p>LONDESBOROUGH Radford Equipment 2:15 - 2:45</p> <p>* denotes child development playgroups</p>
WEEK # 2	<p>BRUSSELS United Church * 10:00 - 11:30 Playgroup/Lending</p> <p>GORRIE United Church 1:00 - 1:30</p> <p>FORDWICH United Church 2:00 - 3:00</p> <p>WINGHAM North Huron Children's Centre 4:00 - 6:00</p>	<p>GODERICH Knox Church * 9:30 - 11:00 Playgroup/Lending</p> <p>BAYFIELD Bayfield Library 1:00 - 1:30</p> <p>VANASTRA Tuckersmith Day Nursery 2:00 - 3:00</p>	<p>ZURICH Bean Sprouts Nursery School *10:00 - 11:30 Playgroup/lending</p> <p>DASHWOOD Zion Lutheran Church 12:00 - 12:30</p> <p>HENSALL Library 1:30 - 2:30</p>



Our mobile resource service delivered by professionally trained staff offers parent and caregiver support and education opportunities as well as lending of toys and resources at all locations. Morning child development groups are open to parents, caregivers and their children to come out and enjoy lots of activities including playtime, socializing, theme oriented crafts, songs and stories in a community near you!

Dads - Moms - Grandparents - Caregivers
Come and check out a *Playgroup*
@ T.H.E. Bus location near you!



Learn ~ Share ~ Grow



Crafts ~ Toys ~ Songs ~ Stories

Everyone is Welcome

No charge