



Rural Response

For Healthy Children

Spring 2011



RRHC is looking for individuals from the community who may wish to volunteer as board members for the coming year. Please call Steve Miners (President) 519 482-3692 or call the RRHC office 519 482-8777 ext 207 or email dhahn@rrhc.on.ca

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www.rrhc.on.ca

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!!!IT'S HERE!!!

With Many Thanks to The Ontario Trillium Foundation, the Optimist Clubs of Clinton, Bayfield, Seaforth and Brussels and various RRHC patrons for their contributions.

Also with Special Recognition to Langendoen Custom Building Inc, Clinton, Huron Motor Products, Exeter and Artech Signs and Graphics, Seaforth as the companies who helped us along the way and for all the support within the community...

The dream is now a reality! A shiny brand new vehicle rolls into your community this Spring! It may remind you very much of 'THE Bus' and although not actually a bus, it is similar in size and shape and we will keep the program name, with it being so well known throughout Huron County and beyond.

We have an improved layout design that optimizes the space to make it efficient and easier to find what you are looking for and it holds more great items for our families, caregivers and service providers to lend. It is more comfortable and brighter and even has an amber light on top that will flash when we are open for visitors and lenders.

Everyone is excited when they see it. Come on board and be sure to visit our **THE New Bus** soon!



Find us on Facebook!

PARENTS:

Ask your Grade 3 & 4 students about "The Kids On the Block" - our real life size puppets!!

Helping to teach students about personal safety issues!

CALLING ALL PARENTS!

Is your child ready to start school in September?
Are you ready? Looking for a way to ease everyone in the family into the school routine?

KINDEROO IS FOR YOU!!!!

Turn to page 3 for more details.



THANK YOU!

THANK YOU!

The Staff and Board of Directors at Rural Response for Healthy Children would like to thank everyone involved in producing the First Annual RRHC Calendar. A very special thank you to our two talented photographers, Jennifer Black and Jodi Durnin for volunteering their time to help make this a success. Copies can be obtained on THE BUS at any of its locations or call our office to make arrangements to receive your free copy.

Personal Safety Education for Children with Different Abilities



Keeping You Posted!

Working on Social Skills at Home

Tips for Parents:

- **Make a list** of social skills that you and your child can work on. Some examples include: Sharing, waiting patiently, taking turns, helping others, listening, asking for help, being kind and greeting others.
- **Point out examples** of adults using their social skills
- **Talk about/share experiences** that you and your child may have had or observed with various social skills
- **Work on 1 Social Skill at a Time**
- **Discuss it, Practice it**

What is this program all about?

We recognize that **children with different abilities** are often particularly vulnerable to abuse. RRHC is working to change this reality in Huron County.

Personal safety education has programming for children and young adults with different abilities, parents and caregivers and professionals working with families.

Our goal is to keep children safe by reducing child abuse and neglect, supporting communities and providing skills and resources on personal safety education while highlighting the importance of beginning prevention education at as early an age as possible.

Bee...ing Together Workshop

In the Feb and March, there were two groups that attended our 'Bee...ing Together' social skills workshop which was held at Exeter Public School.

The group's focus was on skill-building, fostering friendships, improving communication, understanding the feelings of others, the importance of cooperation and having fun!

Through engaging lesson activities that included role-playing, games and exercises the children created an environment of working together and realizing the importance of 'helping hands'.

Over the 6 sessions the youngsters had a great time sharing their ideas and joining in on the social interaction.



Helping Hands! Two groups of children attended the "Bee...ing Together" Social Skills workshop that were held at Exeter Public School throughout February and March 2011.

Parent Support/Education & Family Ties Programming

What is the Parent Support/Family Ties Program all about?

We offer both male and female support workers on an individual or group basis. These two programs are provided at no cost to you. We work with parents and caregivers of children aged 0 – 18. Our holistic approach includes families, single parents, caregivers, blended families, and persons who are separated/co-parenting.

You can contact **Andrea, Doug, Jill, Sandra and James** by calling our office and asking for extension **213**.

Do you have a child starting school in September? Kinderoo is for You!

KINDEROO is a school-readiness program for 3-5 year olds.

KINDEROO supports and strengthens a child's self awareness, confidence and self-esteem. These attributes help children to succeed in school.

The Kinderoo – School Readiness Program has been developed to help ease the transition from home to kindergarten.

- ✓ Offered within a School environment.
- ✓ Children have increased opportunities to familiarize themselves with the school environment and routine prior to school entry.
- ✓ Children learn how to express their feelings and solve problems
- ✓ Children gain literacy/numeracy skills.
- ✓ Children have increased development of social, self-help, language and reasoning skills
- ✓ Kinderoo has a nutrition education and physical education component.
- ✓ Kinderoo is positive and builds on strengths, based on the Virtues program.
- ✓ Available to any 3- 5 year old children entering JK or SK this fall.

This is a **six week** program.

Each program is **three days per week - three hours per day**.

Programs run from 8:45 to 11:45 AM **OR** 12:45 to 3:45 PM

(Tuesday, Wednesday, Thursday)

Offered July 5th to August 11th, 2011 in

North, South, West and Central Huron County.

Registration fee is \$100.00 per child (some subsidies available).

For more information call our office at 519-482-8777 or 1-800-479-0716.

Create a Fingerprint Flower Bouquet!

<http://crafts.kaboose.com/fingerprint-flowers.html>



Cut out simple flower shapes from construction paper.

Have child dip finger into acrylic paint and dab off excess, then press onto each petal. Dab a contrasting color into the center of the flower.

Cut green pipe cleaner in half.

Glue pipe cleaner to the back of the flower.

Tips:

While this is a simple craft, if you are working with smaller children you may want to cut out the flower shapes ahead of time.

If you don't have pipe cleaners, substitute craft sticks or straws.

Use plain white paper and colorful paints if you don't have construction paper.

"Plant" your bouquet into a small terra - cotta pot hand painted by your child to create a lovely Mother's Day gift for Mom or Grandma!

All materials available at Dollar Stores

Spring Programs!

BiWeekly:

Brussels: Tuesday
Mornings
9:30-11am

Call the office for locations.

Weekly:

Wingham: Tuesday
Afternoons
1-3pm

New Programs!

Budgeting 102: Take the next step from Budgeting 101 ... How do you spend less and get more? Now that you have extra money how do you invest it?

FIBOC: A program for men! Help build your self esteem with this "Building your Children's Character Program!"

Call 519-482-8777 or 1-800-479-0716 to learn more or to register for any of our programs.

T.H.E. BUS/Child Program

Huron County's Only Mobile Toy and Resource Library

What Is "THE BUS" Program??

We travel to 16 different locations throughout Huron County. When we visit we provide Playgroups and a Toy and Resource Lending Service through which families can borrow any of the toys and resources in our vast inventory and take them home. Just like a traditional library, but you get to borrow new toys! Check out our full route schedule at www.rrhc.on.ca to find out when we visit your community!

Wishful Thinking

A big thank you to everyone who has continued to support THE Bus program by donating their gently used toys and resources! We are looking for **dress up clothes!** Everything from fedoras to cowboy hats, shoes to jackets, and costumes too. No jewellery please. Children across Huron County appreciate your generosity.



5 Little Raindrops

Use the correct number of fingers to create the actions for each verse.

1 little raindrop riding on a cloud,
riding on a cloud, riding on a cloud,
1 little raindrop riding on a cloud,
1 little drop of rain.

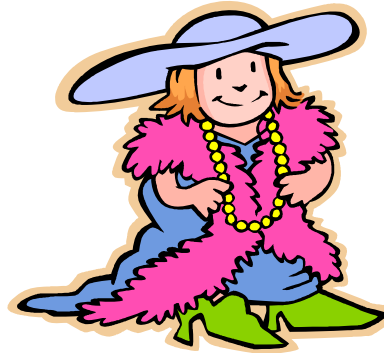
Then there were...

2 little raindrops falling from the sky...

3 little raindrops landing on your head...

4 little raindrops dancing on the ground...

5 little rain drops run away and hide...because the sun is in the sky!



"[THE BUS] gave him great opportunity to enjoy a variety of toys, ones that I didn't have to buy to have crowding our house. The variety was educational and there was a wonderful selection of age appropriate items"



Picks with Perks!

Are you expecting?
Parenting a child with a difficult temperament?
Trying to teach your child how to use the potty?
Looking for child friendly cookbooks?
Not getting enough sleep? We have a book for almost every parenting situation. Check out our extensive inventory and see if we can help!

"I like how the inventory turns over so quickly. I like picking up new games and not having to buy them all. We spent the evening playing "Rush hour for kids" and there are so many more age appropriate games for preschool and school age kids."



You **can** play with your food!
Make snack time fun and healthy!
Prepare a variety of cut veggies and encourage the kids to make their own edible art!
Don't forget the dip!

Visit our Rural Response for Healthy Children website at www.rrhc.on.ca for updates to THE BUS/CHILD PROGRAM SCHEDULE