



Rural Response

For Healthy Children

Volume 16 Issue 2

www.rrhc.on.ca

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Dorothy Beuermann
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**LIKE us on
Facebook!**

PARENTS: Ask your Grade 3 & 4 students about **"The Kids On the Block"** - our real life size puppets!! Puppets - Steven, Joanne and Name help to teach students about personal safety issues! Coming this fall to a school near you!

RRHC is looking for individuals from the community who may wish to volunteer for the coming year. Please call our office and explore the possibilities. We are always looking for support for our programs as well. If you can help out by donating needed supplies or by making a financial contribution, it would be greatly appreciated. 519-482-8777 or 1-800-479-0716.

Fall Happenings - 2011

KINDEROO - A SUCCESS!!

This summer we had 86 children graduate from the KINDEROO School Readiness Program!
We want to thank the children, parents and our seasoned, qualified summer students for their involvement and dedication to this program. And for giving 86 children a start their educational journey.

Parenting Children Through Trauma

*Rural Response for Healthy Children
is pleased to host an evening with*

Dr. Richard Zayed

*psychologist at the Children and Parent Resource Institute in London, ON
professor at University of Western Ontario
specializes in Post-traumatic Stress Disorder*

What are the signs of trauma in children?

What do I say to my child(ren)?

What do I do as a parent?

TUESDAY, NOVEMBER 8TH, 2011

6:30 – 8:30 PM – presentation by Dr. Zayed

8:30 PM – Question period with Dr. Zayed

Knox Presbyterian Church - GODERICH

THANK YOU!

The Staff and Board of Directors at Rural Response for Healthy Children would like to thank everyone for their support this summer as we reduced hours to conserve funds so that our regular Fall, Winter and Spring programming can be the best it can be! Also, some of our staff were directly impacted by the Goderich tornado and we thank all of those who showed concern, sent warm wishes and supported our staff and the organization in any way. We are part of a wonderful community here in Huron County and beyond.

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.

Child care when provided is at no cost to participants.

You can contact **Andrea, Doug, Jill, Susan** by calling our office at 519-482-8777 or 1-800-479-0716

Brussels – “Morning Out”

Building Resiliency in Children - 10 week program for parents. “Children learn resiliency skills by watching adults model them. Through a fun filled activity based program, parents will learn skills to help handle life’s challenges with resilience and will learn how to pass these skills along to their children.

Tuesday Mornings – 9:30 - 11:30

October 11th – December 13th

Brussels Mennonite Fellowship Church

Wingham – “Just Kidd’in”

Nobody’s Perfect - Families are complex, challenging, and worth every bit of effort. This program is about finding your way as a parent -- even when family life gets a bit messy. Find ideas and support to help you manage today's challenges and your child's needs. Discover your strengths as a parent, and build new ones with the support and encouragement of other parents.

Tuesday Afternoons – 1:00 – 3:00

October 11th – November 29th

St. Andrews Presbyterian Church - Wingham

Clinton – “Morning Out”

Parenting Effectively – through an interactive discussion group with other parents you will learn...
Effective communication skills
New discipline methods
How to promote self esteem & independence
How to encourage cooperation & responsibility

Thursday Mornings – 10:00 – 11:30

October 13th – November 17th

Rural Response for Healthy Children Building
52 Huron St. - Clinton

Exeter – “Afternoon Out”

Parenting Effectively – through an interactive discussion group with other parents you will learn...
Effective communication skills
New discipline methods
How to promote self esteem & independence
How to encourage cooperation & responsibility

Thursday Afternoons – 1:00 – 2:30

October 21st – November 25th

Location in Exeter TBA

-call our office for information

ADHD and your Family – CLINTON

Come out for an informal evening of discussion with other parents that have children with ADHD. Bring along discussion topics that are important to you & your family...

Frustrations & concerns?

What’s working & what’s not?

Behaviour? School Issues? Medication?

“Sometimes the best support is knowing that you are not alone.”

Clinton - Tuesday October 18th

Time – 7:00 – 8:30 PM

Rural Response for Healthy Children Building
52 Huron St. Clinton

ADHD and your Family- GODERICH

Come out for an informal evening of discussion with other parents that have children with ADHD. Bring along discussion topics that are important to you & your family...

Frustrations & concerns?

What’s working & what’s not?

Behaviour? School Issues? Medication?

“Sometimes the best support is knowing that you are not alone.”

Goderich - Thursday October 20^h

Time – 7:00 – 8:30 PM

Goderich Public School – HUB Room
Blake St. Goderich

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

Personal Safety Education for Children with Different Abilities



Keeping you Posted

with Snap and Friends
Personal Safety Education for
Children with Different Abilities

- Practice encouraging young children to make choices
- Limit the number of choices given to a young child (two)
 - Hold up real objects in front of them and ask them to pick one.
 - Give children a chance to make choices in picking out their clothes, a toy, an activity, a snack
 - Talk with children about poor choices they may have made and to think about their actions in order to learn from their mistakes
 - “Was that a good choice?”
 - “What other choice could you have made?”
 - While reading stories with your children talk about the choices that the characters in the story made.
 - “What do you think would have happened if she/he had made a different choice?”



“Bag Full of Fun” Workshop

Held in Brussels. Children led the parents to the activity stations that were set up throughout the room including a puppet theatre, pudding art, finger painting, crafty hats, and newspaper tearing.



Different Ability Awareness


Often, children are curious about the similarities and differences they notice about each other. To promote inclusion and respect for differences the personal safety education program for children with different abilities is offering disability awareness for young children in the children’s centres and schools this year.

For more information or to schedule a time for us to visit call 519-482-8777 or 1-800-479-0716

Visit our website at www.rrhc.on.ca

THE RRHC BUS

Huron County's Only Mobile Toy and Resource Library

	Monday	Tuesday	Wednesday	Thursday
Week #1	<p>Hensall Hensall Public Library 9:30 – 10:30</p> <p>Exeter Hansen's OEY/Bus Lending 11:00 – 12:00</p> <p>Vanastra Tuckersmith Day Nursery Lending 1:00 – 2:00</p> <p>Blyth Christian Reform Church Lending 2:30 – 3:00</p>	<p>Howick Township Community Centre Program/Lending 10:00 – 11:30</p> <p>Wingham PS/E Closed Group 1:00-3:00pm</p>	<p>Clinton United Church Program/Lending 10:00 – 11:30</p>	<p>Zurich Lutheran Church Program/Lending 10:00 – 11:30</p>
Week #2		<p>Howick Township Community Centre Program/Lending 10:00 – 11:30</p> <p>Wingham PS/E Closed Group 1:00-3:00pm</p> <p>Wingham Childcare Centre 4:00 – 5:30</p>	<p>Goderich Knox Church Program/Lending 9:30 – 11:00</p> <p>Lucknow Lucknow Arena Lending 1:00 – 2:00</p> <p>Auburn Auburn Missionary Church Lending 2:30 – 3:00</p> <p>Goderich Childcare Centre 4:00 – 5:30</p>	<p>Zurich Lutheran Church Program/Lending 10:00 – 11:30</p>



Our mobile toy & resource library travels throughout Huron County making 19 stops - providing the opportunity to borrow toys, books, cd's, dvd's, kits, and many, many more items on a two week revolving schedule. At some stops we do lending and at other stops we provide child programming and there parents/caregivers have the opportunity to interact with each other and our qualified staff.

Whether you live in the north, south, east, west or central parts of Huron County you will see THE RRHC BUS travelling to families providing an economical way to have current, quality, developmentally appropriate toys and resources on hand.

Family memberships are \$20 per year
Service Provider/organizational memberships are \$50 per year



KINDERGARTEN REGISTRATION

Sign up your child for kindergarten during
November 2011
at all schools across Huron & Perth Counties.
For all children eligible for Jr or Sr Kindergarten in
September 2012.

For more information, contact your local school after **October 1.**

Check out our website at www.rrhc.on.ca for THE RRHC BUS schedule, we have a stop near you!