



Rural Response For Healthy Children

Volume 16 Issue 1

www.rrhc.on.ca

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Diane Hahn
Executive Director

Dorothy Beuermann
Director of Operations

Mary Witherspoon
Administrative Assistant

Rural Response for Healthy Children thanks Jodi Durnin from Dreamingtree Photography for her time, patience, talent and for volunteering to be the photographer for our very first Family Photo Day.

Throughout the full day of seven different family sessions, she always had a smile on her face. Jodi allowed the families to take the lead and then just followed them with her camera, Jodi was able to capture every day moments that will be treasured keepsakes. You can see all of the photos from our Fall Family Photo Day at <http://dreamingtreephotojodidurnin.wordpress.com>. These are a few of our favourites. Watch for another Family Photo Day in 2011.



Winter 2011



Our RRHC team is growing again! The board and staff send a warm welcome to Jill Robertson, Lisa DeJong and James Fraser! "RRHC has experienced tremendous growth this year. The new staff members are a great compliment to the services we provide for an increasing number of families and community partners who are looking for support through our programs, services and community partnerships." stated Diane Hahn, Executive Director.



Meet our RRHC Board of Directors! Back row l-r, Ralph Laviolette, Treasurer, Leslie McNeil, Therese Bowler, DJ Eggert, Steve Miners, President. Front row l-r, Diane Hahn, Executive Director, Nancy Kale, Patricia Smith, absent from photo- Anne Laviolette, Secretary.

Great News!

The Honourable Ben Lobb, MP, pictured here with RRHC Board President, Steve Miners was on hand to announce funding for the "Investing in the Future" project being implemented by Rural Response for Healthy Children over the next three years.



We now offer both, Budgeting 101 and the "Investing in the Future" – Budgeting 102 workshops. Watch for one coming to your area. This very worthwhile programming is also available to high school students. For more information about the Budgeting 101 and 102 programs call our office at 519-482-8777 or 1-800-479-0716. These workshops will be available to those interested in the surrounding counties so if you know someone who might benefit have them call us. Visit our website for posters advertising upcoming workshops, locations and times at www.rrhc.on.ca.

www.rrhc.on.ca IS UNDER CONSTRUCTION!!!

Our website is under construction, it's going to be an exciting change so check in regularly!



Join our Facebook Page at <http://www.facebook.com/pages/Rural-Response-for-Healthy-Children/355425033525?ref=ts>

Production of this newsletter has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

Parent Support / Education Programming

A big welcome to new members of our Parent Support and Education team. Jill Robertson joins us as a Parent Support/Education Worker supporting families in group facilitation and one to one support. Jill is also coordinator of our Kids on the Block Program. James Fraser joins the team in the role of Parent Support Financial Educator. James will be providing Budgeting programs over the next three years thanks in part to the support of the HRSDC – ESCO “Investing in the Future” funding.

You can contact **Laura, Andrea, Doug, Jill and James**, by calling our office and asking for extension **206**.

We offer both male and female support workers. Programs are provided for parents and caregivers of children from age 0 to 18 and are at no cost to participants. We provide support to families with a holistic approach, helping to build supports and encourage positive family interaction. Families are all different and we work with single parents, caregivers, blended families, grandparents, guardians of all descriptions and all family members who are experiencing/have experienced separation/divorce/co-parenting.

Winter Programs!

Weekly:

Wingham: Tuesday
Afternoons 1-3pm

Biweekly:

Brussels: Tuesday
Mornings
9:30-11am

Winter Word Search



How to shop with your child (Without being banned from the store!)

Explain to your child where you are going. Use simple words.

Remind them ahead of time that you will not be buying any toys on this trip. Tell them what you are going to buy.

Bring along a snack, book, or small toy to occupy your child.

Enlist your child's help in locating items on your list.

Do not take your child if he is tired/hungry or not in a good mood. You may need a back up plan or to shorten or postpone your trip.



What happens to program when it storms??

Listen to CKNX radio stations for cancelations and updates.

- | | | |
|-------------|-------------|-----------------|
| Boots | Ice Skating | Snow Ball Fight |
| Coat | Mittens | Snow Flake |
| Freezing | Scarf | Snowboarding |
| Gloves | Skiing | Snowman |
| Hat | Sledding | Toboggan |
| Ice | Snow | Winter |
| Ice Fishing | Snow Ball | |

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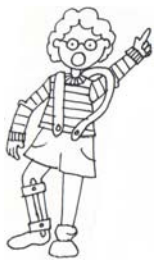
New Programs!

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

FIBOC: A program for men! Help build your self esteem with this “Building your Children’s Character Program!”

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

Personal Safety Education for Children with Different Abilities



Keeping You Posted with Snap and Friends

Our Name = Our Identity
Labels affect our identity.
The descriptive term that is applied is just a small part of who a person is or can become.

USE My Name (Person First)

Ryan has Autism
Jill **has** a learning disability
People with different abilities
Nora uses a wheelchair
Joe has a physical disability
Tonya **has** a developmental delay
Steve receives special education services
Mark has a developmental delay
Sally has a hearing impairment
Sue needs...or she uses...(cane, wheelchair)

AVOID My Diagnosis (only if necessary)

Ryan is Autistic
Jill is learning disabled
Disabled people/the handicapped
Nora is wheelchair dependent/a wheelchair user
Joe is disabled
Tonya is developmentally delayed
Steve is a special education student
Mark is slow
Sally is deaf or dumb
Sue has a problem with...

This past summer we were fortunate to have Kristen Verhoog complete an internship at Rural Response for Healthy Children. Kristen spent over 120 hours of her own time with us and worked most closely with The Personal Safety Education for Children with Different Abilities Program. We asked Kristin to summarize her experience at RRHC:

When I decided to take on an internship at Rural Response for Healthy Children I wasn't sure what I should expect. I knew that they were advocates for children and families but that would have been the extent of my knowledge. I quickly realized that the staff at Rural Response are much more than advocates, they are passionate about every child and family they work with in order to create a safer community in Huron County. I spent most of my time with the Personal Safety Education for Children with Different Abilities program where I learned that the most important thing is belonging. To belong is to feel love, acceptance, and security in the community that surrounds you. There are many components to the personal safety education program. One of the opportunities I enjoyed was bringing Snap and Rainbow Friend (puppets who have different abilities) to a children's school readiness program called Kinderoo. Together we read the book, "Different, Who Said That!". I was impressed by how quickly the children accepted the puppets even though they looked different. They allowed them to belong to their group without any judgements. I started to wonder what our community would be like if we acted more like these children. What if we accepted people for who they are, not who society tells them to be? We could then have a community where everyone feels like they belonged. One never knows what can be learned from the people in their own community. Other program work included assisting with the development of prevention materials, helping and assisting the parent support groups, researching and creating prevention information hand outs.

Kristen Verhoog

For more information about this program contact **Marg** at 519-482-8777 ext 301



Production of this newsletter has been made possible through financial contributions donated from our community.

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T.H.E. BUS/Child Program

Huron County's Only Mobile Toy and Resource Library

THE BUS/CHILD PROGRAM staff are enthusiastic and eager to meet all our participants and help develop and deliver programs across the county. You can connect with **Bev, Melissa, Lisa and Nicole** by calling our office and asking for extension 215.

Chubby Little Snowman

(action rhyme)

A chubby little snowman,
(Hold hands out to demonstrate "chubby")
Had a carrot nose,
(Point to nose)
Along came a bunny,
(Hop like a bunny)
And what do you suppose?
(Shrug shoulders; hold out hands, as if to question)
That hungry little bunny,
(Rub stomach)
Looking for his lunch,
(Hold hand above eyes, as if searching for something)
Ate that snowman's carrot nose,
(Pretend to eat)
Nibble, nibble, CRUNCH!

Winter Weather Alert!

When it's snowing and blowing, listen to 101.7 The One or 104.9 The Beach, check your email (are you on our email list?) and our Facebook page for BUS route updates!



The "Winter" Hokey Pokey

(to the tune of "The Hokey Pokey")

You put your right mitten in,
You take your right mitten out,
You put your right mitten in,
And you shake it all about.
You do the winter pokey, (shiver)
And you turn yourself around,
That's what it's all about!

Continue with:

You put your left mitten in...
You put your right boot in...
You put your left boot in...
You put your long scarf in...
You put your snowsuit in...

Let it Snow! Let it Snow! Let it Snow!
What can we do in the snow?

Paint it with spray bottles filled with food colouring and water!



Use your sand buckets to make a snow castle!

Thread 3 banana slices onto a bamboo skewer, add an apple quarter and grape hat, pretzel arms, chocolate chip buttons, and a carrot nose (of course!) and you've got Snowmen on a Stick! A great snack to come in for after building the real thing!



Can you help with our Wish List!

Items for our new Children's "Money" Theme Kit, like

- Play money - such as plastic coins, monopoly or play bills (Canadian)
- Cash register (with calculator feature if possible)
- Small piggy bank
- Calculators
- Wallets

Picks with Perks!

Family Game Night?
Borrow a new game from THE BUS!

Classics like Operation, Cranium, Guess Who, Twister, and new favourites like All Around the Town, Scrabble Slam, I Can Do That and Birthday Party!

Get the whole family involved with reading, counting, moving the pieces around the board and keeping score!

Gather 'round the table, Grab some hot chocolate (with extra marshmallows) and play a new game with the family today!

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