



**September 2016**

**This Year's Highlights**

We have had another busy year for the NLFRP! Here are a few of the highlights:

“Positive Discipline in Everyday Parenting” was hosted by the NLFRP in Gander on October 19-21, 2015. This training was developed by Joan Durrant, PhD, University of Manitoba, for Save the Children Sweden in 2007. “Positive Discipline” is non-violent and respects the child as a learner. It is an approach to teaching that helps children succeed, gives them information, and supports their growth. The training was facilitated by Shamail Khalil and Alana Garcia of Mosaic from Winnipeg, Manitoba. Twenty-five participants received training and the feedback was very positive.

The NLFRP has partnered with the Public Health Agency of Canada, Department of Seniors, Wellness and Social Development, Department of Education and Early Childhood Development and Regional Health Authorities in the revitalization of the Nobody’s Perfect Parenting Program and the delivery of Nobody’s Perfect Facilitator Training throughout the province. Nobody’s Perfect was originally developed in the 1980s and since its beginning it has had a profound impact on the development of community-based parenting education in Canada. Its participant-centred approach, based on respect

and support for parents, has been adapted by many other programs. The parenting resources have recently been revised by PHAC and the program is being revitalized throughout the country. A Nobody’s Perfect Trainer Refresher was facilitated by Master Trainer, Mary Lynch, in February 2016. The first of three Nobody’s Perfect Facilitator Courses was offered in St. John’s for the Eastern and St. John’s Region on March 8-11, 2016 with a total of 23 participants. NP Facilitator Training was held on June 21-24 in Deer Lake for the Central and Western Regions and training in Labrador is tentatively scheduled for the fall 2016. NP Trainer training will be offered in St. John’s on September 27-30, 2016.

The NLFRP Logo and Website received a facelift over the past year thanks to Lillian Fidler Design Limited who were contracted by the Association. The website is now designed for “self-management” and over the next year the Board Members will be learning how to post newsletters, training notices, registration, etc.

The Board of Directors were very busy with the planning and organizing of the biannual conference “Spreading Our Roots – Strengthening Families”. Preparation included monthly conference calls; membership

needs assessment; booking of venue and ongoing liaison with Hotel Gander; identification of workshops and facilitators; booking of preconference session and closing keynote speaker; organizing of facilitated networking sessions; completing the registration process; preparing conference kits and follow-up as needed.

Over 150 participants registered for this year’s conference which was held from May 31st to June 2nd, 2016. Presenters included Jeremy Bennett for our pre-conference training and keynote speaker Kathy Reid Naiman and well as many workshop facilitators who presented on a wide variety of topics.

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## Contributions from our Members

We welcome submissions from our members. In this year's newsletter we highlight two of our members, the Kilbride to Ferryland Family Resource Centre and the Treehouse Family Resource Centre.

### Kilbride to Ferryland Family Resource Centre

*Submitted by:  
AnnMarie Hann  
Parent Support Facilitator  
Kilbride to Ferryland Family  
Resource Centre*

What does Ferryland Family Resource Centre mean to me? It means looking forward to seeing our families come together every week to enjoy the play space and make this place their own. I love playing with the children and watching them play with each other, developing new skills and learning to problem solve. I love watching their imaginations grow, listening to their conversations with each other and to come together as a community, hopefully making life- long friends. I love watching the



parents feeling safe to share with other, and to just hang out with their peers. Asking questions and having discussions around different parenting issues, feeling reassured in the knowledge that we all go through the same things and there are solutions, help and support. We have a lot of dads who work away, and for some moms this is the only adult time they get during the week. The family resource centre is different things to different people and I hope that we meet the needs of all our families. Our families take ownership of the centre, and that means everything to me.

This past year the number of families visiting our centre is constantly growing. A year ago

we were looking at the possibility of closing, now we are adding programs. We have weekly playgroups and structured programs such as Messy Play, Our 5 Senses, Fun with Fairytales and Little Green Thumbs. This fall we will be starting a new playground play day. This will be a 6 week program in which we will meet at the local playground and enjoying playing on the equipment, followed by a picnic for snack. One of our drop in playgroups will be held at 3:00 to accommodate families with children in school who miss coming to the resource centre. I look forward to spending another successful year with our families.





## Treehouse Family Resource Centre

Here are a few of fun activities that have been offered by the Treehouse Family Resource Centre in Deer Lake. They look like they have been having plenty of fun!

### Backyard FAM JAM!!

(Deer Lake) This is a new evening program that began this summer. The program is hosted every two weeks. During the first Fam Jam they had a “drive-in” movie theatre. Others included; Game night (child friendly Pokemon Go, Yard Yahtzee, etc) and Camp-out (a few tents, campfire sing-along & smores).



### Stroller Fit

This program is offered on a weekly basis in Pasadena and Deer Lake.



### Boat Races

Boat Races were held in both Pasadena and Deer Lake during Drop In Play. The boats were made in a previous Drop In Play and then the race was scheduled.



### Pasadena Natural Outdoor Play Space

A play area that even includes the kitchen sink!

The play area was planned and implemented by the Pasadena Tree House parents and community donations. The emphasis was on having a natural play space without the large commercial items. The space has a sand play area, a “kitchen” (complete with counter/ pots ‘n pans and kitchen sink), and a small area to plant veggies or whatever. Tables are recycled cable wheels. They hope to add a

chalk board on the fence and a few other items.



### AFTER the BELL!

The Tree House Family Resource Centre partnered with Hampden Academy to provide a weekly after-school program that provides safe, structured, meaningful, and fun activities to promote learning and healthy development. This program was open to students from Kindergarten - Grade 6 and preschool children (accompanied by a parent/caregiver). AFTER the BELL was a great success and will continue for the upcoming year.







## Spreading Our Roots—Strengthening Families



This year's Provincial NLFRP Preconference and conference took place from May 31st to June 2nd at the Hotel Gander. We started with our preconference training with Jeremy Bennett who spoke about beating stress and anxiety.

The next day, we enjoyed a large variety of sessions including engaging fathers, advocating/supporting families affected by FASD, injury prevention, violence prevention, nutrition, understanding audits, guiding behavior, professionalism in the workplace, the Good Health for EveryBody program, children's mental health, inclusion and facilitation skills. Our NLFRP Annual General Meeting was held, followed by a fun night with the theme of "The Roaring Twenties".

Our final day consisted of facilitated networking sessions including the following topics: parent programs, program promotion and encouraging parent engagement, Healthy Baby Club, FRP Fresh Ideas and strengthening partnerships. To close, we enjoyed a networking breakfast and a Music and Movement session with Kathy Reid-Naiman!

It was a busy, productive and fun few days. We are looking forward to our next NLFRP Networking Conference which will be held in the spring of 2018!





## Professional Learning Institute

The division of Early Childhood Learning is in the process of planning a Professional Learning Institute on early literacy/play – based learning for March 2017. This Institute may include the participation of staff of NLPL,

regulated child care, and Family Resource Centres. The NLFRP was contacted about having someone from our Board sit on a committee to help plan the Institute. Myrna Moss, our representative from the

Treehouse Family Resource Centre in Deer Lake has agreed to sit on the committee to help plan the event. Thank-you Myrna for taking on this role and representing Family Resource Centres on this committee.

## Message from Kathy Reid-Naiman

This spring I visited Newfoundland for the very first time, as the keynote presenter at the Newfoundland and Labrador Provincial Association of Family Resource Programs (NLFRP) annual conference. I had a great time and I really would like to visit again. I would like to apply for a funding grant to do some early childhood training workshops and concerts in Newfoundland and possibly Labrador next year (2017), but first I need to find out if there are communities and organizations that would like to host me.

If this sounds like something that you or your community might like, please send me a message at [kathyreidnaiman@gmail.com](mailto:kathyreidnaiman@gmail.com) and tell me what you might like to see happen; a workshop training session for childcare staff, a community concert, a school or daycare visit. Please tell me what you might be able to offer as payment, no matter how small; I will be applying for funds to cover my travel expenses and some of my performances but I need to show that there are communities that are willing to pitch in to make this happen.

You can find out more about my workshops here : <http://www.merriweather.ca/kathys-workshop-page.html>

I look forward to hearing from you, Kathy Reid-Naiman

Here is a sample from Kathy Reid-Naiman's collection son songs, finger plays and rhymes:

### **What Are You Wearing?** By Hap Palmer

What are you wearing, what are you wearing,  
What are you wearing today, today?  
What are you wearing, what are you wearing,  
What are you wearing today?  
And if you're wearing red. Nod your head.  
And if you're wearing red, turn, around.  
And if you're wearing red, then sit back down.  
Blue....tap your shoe  
Green....jump like a bean  
White....wave your hands like a bird in flight  
Clothes....touch your toes  
Pants....do a little dance



# NLFRP Membership Renewal

Membership renewal for the Newfoundland and Labrador Association for Family Resource Programs is due no later than January 31st, 2017. The cost of the initial membership is \$125.00 and then \$75.00 to renew for each year after that. Benefits of membership include discounts on our Provincial Conference and regional training activities, information on other training opportunities, our annual newsletter and funding assistance to host training events in your region.

We will be sending out a reminder along with the registration forms in December, so keep an eye on your inbox!



## Board News!

Our Annual General Meeting was held at the Provincial Networking Conference in Gander on June 1st. At that time, we welcomed Roxanne Pottle, our new board representative from the St. John's region!

Roxanne is the Executive Director for Brighter Futures of St. John's and District. We look forward to her contribution to our team!



### **NLFRP Board of Directors**

#### ***St. John's Region***

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