



NLFRP

NEWS

Newfoundland and Labrador Provincial Association of Family Resource Programs

This Year's Highlights



The NLFRP Board would like to thank all NLFRP members for your continued support over the past year. Here are some of the highlights of what we have been doing lately:

The NLFRP provides up to \$500 per region to assist in the regional networking and training opportunities for members. During the past fiscal year, two grant applications were submitted and approved. The Western/Grenfell Region held a three day CPSAC Child Passenger Safety Technician Training in October 2016 to increase the capacity to assist parents/caregivers with the proper installation of infant/child restraints and booster seats. The St. John's Region held a networking event for all FRP staff in November 2016 focusing on re-establishing regional connections, and developing regional goals to enhance partnerships and increase shared professional development and training opportunities.

The NLFRP planned and coordinated the biennial conference entitled "Spreading Our Roots— Strengthening Families". The conference took place on May 31st to June 2nd at Hotel Gander with over 150 participants from Family Resource Programs from across the province attending the event. Feedback from the conference was very positive.

During the past year, NLFRP has partnered with the Public Health Agency of Canada; the Community Action committee for Southwestern Newfoundland; the Department of Children, Seniors and Social Development; the 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.

September 2017

Five NP training events took place in the province during 2016. A Nobody's Perfect Trainer Refresher for the 7 existing NP Trainers in NL was facilitated by Master Trainer, Mary Lynch, in February 2016. Three Nobody's Perfect Facilitator Trainings, facilitated by Maureen Bethel and Bernice Hancock, have been offered over the past year in St. John's, Deer Lake and Goose Bay with 73 Family Resource Centre and Regional Health Authority Staff participating in one-day refresher and four-day training workshops. A four day NP Trainer training was offered in St. John's on September 27-30, 2016 with 8 new trainers participating. The NP partnership has been a great success with an increased number of FRP sites and RHA staff offering the Nobody's Perfect Program for parents over the past year.

It has been a busy and exciting year for NLFRP. The Biennial conference and Nobody's Perfect Training as well as regional training events provided professional development and networking opportunities for FRP staff throughout the province. Based on the feedback, the training provided was well received and met identified needs. The two year work plan for 2015-2017 continues to guide the work of the association and is reviewed and updated on an ongoing basis. For more information, please visit www.nlfrp.com.





Contributions from our Members

We welcome submissions from our members.

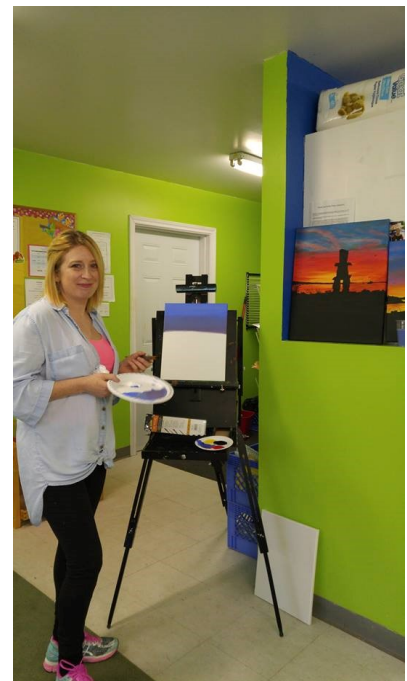
Kilbride to Ferryland Family Resource Coalition



In my opinion, the best thing a parent/family can take away from a Family Resource Centre is confidence. One of our parents, Rachel Stratton, has recently discovered her love and talent for painting. She is quite the natural with a paint brush and has graciously shared this love and talent with other parents, therefore inspiring and showing them that they, too, can paint. Rachel is not someone who thought that she could ever stand in front of a group and talk, but she prepared for a Parent Night at

our Ferryland Family Resource Centre and spent the evening teaching other parents how to paint a picture. Each painting was unique and each parent felt pride in their work. She has since taught a Paint Night at our Kilbride site and we will be getting her back for more paint nights in the future. "Getting up in front of people was something I never would have imagined, I really enjoyed it!"

Submitted by: AnnMarie Hann





North Shore Early Childhood Association



Creative Snack from the Little Gardeners Program (Left) Peeling vegetables at the Little Chefs Program (Right)

Submitted by: Valerie Penney



Northern Peninsula Family Resource Centre

Back in June, the Northern Peninsula Family Resource Centre hosted their Annual Bike Rodeo in St. Anthony. All families were welcomed to attend.

They partnered with their local RCMP department, Grenfell Memorial Coop & Town of St.

Anthony. They had lots of businesses that contributed to their event, that help make it so successful. Some of the items donated were bike helmets, bikes, food, reflectors, beverages, etc.

This event consisted of a bike & helmet safety demonstration,

safety obstacle course, BBQ and Prize giveaways.

There were a total of 174 children and 166 parents registered for this event! This event was extremely successful.

Submitted by: Charmaine Cull





When Simple Things Count



Life is about simple things. As an example, many young children prefer a cardboard box rather than a fancy toy, to some people pets are not just animals, but a fundamental part of their life, and very often a walk around the pond reinvigorates our stressful lives. Likewise, almost on a daily basis, I have the chance to meet with amazing human beings who are models of resilience (ability to reach for the good and positive in spite of adverse circumstances).

As a Community Outreach Worker, I have observed that a great majority of newcomer children are happy, smile very easily and share with others. Even though they don't speak the language, don't know anybody here, and the majority of them come from low income households, but step by step; these children have adapted successfully to their new life in the city, and even to the harsh winter.

The American scholar Ann Masten, an authority in resilience research; maintains that close relationships, caring parents, effective schools, and supportive communities among others; can reduce the risk and/or other difficult factors that can affect the development of individual success and a happy life. Therefore, resilience explains how in spite of what many of us consider a barrier in the lives of these children, they are actually happy.

My interactions with these children and their families start with a family visit, which is the basis of my job as a Community Outreach Worker. The initial visit is devoted to introducing myself, getting to know the members of the family, their cultural background and to provide information regarding family oriented programs available in the city.

Additionally, in many instances my visits with families include cooking simple recipes together; sharing a conversation based on any subject related to their new life in Canada; having tea or coffee together; providing information about available programs, places of interest, or asking about how the children are doing in school. The frequency of my visits with a family depends on their ability or not to attend playgroups, healthy baby groups, library visits, active play or go to the park. As the relationship with these families evolved and the level of trust increased, I decided to engage all members of the family in the creation of craft projects, this idea provides an option when it is difficult for them to attend play groups, or the inclement weather prevent them for going out.





Craft projects can be overlooked as simple activities devoted to keep children entertained. However, it is very important for children to create with the help of their parents in the colouring of a picture, the creation of a card, or in pretend games (having tea). Surprisingly, for many newcomer parents playing with their children is a foreign concept. In fact, many of these parents come from big families in which the role of aunties, uncles and grandparents is to take care of the children, while the parents accomplish their professional goals.

I also realized that for many of the families it is a long process before they feel comfortable enough to arrange their own transportation to the programs' sites, since they are not very familiar with the city, or their language skills are extremely limited. Additionally, many of the families have more than one child under five years old which makes the transition from home to playgroup even more difficult especially during the winter months.

I don't know the extent that doing crafts, sharing tea, cooking together and having a chat can make to the families as they transition to their new life in St. John's. What I do know is when they feel comfortable, they are willing to invite me back to their homes following their children's' request.

As a Community Outreach Worker I truly appreciate the opportunity for the cultural exchange, and I feel humbled by the opportunity to share and laugh with the parents and their children. Besides the obvious professional rewards, I feel happy to see the positive results of colouring with crayons, cutting colourful pieces of paper and adding stickers to the kids' projects. And as I said to my manager, who would have guessed that an eleven dollar plastic box was going to bring so much excitement to the lives of these gorgeous, intelligent children and their parents. They love the "box", it is full of magic, when in reality is full of sequins, little pieces of paper, colourful confetti and glue, nothing really special!



Adriana Castano-Kutty
Community Outreach Worker
Daybreak Community Programs
St John's, NL

Masten, Ann.(2015). *Ordinary Magic: Resilience in Development*. New York: The Guilford Press.





Conception Bay Family Resource Program



Well, we have had a busy summer. The weather has been wonderful in this area of Newfoundland. So many programs have ended up being outside in our garden. The vegetable garden is part of our Gardening Program, and is being cared for all summer by the children.

We have finally taken delivery of our Friendship Bench. We encourage children and adults who have a friend, or who need a friend, to share the bench and talk together. See a quote below from "tinygirlbigdream.org" website:

"The Mission of Tiny Girl, Big Dream comes from the life of a tiny girl, a girl who was born of magic. A girl without complete arms who, despite her differences, or perhaps because of them, intuitively knows what it feels like to be left out, not to be part of the



"normal" group. Every child, indeed, every person, understands that feeling, having felt it many, many times in their lives. But few have the big dream Acacia has. One tiny girl has the courage of many and a big dream of making a difference for children by speaking out and providing others with a means of expressing themselves without words- The Friendship Bench. Acacia's dream is to place friendship kits into every school across the United States and spread friendship around the country and around the world. She believes that if we can begin to



put the spotlight on all of the goodness, random acts of kindness, and yes, friendship, then we will begin to see a brighter more vibrant world. A world where kindness, compassion, and humanity are recognized, appreciated and rewarded. A world where acts of violence are replaced by acts of kindness."

We had a very successful, and very messy (children and parents still have coloured hands) Tie dye T-shirt day. The colours were glorious and very summery.

The sign-up programs such as Craft Club, Book Club, Busy Bakers, Mother Goose, and Nobody's Perfect do not continue over the summer, but families are already signing up for the Fall.

We can't wait to see what the Autumn brings in Conception Bay South.

Submitted by: Deborah Capps



Labrador Straits Family Resource Centre



The families from the Labrador Straits Family Resource Centre visited the local greenhouse. The children and parents had a wonderful afternoon planting flowers and learning all about how flowers grow. Everyone was so excited to plant their own flower to take home.

Submitted by: Jody Hancock



Grand River Family Resource Centre

Grand River Family Resource Centre has jumped on board with the "Lake Melville Rocks". This fun and very popular activity is encouraging families, friends and neighbours from all over to get outside and be active. The Grand River Staff took a day with the children to paint rocks. Once the rocks were painted they placed them around town for others to find.

Here is a picture of Cate and Ada Saunders who were visiting Goose Bay and found this rock at D's landing. They decided to take the rock they found back to Ontario to hide it at Wheatley Provincial Park in Chatham-Kent, Ontario.

Submitted by: Jackie Mills



Vista Family Resource Centre



The Vista Family Resource Centre often partners with Catalina Elementary and other schools in the area to offer programs. In these pictures, families visited the school as part of the Community Helpers program to learn about what teachers do. The Kindergarten students were invited to join in on the fun!



Submitted by: Jackie Penney

NLFRP Membership Renewal

Membership renewal for the Newfoundland and Labrador Association for Family Resource Programs is due no later than January 31st, 2018. 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.



Board News!

We would like to thank Serena Pomeroy for her work representing the Eastern Region and Krista Spurrell for representing the Central Region on our Board over the past few years. Both Serena and Krista have stepped down from their positions on our Board. Best of luck to both of you!

Please note, that we are now looking for new representatives for both the Eastern and Central regions to sit on our Board. Keep in mind that representatives can be Coordinators, staff or Board Members of an FRC.



NLFRP Board of Directors

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