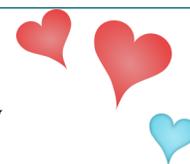
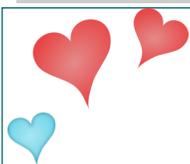


NEWSLETTER February 2018

~ REMEMBER TO LOVE YOURSELF ~



Ah February! This year let's celebrate this month of love by stepping back and seeing how we can practice some self-care. *Psychology Today* says, "Many parents are overworked and exhausted. It's essential that parents care for themselves - first, for their own well-being, but also because any effort they put into self-care also has huge payoffs for their children. When parents fill their own cups, they have more patience, energy, and passion to spread to their families."

From the book *Joy Fixes for Weary Parents*, by Erin Leyba, PhD, here are a few self-care strategies to help parents strengthen relationships, be compassionate toward themselves, and renew their energy:

1. Turn on uplifting music – maybe a song with a strong message you need to hear, some rock and roll song you loved in high school, African drumming, flute music, or a catchy pop single.
2. Write and send a sweet card to someone – a birthday card, a “thinking of you” card, a “get well” card, a “congratulations” card, or a “no-reason” card.
3. Make yourself a nice drink like chamomile tea, hot chocolate, or juice – and sip it slowly.
4. Schedule at least 1 uninterrupted hour with a close friend – out for coffee or a drink, on the phone, out for dinner, or out for a walk. Reach out to someone for child care.
5. On a single piece of paper, write down 3 things that are weighing on you, or stressing you; put a dash after each one with a single action-step that may help relieve it.
6. Let yourself be blue for a bit. Cuddle under a blanket, play sad bluesy music, eat chocolate ice cream, or cry. (Interesting that this one came up on every article I researched...Jane)
7. Call a friend or loved one – say, “I’m having a hard time with this. Do you mind if I talk this out with you?”
8. Download a gratitude app and record what you’re thankful for - (e.g. a short commute, a great babysitter, a cozy home).
9. Make a cozy spot – make a blanket fort with your kids and climb in it with them (resting and hiding and giggling).
10. Color a picture from a coloring book with or beside your child. Take your time.
11. Engage in a small bit of service – e.g. make fudge for your grandma, muffins for a neighbour, shovel someone’s walk or get a partner’s car washed.
12. Do a single tiny household chore that’s been bothering you – empty one drawer, give away one bag of clothes, or clean one shelf of your fridge. Pat yourself on the back for completing it.
13. Share your worries. Join a parent discussion group/workshop. (Okay I added this one, J)
14. Go for a walk (preferably in the woods or near water).
15. Follow the “rule of three”: always be consciously aware of 3 things that you’re looking forward to.
16. Think of one activity you could cut out of your schedule that you wouldn’t miss at all. Cut it out of your schedule.
17. Choose something that you’re going to savor today – taking a shower, drinking hot chocolate, chopping wood, reading a celebrity magazine, etc. “Savor” it instead of just “doing” it.

You are important. Take care of yourself!

TEACHING SOCIAL SKILLS TO YOUNG CHILDREN

Helping young children develop the social skills necessary to succeed is a crucial task for caregivers and parents. Such skills are not only necessary for enhancing social and emotional connections, which promote a feeling of belonging versus isolation and loneliness, but they are also clearly essential in the development of academic success. There is much that we can do to foster these crucial attributes, and here's how.

- ◆ **Promote effective communication.** Make sure children understand what you are asking from them and what they are asking of each other. Reframe what children are trying to communicate to their friends especially if it's not obvious to the other child. "I think Billy is asking if he can play too." Encourage children to repeat back what they think has been said so that the other child (or you) can correct any misinterpretation.
- ◆ **Teach children the language of feelings.** It is helpful for children to understand how they feel in different situations, not only to help themselves, but also so that they can comprehend that other children have feelings that must be respected "I know you feel frustrated. It's so hard to build the tower the way you want to. I'm proud that you keep trying."
- ◆ **Exhibit fairness and demonstrate turn taking.** Make sure each child gets a chance to shine. One of the hardest concepts for preschoolers to learn is that their own feelings and needs are valid and that, simultaneously, they are not the center of the universe; others have desires and rights, too. For young children, this means creating a system of turn taking and keeping in mind who got which privilege when.
- ◆ **Observe out loud both positive and negative social behaviour.** Think out loud as you "solve" problems. "I'm noticing the great solution you figured out! Instead of just sharing the one fire truck you both wanted, you got some other ambulances and police cars and are using them together!"
- ◆ **Encourage child-driven solutions to difficult situations.** Applaud the positive and help reformulate the less appropriate. Ask, "What do you think would help?" Listen attentively and help modify what might be undoable. After practicing child-driven solutions for several weeks, you may be surprised to see that the combatants can come up with reasonable ideas.
- ◆ **Stay solution focused when intervening.** Once feelings have been explored and everyone has had her say, the discussion should continue until some resolution has been reached, even if the solution is to convene later when everyone has calmed down. "Maybe we should all settle down for our snack and see if we can decide whose turn it is on the computer after we've finished eating."
- ◆ **Help children learn what's special about them.** Children who feel they have a special talent or skill feel more self-confident. The talent doesn't have to be something as obvious as throwing a ball or painting a picture. Being a good helper or a caring friend is something children can be proud of, and that feeling of competence can help children both initiate and reciprocate in social situations.
- ◆ **Creating an atmosphere that encourages discussion.** Children need practice both in talking and in listening. Give them that opportunity as frequently as possible. Have them share stories about their cat, their brother, or their friend, or start each daycare day off with a brief "update" circle where children can share something important about their lives with their friends.
- ◆ **Remind children of their "better selves."** Children often rise (or fall) to the occasion, and adults believing in how hard they are trying will help them feel good about themselves and spur them on to continue trying. Children want to gain our trust and our respect, and if we can nurture these innate tendencies, their social skills repertoire will reap the benefits.





Workshops

Workshop (Pre-Registration Necessary—Call 613-283-0095 x300)	Date	Time	Location
Parent Discussion Group **Free Child Care**	Thurs. February 1	1:00-2:00 pm	Perth: Taycare Sr. Centre
You're not the Boss of me!	Mon. February 5 & 12	6:30—8:30 pm	Almonte: Public Library
Positive Parenting	Tues. Feb 6	6:30 - 8:30 pm	Carleton Place: Arklan School
Gym Jam	Thurs. Feb 15	6:30—8:30 pm	Carleton Place: Carambeck Community Centre
Triple P **4 night workshop**	Thurs. Feb 22, Mar. 1, 8 & 22	6:30—8:30 pm	Smiths Falls: 91 Cornelia St.
Triple P/Raising Teens Attend one or all 3 sessions	Tues. Feb 27, Mar. 6 & 20	6:30—8:30 pm	Perth: Stewart School
Baby Picasso	Mon. Apr. 16 Mon. Apr. 23	1:00—2:00 pm 2:00—3:00 pm	Smiths Falls: 91 Cornelia St. Almonte: Naismith
Tips for Two's **2 night workshop**	Tues. May 8 & 15	6:30—8:30 pm	Carleton Place: Arklan School
Triple P/Parenting Café	Wed. May 23	6:30—8:30 pm	Lanark: Learning Centre (67 George St)

Staff Directory

Children's Resources on Wheels 613-283-0095

General/Reception
 Diane Bennett, Executive Assistant
 Joyce Buckley, Program Facilitator-Perth
 Sue Cavanagh, Executive Director
 Linda Cybulski, Program Facilitator-Almonte
 Peggy Lavigueur, Bookkeeper
 Jen Lafleur Bell, Program Facilitator
 Janice Kelly, Home Visitor Licensed Home Child Care
 Issie Mullen, Program Facilitator-Carleton Place
 Jane Paul, Parent Education Coordinator
 Andrea Snyder, Program Facilitator-Lanark, Montague
 Janet Wheeler, Resource
 Lori Wintle, Program Facilitator-Smiths Falls

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Saturday events within your communities

Feb 3, 1-3pm: Join Jane from EarlyON/CROW playgroup at the Perth Pool for a free swim!

Feb 10, 10:30am–12pm: Andrea from Lanark Playgroup will be at the Lanark Library for a Valentine story and craft!

Feb 24, 10:30am-4pm: Visit Issie from Carleton Place playgroup at the 6th Annual Winter Carnival in Carleton Place!

Make sure to check out our Facebook pages for more information on these family fun events!

Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Naismith School	9:00 pm - 12:00 pm	Linda	Feb 5, 12, 26
Monday	Baby Talk Group at Almonte Library	2:00 - 3:00 pm	Linda	Feb 5, 12, 26
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30am	Issie	Feb 5, 12, 26
Monday	Perth - Taycare Senior Centre	9:30 - 12:00 pm	Joyce	Feb 5, 12, 26
Monday	Smiths Falls -Intergenerational Playgroup — Willowdale Retirement Home	9:30 - 11:00am	Andrea	Feb 12 (2nd Monday)
Monday	Almonte—Intergenerational playgroup — Orchardview Retirement Living	9:30– 11:00a m	Andrea	Cancelled for Family Day
Monday	Smiths Falls—Intergenerational playgroup —Van Horne Retirement Home	9:30– 11:00 am	Andrea	Feb 26 (4th Monday)
Monday	Smiths Falls—EarlyON Child & Family Centre	9:00 am—12:00 pm	Lori	Feb 5, 12, 26
Monday	Baby Talk Group at EarlyON Child & Family Centre—Smiths Falls	1:00 - 2:00 pm	Lori	Feb 5, 12, 26
Tuesday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	Feb 6, 13, 20, 27
Tuesday	Carleton Place - Arena	9:30 - 11:30 am	Issie	Feb 6, 13, 20, 27
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	Feb 6, 13, 20, 27
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 am - 12:00 pm	Joyce	Feb 6, 13, 20, 27
Tuesday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	Feb 6, 13, 20, 27
Wednesday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	Feb 7, 14, 21, 28
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	Feb 7, 14, 21, 28
Wednesday	Baby Talk Group at Carambeck Community Centre	12:30 - 1:30 pm	Issie	Feb 7, 14, 21, 28
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	Feb 7, 14, 21, 28
Wednesday	Perth - Perth & District Union Library	10:00 am - 12:00 pm	Joyce	Feb 7, 14, 21, 28
Wednesday	Smiths Falls - Trinity United Church	9:00 am - 12:00 pm	Lori	Feb 7, 14, 21, 28
Thursday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	Feb 1, 8, 15, 22
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	Feb 1, 8, 15, 22
Thursday	Lanark - Maple Grove School	9:30 -11:30 am	Andrea	Feb 1, 8, 15, 22
Thursday	Perth -Intergenerational playgroup—Carolina	10:00—11:00 am	Joyce	Feb 8, 22 (2nd & 4th Thursday)
Thursday	Baby Talk Group at Taycare Senior Centre - Perth	1:00 - 2:00 pm	Joyce	Feb 1, 8, 15, 22
Thursday	Perth Afternoon playgroup—Taycare Senior Centre	1:00—3:30 pm	Joyce & Jen	Feb 1, 8, 15, 22
Thursday	Smiths Falls - Lower Reach Park	9:00 am- 12:00 pm	Lori	Feb 1, 8, 15, 22
Friday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	Feb 2, 9, 16, 23
Friday	Perth—Intergenerational playgroup - Lanark Lodge	10:00 - 11:00 am	Jen	Feb 9