

When Only Daddy Will Do

There has been a lot of discussion at playgroup around when children are at a stage where they choose one parent over another. This can be tough on both kids and parents. If your kid is treating you like an outcast, we have ways to turn your relationship with your child around. Kids at certain ages often prefer the parent of the same sex, identify with "the fun one," or are drawn to the grown-up who attends more to their needs, explains Laura Markham, Ph.D., author of *Peaceful Parent, Happy Kids*. However, there are still steps you can take to reconnect with your child and strengthen your bond.

Don't Take It Personally Keep your emotions in check, says Heidi Smith Luedtke, Ph.D., author of *Detachment Parenting*. If you must, it's all right to say, "That hurts my feelings," but then let it go. Making her feel bad won't help the situation. If your child only wants Daddy to put her to bed or help her with her homework, step back and realize that her preference is not a poor reflection on you. Dr. Markham suggests saying to yourself, "This is normal, and now I have motivation to sweeten our relationship." Remember that her phase is not permanent -- the parent she's closest to now will likely change as she grows and develops.

Be There For Him Take time to connect when your child comes to you. Stop what you are doing. Turn to them and get down to their level and smile. Slow down and listen to what your child is saying with their words and behaviour. Take a moment to engage with them and let them know you are glad they are in your world.

Be Empathetic When they want the other Parent but can't have them, acknowledge their feelings. "I know you wish you could have Daddy. I'm here with you now, you're safe, and I love you." Give a hug and a kiss and then try to move on to something fun and interesting.



Keep It Light Have fun! Get your child laughing and roughhousing. It releases the cuddle hormone oxytocin -- and everyone's relationship will improve. Does one parent do all the mundane chores like brushing teeth? Share the "work times" as well as the fun stuff. Set aside daily time to reconnect. Say, "I'm all yours for 15 minutes. What do you want to do?"

Work Together Sometimes, a child prefers the parent who lets her stay up late or goof around longer in the bathtub. That's why it's important to make sure you are both following the same guidelines, says Bruce Feiler, author of *The Secrets of Happy Families*. "Parents need to agree on the rules and stick to them to create consistency," Feiler says. Dinner, bath, and bedtime should follow similar routines regardless of who's in charge, so work out a plan with your partner. And if one of you says no to your child, agree in advance that the other must follow suit -- that goes for TV watching or a snack before dinner -- since playing good cop/bad cop only feeds the divide.

Put In The Time Try the above suggestions during your regular day and remember to also dedicate some special time to focus on them so you can connect to your child and build a strong, healthy relationship.

Adapted from the August 2013 issue of Parents magazine, by Jane Paul, Parent Education Coordinator EarlyON Child and Family Centre.



CROW has an ongoing need for people to provide child care in their homes throughout Lanark County. To learn more and to apply: <http://crowlanark.com/.../procedure-for-home-child-care-prov.../>

CHANGE IS GOOD!

As mentioned in the January newsletter we have transitioned from Ontario Early Years Centre (OEYC) to EarlyON Child & Family Centre. At that time we also mentioned that this transition would be a process. We want to make the public aware of these changes without forgetting who we were previously. We remain a welcoming place that offers a range of services such as:

- ◆ Fun playgroups that provide opportunities for children to explore and learn through play (activities such as reading, storytelling, sing-alongs, games and more).
- ◆ A place where Parents and Caregivers can get advice from professionals trained in early childhood development.
- ◆ Where you can come to find out about other family services in your community.
- ◆ Able to connect with other families with young children.

If you have visited our website (www.crowlanark.com) recently you will see a new look but same format as before. We have also added a new EarlyON Facebook page. Our CROW Facebook page still remains as we didn't want to lose our loyal followers.

When you get a chance make sure to visit, like and share @EarlyONLanarkCounty.

Other changes you will start to witness as time goes on is how we answer the telephone when you call. At this time we answer with, "Good morning/good afternoon Children's Resources on Wheels" but don't be alarmed when you hear, "**Thank you for calling EarlyON Child & Family Centre**", you didn't dial the wrong number. It's still us!

At the end of January we introduced Saturday playdates. Our EarlyON playgroup facilitators will be making appearances at some of your local community events and/or hosting other fun events. Look for them on our Facebook pages, in the monthly newsletter or in the calendar on our website.

EarlyON is a combination of four programs – Ontario Early Years Centres; Parenting and Family Literacy Centres; Child Care Resource Centres; and Better Beginnings, Better Futures. We reorganized our programs so you can get the same services at any EarlyON Child and Family Centres in Ontario, and also find programs tailored to your community.

Thank you for your patience and cooperation during the transition.



PLEASE NOTE PROGRAM CHANGES FOR MARCH BREAK GOOD FRIDAY AND EASTER MONDAY!!

During the week of March break (March 12-16) there will be no playgroups/programs running in Almonte, Carleton Place, Lanark, Montague and Perth. We will continue with the following in Smiths Falls only:

- Monday, Tuesday, Friday (9 am– noon): Playgroup at the EarlyON/CROW Centre (91 Cornelia St. W)
- Monday (9:30—11:30 am): Intergenerational Playgroup at Willowdale Retirement Home (Smiths Falls)
- Monday (1– 2 pm): Baby Talk at EarlyON/CROW Centre (91 Cornelia St. W)

No programs or playgroups will be running on March 30th (Good Friday) or April 2nd (Easter Monday)



Workshops

Workshop (Pre-Registration Necessary—Call 613-283-0095 x300)	Date	Time	Location
Triple P	Thurs. Feb 22, Mar. 1, 8 & 22 **4 night workshop**	6:30—8:30 pm	Smiths Falls: 91 Cornelia St.
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 School
Tips for Two's	Tues. May 8 & 15 **2 night workshop**	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!!

March 3, 10 am-2 pm: Meet Joyce from Perth playgroup at Stewart Park for a Story Walk and so much more!

March 10, 10 am-4 pm: Join Linda from Almonte playgroup. Enjoy a Story Walk and fun activities at the Almonte Public Library.

March 17, 11 am—12pm: Jen from EarlyON/CROW playgroup will be hosting an “I Spy” walk in Carleton Place. Meet at the Farmer’s Market in Carleton Place.

March 24, 10 am– 12 pm: Lori from Smiths Falls playgroup is hosting a Family Hike/Scavenger Hunt. Meet on the Cataraqui Trail (end of Ferrara Dr.)

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	March 5, 19, 26
Monday	Baby Talk Group at Almonte Library	2:00 - 3:00 pm	Linda	March 5, 19, 26
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30 am	Issie	March 5, 19, 26
Monday	Perth - Taycare Senior Centre	9:30 - 12:00 pm	Joyce	March 5, 19, 26
Monday	Smiths Falls -Intergenerational Playgroup — Willowdale Retirement Home	9:30 - 11:00 am	Andrea	March 12 (2nd Monday)
Monday	Almonte—Intergenerational playgroup — Orchardview Retirement Living	9:30– 11:00 am	Andrea	March 19 (3rd Monday)
Monday	Smiths Falls—Intergenerational playgroup —Van Horne Retirement Home	9:30– 11:00 am	Andrea	March 26 (4th Monday)
Monday	Smiths Falls—EarlyON Child & Family Centre	9:00 am—12:00 pm	Lori	March 5, 12, 19, 26
Monday	Baby Talk Group at EarlyON Child & Family Centre—Smiths Falls	1:00 - 2:00 pm	Lori	March 5, 12, 19, 26
Tuesday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	March 6,20, 27
Tuesday	Carleton Place - Arena	9:30 - 11:30 am	Issie	March 6, 20, 27
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	March 6, 20, 27
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 am - 12:00 pm	Joyce	March 6, 20, 27
Tuesday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	March 6, 13, 20, 27
Wednesday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	March 7, 21, 28
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	March 7, 21, 28
Wednesday	Baby Talk Group at Carambeck Community Centre	12:30 - 1:30 pm	Issie	March 7, 21, 28
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	March 7, 21, 28
Wednesday	Perth - Perth & District Union Library	10:00 am - 12:00 pm	Joyce	March 7, 21, 28
Wednesday	Smiths Falls - Trinity United Church	9:00 am - 12:00 pm	Lori	March 7, 21, 28
Wednesday	Perth—Taycare Senior Centre, 100 Wilson St.	1:00—3:30 pm	Joyce	March 7, 21, 28
Thursday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	March 1, 8, 22, 29
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	March 1, 8, 22, 29
Thursday	Lanark - Maple Grove School	9:30 -11:30 am	Andrea	March 1, 8, 22, 29
Thursday	Perth -Intergenerational playgroup—Carolina Retirement Suites, 12 Alma St	10:00—11:00 am	Joyce	March 8, 22 (2nd & 4th Thursday)
Thursday	Baby Talk Group at Taycare Senior Centre - Perth	1:00 - 2:00 pm	Joyce	March 1, 8, 22, 29
Thursday	Smiths Falls - Lower Reach Park	9:00 am- 12:00 pm	Lori	March 1, 8, 22, 29
Friday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	March 2, 9, 16, 23
Friday	Perth—Intergenerational playgroup - Lanark Lodge 115 Christie Lake Rd	10:00 - 11:00 am	Jen	March 9 (2nd Friday)