

Family Education Centre Newsletter

Parent Information and Support

A United Way Funded Agency

Fall 2007



November 20th National Child Day

Celebrate our Children!

November 20 is a special day set aside each year to honour and respect children – National Child Day. In 1993, the Canadian Government chose this date to commemorate the adoption by the United Nations of two human rights documents: the Declaration of the Rights of the Child in 1959 and the Convention on the Rights of the Child in 1989. This important initiative addresses the rights of all children, as indicated in the Declaration of the Rights of the Child, "the child, by reason of his physical and mental immaturity, needs special safeguards and care, including appropriate legal protection, before as well as after birth".

To give children a voice and raise awareness of children's rights, Success By 6 Peel has worked with children of all ages, community representatives, school boards and daycares to create the **Peel Children's Charter of Rights**. This credo in Peel Region, the Peel Children's Charter of Rights will enable greater understanding of the tremendous value of children and their fundamental rights, creating a better quality of life for children.

On October 24, 2007 Peel Regional Council proclaimed November 20, 2007 to be National Child Day in the Region of Peel to commemorate its endorsement of the Peel Children's Charter of Rights. The Region of Peel has promised to uphold and promote these rights which were written in consultation with 4000 children.

Success by 6, Peel

Dr. Fraser Mustard has asked us to put children at the forefront of our decision-making and policy development. He has requested that when we greet each other that we ask "**How are the children?**". We all must support, encourage and advocate for our children!

The Family Education Centre is pleased to endorse and support the Peel Children's Charter of Rights.

Visit the National Child Day website for more information including: a downloadable poster, links, and activities for children, parents, caregivers, and educators. <http://www.phac-aspc.gc.ca/ncd-jne/index-eng.html>

"I encourage you all to celebrate National Child Day in your communities. Let the children in your lives know that they are valued and respected. Talk to them about Canada's commitment to children's rights. And be sure to take the time to play!"

The Honourable Landon Pearson, retired senator, children's advocate and supporter of the Peel Children's Charter of Rights

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MANY THANKS TO OUR GENEROUS SUPPORTERS



Deirdre Martin
Memorial Fund

Our Private Donors

November 20th National Child Day in Peel

Peel Children's Charter of Rights

IN THE WORDS OF THE CHILDREN...

1. The Right to Basic Needs Every child has the right to have clean water, good food, proper clothes, a home and be happy. **2. The Right to Make Friends and Freely Meet in Groups** Every child has the right to play together, have fun, make friends. The way to have a friend is to be one! **3. The Right to Religion, Culture and Beliefs** Every child has the right to be treated the same way in every country and not be treated differently because of the colour of their skin. Every child has the right to choose their own faith. **4. The Right to Privacy** Every child has the right to peace and quiet and have their own privacy from different people who bother you or from the internet. **5. The Right to Justice, Protection and Treatment** Every child has the right to have a safe place to live. They need to be able to live without fear. **6. The Right to Education** Every child has the right to learn even if it is in a special class. **7. The Right to a Caring Home Environment** Every child has the right to love. **8. The Right to Be Heard** Every child has the right to be respected, speak freely or give an honest opinion. **9. The Right to an Identity** Every child has the right to have their own name and nationality. Every child can show who they are. **10. The Right to Peace** Every child has the right to have a happy life where they can live in peace. **11. The Right to Equal Access** Every child has the right to have special care and training because it doesn't matter what skin colour or race or if they have any sickness or disability. **12. The Right to Play** Every child has the right to play and have fun. To have dancing flowers and magic mud.



Corporate and Community Development Report Gay Routhier-Paige

Please join the staff and volunteers of the Family Education Centre in welcoming **Gay Routhier-Paige** back to the Family Education Centre. In September, Gay rejoined the FEC team as the Manager, Corporate and Community Development. **Welcome back Gay!**

Community Development

Gay has been doing research into different school boards regarding parent involvement and parenting training. This has been very interesting and there are several programs out there. Gay will continue to investigate this area.

Also, a proposal to the Ministry of Education Parents Reaching Out Grant to partner with 10 elementary schools and 4 secondary schools was submitted. We hope to run a series of workshops for the parents of the grade eight students at the high schools. The title of this pro-

ject is *"Supporting the transition into high school through parent education"*.

We have also partnered with five other elementary schools to run a series of workshops for all parents of the school. This is under another section of the Ministry of Education Parents Reaching Out Grant. We should hear back by the end of the year.

Corporate Development

We have hired a consultant to develop a corporate plan for us. Gay has been doing research into the Top 50 employers of the Greater Toronto Area and these will be some of the new companies that we will try and sell our courses to. We are hoping to go to a business and run a parenting course for their employees right at the office either at lunch time or before/after work.

Shelter Report Jacqueline Stanton

The Family Education Centre has been facilitating workshops at shelters for abused women in the Peel Region for the last 14 years. Our parenting and self esteem sessions have reached many women and through them, their children.

We are pleased to announce that we have expanded our program and now go in to Angela's Place. This is a Family Transitional Housing centre, where the women and their children can stay for up to one year. We have been gratified to hear their generous comments around our programming and to know that they are enjoying the sessions.

Program Report Lorie Ann Chapman

Family Education Centre has been a hive of activity this fall. Parents were pleased to have the opportunity to attend Anger Management for Parents and our Parenting Young Children 8 week course at Central Public School, Recreation and Arts Centre as well as the Parenting Young Children 4 week mini course at the Ontario Early Years Centre, Heart Lake location. There are 3 parenting courses offered beginning in January, 2008 and they are Parenting Teenagers, Parenting Young Children and Raising Responsible Children. Please see the flyer on page 4.

A great many workshops have been completed in partnership with many organizations. Parents enjoyed such workshops as Siblings Without Rivalry, Canadian Parenting and Traditional Values, Homework Survival Strategies for Parents, Your Style of Parenting and Time In Versus Time Out just to name a few.

We were able to offer many of these workshops in memory of a past board member Dee Dee Martin who passed away in 2006. Dee Dee was on the Family Education Centre's Board for 10 years. Her passion for encouraging positive parenting led the Family Education Centre through many years of growth and

strongly contributed to the Family Education Centre's reputation of excellence.

Our STEP Parenting Program (Parenting In Tough Times) at the Vanier Centre for Women continues to be well received. Our team of parent educators goes into Vanier every Monday morning and the women are encouraged by this program. We are presently revising the course outline and handouts to better meet the needs of these women.

The Program Committee meets once a month and is made up of volunteers and myself (staff representative). We are working hard on our goals which we set at the beginning of the year such as parent educator policies, mentoring, reviewing and introducing new resources and analyzing evaluations.

I hope everyone has a wonderful holiday season and if you would like to discuss booking a parenting workshop or course for your school, church, organization, etc., please call me at 905-452-0332, Ext. 221 or e-mail me at lorieann@familyedcentre.org.



Parenting Courses January to July 2008

The Family Education Centre is a non-profit, charitable organization striving to enrich the quality of life for families through community-based, parent-to-parent education, support and training. The following parenting courses are being offered at Central Public School, Recreation and Arts Centre (CPS), 24 Alexander St., Brampton. The cost is \$80.00 per person unless otherwise specified. A text, approximately \$25.00 (cost is not included in the registration fee) is a necessary component of most parenting courses and may be purchased the first night of instruction. For information and to pre-register, please call the Family Education Centre at 905-452-0332. For more information, please go to our web site at www.familyedcentre.org. Our administrative office is at 24 - 50 Kennedy Rd., S., Brampton ON L6W 3R7. Payment by VISA is now available. *Subsidy is available; please inquire.*

PARENTING TEENAGERS

(For parents of children ages 12 and up)

7:00 – 9:00 p.m. for 8 weeks

Building responsibility and improving the relationship between parents and teenagers will be the focus of this series of discussion sessions. Topics to be covered will include: parenting styles, goals of misbehaviour, personality development, emotions, encouragement, listening skills, expressing feelings, discipline, development of responsibility and selecting appropriate approaches to discipline.

Thursday, January 17 – March 6/08

PARENTING YOUNG CHILDREN***

(For parents of children ages 1 through 5)

7:00 – 9:00 p.m. for 8 weeks

Explore how a child's personality, social skills, belief systems and lifestyle develop. Learn the purpose of misbehaviour and how to deal with it. Learn ways to handle crying, temper tantrums, jealousy and public misbehaviour.

*** (This course is being held at Family Education Centre's office – 24 – 50 Kennedy Rd., S., Brampton – see above mailing address.)

Monday, January 14 – March 3/08

RAISING RESPONSIBLE CHILDREN

(For parents of children ages 6 - 11)

7:00 – 9:00 p.m. for 8 weeks

Create more satisfying, productive relationships with your children. Learn practical discipline methods, guidelines for building self-esteem, better family communication, and much more!

Wednesday, February 13 – April 2/08

ANGER MANAGEMENT FOR PARENTS

7:00 – 9:30 p.m. for 6 weeks

Understand what triggers your anger. Learn skills to deal with conflict and anger. Explore expectations, communication styles as well as learn how to deal with power struggles. Your anger can be dealt with in a manner that leaves everyone feeling ok.

Tuesday, April 15 – May 20/08 (CPS)

PARENTING YOUNG CHILDREN

(For parents of children ages 1 through 5)

7:00 - 9:00 p.m. for 8 weeks

Explore how a child's personality, social skills, belief systems and lifestyle develop. Learn the purpose of misbehaviour and how to deal with it. Learn ways to handle crying, temper tantrums, jealousy and public misbehaviour.

Thursday, April 17 – June 5/08 (CPS)

PARENTING TEENAGERS

(For parents of children ages 12 and up)

7:00 – 9:30 p.m. for 6 weeks

Building responsibility and improving the relationship between parents and teenagers will be the focus of this series of discussion sessions. Topics to be covered will include: parenting styles, goals of misbehaviour, personality development, emotions, encouragement, listening skills, expressing feelings, discipline, development of responsibility and selecting appropriate approaches to discipline.

Monday, July 7 – August 18/08 (FEC)



Adding Even More Value to Families with the Middle Aged Children's Program (MAC)

Paula Nunes-Haggett

The Family Education Centre has just finalized a partnership with the **Boys and Girls Club of Peel** in developing a Middle Aged Children's (MAC) Program for our Family Futures CAS Families. This is a big and exciting step for Family Futures as we enhance and expand our programs.

Similar to our existing Parenting Young Children Program, the MAC Program will be designed for Parents of children ages 7 to 12 and will consist of a Parenting Program and a concurrent MAC Program. Working with the Boys and Girls Club will add a dimension of true expertise for this age group and while we are conducting only a pilot at this stage, we feel confident of the program's ultimate success.

We already know our democratic parenting programs build stronger relationships with children which in turn helps build resiliency in children. *(Of course we do – that's why we are all part of the Family Education Centre!)* What an exciting privilege to be taking what we already excel at and adding the incredible value of having trained professional Youth Workers from the Boys and Girls Club reach out to our CAS middle aged kids.

Currently the Family Futures Program Coordinator and the Boys and Girls Club of Peel Program Director are working together to produce a joint Parenting/Children's Program geared to begin on January 21st, 2008.

The MAC Program will be a 10 week program consisting of a 2 hour session weekly. The program is for families with children ages 7 – 12 and we will be further dividing up the children into their appropriate age groups so 7-9 and 10-12. As with all our Programs, the parent component is being designed to be informative, supportive and interactive and the children's program is being designed to be a fun and informative experience.

We hope to engage not only the services of a professional Parent Educator, Community Leader, Youth Workers and Volunteers but we also are planning to enlist Peel Health Workers to come out and speak on topics of interest/concern to parents and children.

Fundraising Initiatives

The Family Education Centre has been able to hire a fund development consultant for a one year period thanks to our generous supporter GMAC Residential Funding. Mo Davies, CFRE, started with the Family Education Centre in March and has already moved us through much of our action plan to increase our unrestricted funds.

Do you have a will?

People make wills on landmark occasions in their lives—marriage or birth of a child, for example. But many Canadians have not written their wills.

You **should** have a will to ensure your wishes are adhered to after you are gone. To ensure that those special possessions go to the people you want them to go to. Without a will the province will make those decisions for you.

When you do write your will please consider continuing to support our kids by leaving a bequest to the Family Education Centre.

If you would like more information about making your will, please call us at 905-452-0332 Ext 224.

YES! I want to help parents help their children.

Please accept my tax-receiptable gift of:

\$105
 \$80
 \$55
 \$35
 other \$ _____

Name: _____

Mailing Address (including postal code) : _____

Please return this coupon with your donation to:
 Family Education Centre
 50 Kennedy Rd S. Unit 24
 Brampton ON
 L6W 3R7

Watch the FEC website for the introduction of Canada Helps... a safe way to donate to FEC on-line!

CanadaHelps.org
Giving made simple.



Family Education Centre

Parent Information and Support

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Fax: 905-452-0717
Email: info@familyedcentre.org



Teens with Stronger Parent Influence Fare Better in Health and Education

According to the findings of the **America's Promise Alliance**, an overwhelming majority of young people between the ages of 12 and 17 say they have a "mostly" or "very" close relationship with their mothers and fathers and can usually or always talk with their parents about problems they might be having with school or their friends. (*Every Child. Every Promise: Turning Failure into Action (ECEP)*)

The Alliance surveyed a national sample of more than 2000 teenagers and 2000 of their parents with the help of the Search Institute, Child Trends and the Gallup Organization. More than 80% of the teens said they had a close relationship with their mother and more than 70% said they had a close relationship with their father.

The researchers created a "parent influence" index from relationship quality questions and questions about how much their parents know about their friends and whereabouts after school, how safe teens feel at home, and how much teens and parents talk about school. "Teenagers with high parent influence were more likely than those with less parent influence to attend school, work up to their ability and get mostly A's. They were also more likely to say they could communicate well, get along well with diverse people, budget and save money, and use computers."

The ECEP shows that parents who find the right balance (being close but not smothering, monitoring their kids but not spying, available to talk and listen but not interrogating, having meaningful conversations about school, not just asking questions that can be answered with a shrug or a yes/no) and end up having a high level of influence in their children's lives will have children who are safe, healthy and engaged.

Details about the National Promise Study are available at www.americaspromise.org and www.search-institute.org

Family Education Holiday Party Open House

**Please mark your calendars for ...
Saturday November 24, 2007
12:30 to 4:00 pm
at Diane's House!!
If you require more information, please contact
Lorie Ann at 905-452-0332 Ext 221**

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Websites of Interest:

Centre of Excellence of Early Childhood Development

<http://www.excellence-earlychildhood.ca>

Government of Ontario Recognizes Woman Abuse Prevention Month

http://ogov.newswire.ca/ontario/GPOE/2007/11/01/c3236.html?lmatch=%E2%8C%A9=_e.html

The Importance of Fathers

<http://www.vifamily.ca/library/transition/322/322.html#2> Falling in Love: the Father-baby Bond)

Full report:

<http://www.vifamily.ca/library/transition/322/322.html>