

# Family Education Centre Newsletter

Parent Information and Support

A United Way Funded Agency

Winter 2008



## Empowering Children by Empowering Parents

The Family Education Centre helps parents help their children make better choices and problem solve, and increase their ability to deal with conflict, power struggles and anger.

**“Parents and families play the primary role in children’s lives, and a nurturing supportive family is the best foundation for good child development.”**

*Federal/Provincial/Territorial Council of Ministers on Social Policy Renewal, A National Children’s Agenda – Developing A Shared Vision Canada, 1999*

**“The influence of parents during a child’s early development is absolutely critical to the way a child turns out as an adult.”** *Invest in Kids*

**“High quality parenting is pivotal to healthy social, emotional and intellectual development”**  
*Invest in Kids*

### Parenting for Prevention

**“There is a connection between skilled parenting and reduced youth crime, and violence. It can break the cycles of violence/abuse and poverty.”** *Early Year Study*

### Economics-cost to health and welfare systems of youth violence

“Violence involving young people adds greatly to the costs of health and welfare services, reduces productivity, decreases the value of property, disrupts a range of essential services and generally undermines the fabric of society.” *The World Health Organization, 2002*

### Cost of dropping out of school to productivity

The Conference Board of Canada reports that “using actuarial methods that include estimates of lost productivity, lower civic participation and increases in health care utilization, Lafleur calculated that the cost to Canadians of all children dropping out of school in 1989 would, over their lifetimes, total \$4 billion. This is an estimate based on just one year’s dropout rate. Over a decade the costs and losses to Canadian society would be extraordinary.”

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### MANY THANKS TO OUR GENEROUS SUPPORTERS



Deirdre Martin  
Memorial Fund

Our Private Donors

## **Helping Children Reach Their Full Potential**

With appropriate parenting many of the problems our kids have can be prevented. Is parenting the only answer? No – but it is a key element in a package of solutions.

### **The Family Education Centre helps parents to teach their children to:**

- Deal with conflict, power struggles and anger
- Deal with their feelings in a positive manner
- Develop a sense of responsibility
- Believe in themselves and build their self-esteem
- Act responsibly and exercise self-discipline
- Develop social skills
- Problem solve and make good decisions
- Survive peer pressure and have the courage to say NO!

## **Benefits to Children and Youth**

***“Parenting influences academic achievement, positive social behaviour and high school completion.”***

*Dr Doug Wilms*

- A sense of belonging and love
- A support system in times of need
- A set of realistic boundaries
- Feeling good about themselves
- Staying in school
- Reduced drug abuse
- Reduced bullying, abuse and violence

## **Benefits to Parents**

***“I realized that I’m not the only one who loves their kids but still finds parenting frustrating.”***

*Comment from a parent on a course evaluation form.*

- Improved self-confidence and enhanced parenting skills
- Increased awareness of the importance of their role
- Skill development in relating positively with their children
- Increased self-esteem



## **Benefits to the Community**

### **Nurturing the next generation**

Positive, democratic (authoritative) parenting provides a family life which includes encouragement, love, respect and boundaries which contributes to reducing cycles of abuse, poverty, involvement in crime and increases each person’s opportunities to become contributing - socially and economically - members of society.

***“Parents are vitally important throughout a child’s life—as sources of love and security, as teachers and as role models...”***

*Early Childhood Learning Knowledge Centre, December 13, 2007*

## Corporate and Community Development Gay Routhier-Paige

### Community Development

Parents Reaching Out Proposals: Funding was received from the Ministry of Education by all five schools that we partnered with. We will be providing three parenting (or parents and children) workshops at each of the five schools. All programs have to be completed by June 2008.

Our partner schools are: Robert J. Lee Public School, Conestoga Public School, Meadowvale Village Public School, West Credit Secondary School, and Lancaster Public School. I have enjoyed working with the principals and parent council chairs on this project and and I look forward to FEC providing them with some outstanding workshops.

### Corporate Development

Family Education Centre has joined the Brampton Board of Trade. The Board of Trade provides workshops, events and networking opportunities to its members. I have attended several of these events so far and will continue to do so. It is a chance for us to get our agency as well known in the corporate community as it is in the social service sector.

I have also attended two events hosted by the Business and Professional Women's Clubs. I will be joining as a member of the Brampton chapter of that organization this month. They are an international organization which supports women's issues.



## Parenting Middle Aged Children (7-12)

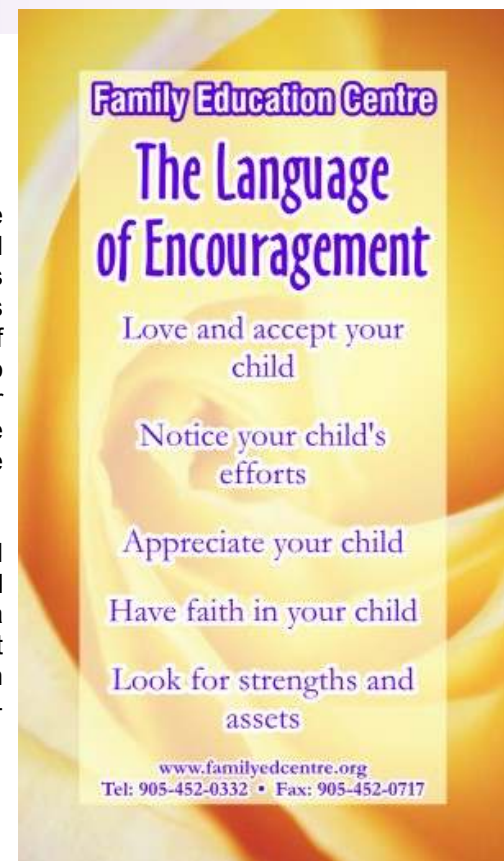
**Our Family Futures Parenting Middle Age Children's Program Pilot** is underway!!! We began in late January with 8 referred parents and 15 children. Parenting Middle Aged Children is a concurrent parenting and children's program (ages 7-12) run in partnership with the Boys & Girls Club of Peel exclusively for CAS families.

We are running our usual Raising Responsible Children curriculum for the parents with some enhancements: on March 17<sup>th</sup> we have Peel Police coming in to do a presentation on Safety, specifically Internet, Home Alone and Street Smart and on April 7<sup>th</sup> we have Peel Health coming in to present on Bullying. Please note that we can open these special presentations to our own Parent Educators/Board/Staff Members. If you are interested in attending, please call Paula Nunes-Haggett at 905-452-0332 x225 to make arrangements.

For the middle aged children (7-12) portion, the Boys & Girls Club enlisted three Youth Workers and three volunteers. We divide the children into two groups (7-9 and 10-12) to facilitate age appropriate activities. The children are enjoying coming out on Monday evenings for their program – they stay busy with crafts, games, and themed discussions and skill-building around topics such as bullying, dealing with anger and safety. We have also hired a Child Development Worker from BNRC to provide child-minding services as two of our families have younger siblings who are not quite ready yet to join the Boys & Girls Club activities. It's a busy program!

If you're wondering how we are managing to run separate activities with three groups of children plus a group of adults, it's all happening through the Boys & Girls Club and the incredible support of the Principal of St. Anne Elementary School in Brampton. The premises are second to none and we have full use of the staff room (including great kitchen facilities), the library, small gym (so they call it but it is actually quite large) and a classroom.

Although the Parenting Middle Aged Children's Program is running as a pilot and is still in its early stages, it is off to a FANTASTIC START and we are confident it will be prove to get better as we continue.



## Report on the Social Determinants of Health and Middle Childhood

The United Nations Association of Canada (2007) released a report on the Social Determinants of Health and Middle Childhood in Canada. "Talking Back to Grownups: Health Children, Healthy Communities" reports on the perceptions and priorities which exist around the health of children (age 9-12), showcases the social determinants of health that are having the largest impact on children's lives (e.g., parental involvement and attachment to the community), and provides recommendations for tackling health disparities from a population health perspective.

<http://www.unac.org/hchc/files/Talkingbacksm.pdf>

## Parenting Courses April to August 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](http://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.*

### **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)**

## Program Report Lorie Ann Chapman

I hope everyone enjoyed the first ever "Family Day" on February 18/08 and I hope you were able to spend some time with your family.

Things are as busy as usual for us at Family Education Centre. I am pleased to report that all parenting courses scheduled for the January to end of March 2008 time frame are running. Also scheduled to start in March is Raising Responsible Children for parents of children 6 – 12 years of age. This course is being held in Mississauga in a participant's home.

The next two parenting courses begin in April with Anger Management For Parents and Parenting Young Children. Both are being held at Central Public School, Recreation and Arts Centre in Brampton. We also have Parenting Teenagers scheduled for a start date of July 7/08 here at the FEC office. Please see our course schedule on this page.

Family Education Centre can provide parenting courses and workshops for your school, church, company, day care, etc., please give me a call at 905-452-0332, Ext. 221.

## FEC Updates

2008 is ramping up to be an exciting year for the Family Education Centre!

**Welcome to Sanura Daniel a Centennial College Social Work student. Sanura will be with FEC until mid-June as Executive Assistant. Please join me in welcoming Sanura!**

New projects include:

### **The Fathering Program**

In partnership with the Ontario Correctional Institute (OCI), John How-

ard Society and the Heal Network a 16 week program is currently being piloted for fathers at OCI.

### **The Afghan Women's Project**

In partnership with the Geoffrey H. Wood Foundation, and the Afghan Women's Organization, 4 – 8 week parenting courses are being implemented for level 1-4 LINC parents/students.

### **Region of Peel Parenting Workshops**

In partnership with the Region of Peel, Children's Services 9 FEC parenting workshops will be offered at the Regional Child Care

Centres.

### **Parents Reaching Out—Parenting Workshops**

In partnership with 5 schools, 3 parent and/or child workshops will be offered (see page 3, Community Development report for more details).

All other programs such as Family Futures, Changing Family Patterns (Shelters), Vanier Centre for Women, Parent Education in the Workplace, Promoting Positive Parenting are running smoothly.

## The \$75,000 Challenge!

In order to continue to meet the demands of parents and children in Peel and equip parents with all the knowledge, tools and resources to support their children's growth and learning, the Family Education Centre must:

- Increase its capacity to provide services to more parents through increased partnerships.
- Move to a more accessible location.
- Connect with more and diverse parents by training more educators from a wider variety of cultures.
- Promote to parents the importance of their role in their child's development.
- Provide more subsidies for parents who cannot afford the modest fee.

### Challenge Update .....\$10,770 Raised to Date

Thank you to the following contributors:

- The Catherine and Maxwell Meighen Foundation, Ana Paula Biscaia, Lorie Ann and Wayne Chapman, Liz and Glenn Corbett, Diane Myers

**Invest now and help parents help their children succeed!**

**YES! I want to help parents help their children.**

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 L6W 3R7

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





# Family Education Centre

## Parent Information and Support

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### Staff Directory

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### ONTARIO DOCTORS CALL FOR BAN ON SMOKING IN CARS WITH CHILDREN

Ontario physicians are calling for a ban on smoking in vehicles where children are present based on recent data that shows accumulation of second-hand smoke particles is greater in vehicles than indoors (CBC, 2008, February 15). Dr. Janice Willett, the president of the Ontario Medical Association, explained that "we now have evidence showing the harmful levels of second-hand smoke in a car are even more potent than we once believed... These important findings should be heard by both caregivers who smoke and our lawmakers so that children can be protected" (CBC, 2008, February 15).

<http://www.cbc.ca/health/story/2008/02/15/smoking-ban.html?ref=rss>

### GROWING UP RESILIENT: WAYS TO BUILD RESILIENCE IN CHILDREN AND YOUTH

This Centre for Addiction and Mental Health book is about increasing resilience in children and youth, targeted to parents, educators, health care providers, daycare workers, coaches, social service providers, and policy makers. Each section is followed by how-to tips exploring the individual, family, and environmental factors that influence the development of resilience.

[http://www.camh.net/Publications/Resources\\_for\\_Professionals/Growing\\_Resilient/index.html](http://www.camh.net/Publications/Resources_for_Professionals/Growing_Resilient/index.html)

### NEW WEBSITE: PARENTS MATTER

The Canadian Association of Family Resource Programs (FRP Canada) announced the launch of Parents Matter, a new web site for parents and those who work with them. This site is also the home of the Making Choices Parenting Program Inventory, which describes over 80 parenting programs so that visitors can compare details like program objectives, target audiences, costs, training options, and contact information.

<http://www.parentsmatter.ca/index.cfm>