



Making a Difference in People's Lives

Prior to attending Family Futures, Jay was living with her daughter in a basement apartment and feeling very alone, frustrated and very unsupported in her parenting role. (Jay's husband had left them.) On her last night's evaluation in April, Jay had written that she found the program "...excellent. Since I attended this course I now respect my 17-month-old daughter knowing that she is a human being too. I treat her how I want to be treated."

However, it wasn't until I spoke with Jay again in July (while conducting our 2 month follow-up evaluation) that I actually got the full story and realized just how much of a difference we had made in her life. The following answers are verbatim from Jay's 2-month evaluation:

What parenting skills that you learned in the program do you remember and use on a regular basis?

"A democratic parenting style. Teaching the child how to think and explaining why something is wrong instead of forcing her to do things."

Love my job!

Continued on page 3 ...

In its third year running (under the current funding structure) Family Futures has been offered, exclusively to Peel CAS families. Not only do we provide families in need with our usual FEC top-notch parenting courses but we also assist with transportation, a child development program offered by Ontario Early Years for ages 0-6 and the Boys & Girls Club of Peel for ages 7-12 and healthy meal/snacks when they arrive.

As the Family Futures Program Coordinator I have the privilege of personally speaking to and meeting all our registered participants. Their stories and struggles are as diverse and unique as they are individuals. Most of the parents benefit directly and make no bones about telling us how much they enjoy attending (both for them and their kids) and we often get to hear of how they are implementing some of the skills at home. Occasionally I am impacted by a story that reminds me of why I love to do this work and how FEC can play such an important role in people's lives.

During a recent Parenting Young Children Program, I met a lady of Vietnamese decent named Jay*. Jay has a twenty-month-old toddler and, in her case, CAS had become involved due to a domestic dispute. One evening when I was on site while the program was running, Jay told me how beneficial the program was in helping her cope. She also expressed an interest in wanting to learn how to facilitate the program herself – specifically to her Vietnamese community. We chatted for awhile and Jay explained how these skills are needed in her ethnic community and how helpful a program like this would be. Of course, she is now on our waiting list for the next Train-the-Trainer!

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MANY THANKS TO OUR GENEROUS SUPPORTERS



The Catherine and Maxwell Meighen Foundation



Rutherford Bingo

Deirdre Martin Memorial Fund

Our Private Donors



LA FONDATION TRILLIUM DE L'ONTARIO

Deirdre (Dee Dee) Martin Memorial Fund

On June 21, 2006 the Family Education Centre lost a long-time board member, friend and staunch supporter. It was a sad day and we continue to mourn the loss of Deirdre (Dee Dee) Martin.

Deirdre (Dee Dee) was on the Family Education Centre's Board for 10 years, completing a three-year term as Chair and another three-year term as Vice-Chair. Her genuine interest in people and 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.

To honour the memory of Deirdre (Dee Dee) Martin, the Family Education Centre and Insurance Bureau of Canada, along with Deirdre's family are seeking contributions for a memorial fund that will be used to provide free Parenting Workshops.

Parenting is the most difficult job, yet the one we are least prepared for. Through the Deirdre (Dee Dee) Memorial Fund, free Parenting Workshops will be offered to support the ever growing and ongoing need for parent information and support. Through the generous support of friends and colleagues, we hope to provide at least ten free Parenting Workshops each year.

We would like to take this opportunity to again thank everyone who contributed to the Deirdre Martin Memorial Fund in 2006/2007. Thanks to your generous donations the Family Education Centre provided 10 free Parenting Workshops and a 3-part Self-esteem and Communication Workshop Series for at risk youth. These workshops were provided in partnership with the Afghan Women's Organization, Brampton Neighbourhood Resource Centre's Ontario Early Years Centre, Malton Neighbourhood Services' Ontario Early Years Centre and Mississauga Parent Child Resource Centre's Ontario Early Years Centre, City of Brampton, Harold M. Brathwaite Secondary School, Kalayaan Cultural Community Centre, Twins Plus of Brampton, and the University of Toronto Child Care Centre.

Those wishing to make a contribution to this fund should make their cheque payable to:

Family Education Centre
Deirdre (Dee Dee) Memorial Fund
24-50 Kennedy Rd South
Brampton ON
L6W 3R7



All contributions will receive a tax receipt.

Family Education Centre's Charitable Registration #: 0754606-59

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Making a Difference (con't)

How do you use these skills? Can you give an example?

"I always explain why she should not touch the oven or anything else – she can get hurt instead of just saying "No" all the time."

How has the Family Futures program helped you and your family?

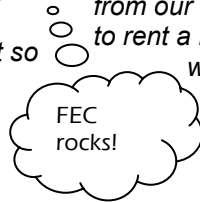
"It has helped a lot. I don't really read the book anymore but I did read it a lot. I've learned to keep consistency in my Parenting style and to put myself in my daughter's shoes as if I am a child. I think more and I remember that she is only a child. My expectations are more realistic and I know because she is so young she quickly forgets things. I don't get so frustrated with her."

Have you enrolled yourself/child in any other programs after Family Futures?

"Not yet but I have managed to be a better Mother. I now live with my sister and her kids (since I finished the program). I'll be going back to school in September but for now I am looking after her kids as well as my daughter. She is having a lot of fun playing with her cousins and I take them swimming on Saturdays and we do a lot of outdoor activities all together."

Other comments?

"I do not feel so much on my own – I have my sister helping me and people from our church supporting me. I used to rent a basement apartment alone with my daughter but now am renting the basement from my sister and I help her and I have her. We help each other."



In September I will be going back to school to study Psychology and I want to teach. I am very interested in learning how to teach these parenting courses to people of my Vietnamese community – there is nothing out there like this and it would help other Vietnamese people of my generation and older so much."

Oh yes, and did I forget to mention that Jay also wanted the information to purchase the Barbara Coloroso book and video? Now that the program has ended she wants to keep reminding herself how to be a democratic parent – it is making that much of a difference in her life.

Paula Nunes-Haggett

** Names have been changed for privacy purposes.*

Parenting Matters

Megan R. Gunnar, a professor at the Institute of Child Development at the University of Minnesota in response to Alain Gratton's, an associate professor of medicine at McGill University, rat study (mother rats that tend to their pups by licking and grooming them frequently produce adult rats that are particularly resilient to stress) presents the case that in humans, responsive, caring parenting could also produce healthy, resilient children.

"All that time and effort that we put into taking care of our babies is fundamentally important for helping them establish normal, healthy patterns of brain development," says Gunnar. She also says that if there are "disturbances in babies that make these relationships harder to establish, you should maybe get some help because there's a lot that can be done if you get in there early. And you shouldn't beat yourself up if everything is not working out right."

"Responsive Parenting Makes all the Difference" by Alison Palkhivala. Bulletin of the Centre of Excellence for Early Childhood Development Volume 5, No 2– December 2006

Family Education Centre

Three Questions For Parents

What do I want to teach my child?

What are they really learning?

Is this what I want them to learn?

www.familyedcentre.org
Tel: 905-452-0332 • Fax: 905-452-0717

Parenting Courses September 2008 to April 2009

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, L6W 1M7 and the Family Education Centre Office (FEC). 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, Ext. 226. 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.

Tuesday, September 30 – November 18/08 (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, October 9 – November 27/08 (CPS)

Wednesday, February 4/09 – April 1/09 (FEC)

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, October 1 – November 19/08 (FEC)

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.

Thursday, February 19 – April 2/09 (CPS)

HOW TO TALK SO KIDS WILL LISTEN

(For parents of children ages 3-12)

7:00 – 9:00 p.m. for 8 weeks

A practical approach to help parents: improve listening skills; help children deal with their feelings, engage co-operation. Learn alternatives to punishment, how to encourage responsibility and communicate with your kids.

Tuesday, February 10 – April 7/09 (CPS)

Region of Peel Parenting Workshops

In partnership with the Region of Peel Children's Services we are offering Parenting Workshops.

Please refer to <http://www.peelregion.ca/childcar/parenting/> for the upcoming Fall schedule

FEC Updates

A **very special thank you to IBM** for the donation of a new computer and screen... so welcome and much needed !! Thank you!

Welcome to **Lorry Seabourn** our new Parent and Youth Program Coordinator for our Parent and Youth Program (7-12 year olds) in partnership with the Peel Youth Violence Network, Working with Families and Education , Policy and Programs Working Groups. This one year project is funded by the Region of Peel.

Welcome to **Supa D. A. Meikle** our new Community Development Coordinator for the Malton Community Building Project. This is a five year project funded by the Ontario Trillium Foundation.

The **Afghan Women's Project** has now completed 3 Parenting Courses. We have served 60 mothers so far!! This one year project is funded by the Geoffrey H. Wood Foundation.

The Fathering Program implemented at the Ontario Correctional Institute (OCI) has completed its 16-week pilot program. This project was designed and implemented in partnership with OCI, John Howard Society and HEAL Network. A program evaluation report has been drafted by FEC and submitted to the partners. Funding is being pursued to continue the program.

The Parenting Workshops in Schools and the Region of Peel Parenting Workshops were a great success this past fall - we served 226 parents in 28 workshops!

Our Fund Development 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 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.

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

**To donate via a safe online system,
please go to Canada Helps through
www.familyedcentre.org.**

**Look for the logo below on our web-
page home page!!**



Challenge Update\$13,670 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, Rosemary and Howard Hood, Marlene Van Esch and Cameron Behehsti, Sandy Kang-Gill, Paula Nunes-Haggett, Lori and Fred Henein, Derek Murphy, N.D., Anne Hartford and Tim Reeves, TD Canada Trust (Kortright Rd) and Lusogolf

YES! I want to help parents help their children.

Please accept my tax-receiptable gift of:

\$105
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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

Volunteer Appreciation

"Thank you so much for organizing the Volunteer Appreciation night. I had a wonderful time! The food was tasty, the wine was a nice touch which I wasn't expecting, and the Jeopardy Game was a huge success."

Jacqueline (or should I say "Alexandra") and Lorie Ann did a fantastic job running the Jeopardy Game, and I was thrilled that I got to sit back and observe the fun.

I believe a good time was had by all!!"

restaurant in Brampton and was attended by 26 volunteers! A great evening was had by all!

It is without a doubt that the ability of the Staff and Volunteers to work together provides the Family Education Centre with its strong foundation. Our Volunteers are integral in the overall success of the agency. The Board of Directors consistently and patiently guides the organization through their Board and Committee work. There are five well functioning committees that ensure different aspects of the organization are functioning effectively: Governance and Planning Committee, Finance and Audit Committee, Marketing Committee, Program Committee, and the

The Family Education Centre Celebrated and Honoured our Volunteers at the Annual Volunteer Appreciation Dinner. The evening was held at Rapini's Restau-

Our dedicated Parent Educators spend countless volunteer hours ensuring the our key messages encouraging positive parenting skills and the importance of parenting are shared through their workshops and courses. There are also a handful of people who do the critical, behind the scenes, work ... thank you Ed, Lori, Marlene, Michael, Rosemary, Sanura and Valerie! It is with great dedication and eagerness that we all do what is best for the Family Education Centre to continually and successfully enrich the quality of life for families in Peel.

Please mark your calendars for the 2009 Annual Volunteer Appreciation Dinner.... It has been scheduled for

**Thursday
April 23,
2009**

I wanted to thank you again for a lovely evening! It was such a nice way to end a day laughing and meeting new people while learning more about the organization. I am so happy that I was able to attend. It was very evident that it was a well planned event, great companionship, fabulous meal all in a marvellous environment.

Please take the time to pat yourself on the back for all your efforts and be sure to thank the game committee as well. When I left 45 minutes after it was supposed to be over, I left several people laughing and catching up with each other. That my dear is the sign of a fabulous event!"

FEC Annual General Meeting

The 2007 FEC Annual General Meeting was held on Tuesday June 17, 2008 at The Mississauga Convention Centre. The evening consisted of a short business meeting, a slide

"I just wanted you all to know that I thought the AGM was excellent and that you guys did a great job putting it all together. Diane, I thought your speech was perfect – you did a great job addressing all the members of FEC, and you were very genuine. I'm not sure who all was involved, and I don't have Sanura's or Supa's email address, so please let them know how their hard work paid off as well. Thanks!!"

show of FEC's staff and volunteers, and a presentation by **Elena DiBattista** on the **Importance of Parenting**.

As usual, the evening was a great success and, as usual, this is due to the participation, support and work of many of the staff and volunteers. Special thanks to **Marlene Van Esch** for her behind the scenes work...keeping me (Diane) organized and prepared, **Marianne Van Esch**, for making

the arrangements with the Mississauga Convention Centre, **Cliff Silveria** from the Mississauga Convention Centre for providing us with a wonderful venue and food for an affordable cost.

The evening also welcomed three new Board of Directors. **Welcome to Gyanna Cyrus, Anne Hartford, and Ellen Zhang!**

With the ending of another year, also two Board of Directors completed their terms and two Board members resigned due to personal schedules. **A very warm thank you** for all your hard work and dedication to the Family Education to **Anita Ardekani, Palwinder Kahlon, Cynthia von Romandt-Mason and Shama Zahid**.

We all look forward to an exciting 2008-2009 year!

Elena DiBattista receives Mary Neville Award!

The Family Education Centre would like to congratulate Elena for receiving the Mary Neville Award... what a wonderful achievement.



Elena is a former Executive Director of the Family Education Centre.

On June 17, 2008, Elena received the 21st annual Mary Neville Award for her outstanding contributions to children's well being in Peel Region.

The award was presented by Peel Children's Centre during their Annual General Meeting at the Mississauga Convention Centre. The Mississauga News covered the presentation.

<http://www.mississauga.com/article/15442>.

“Where Do Children Play?”

A documentary film, *Where Do the Children Play?*, examines an issue of growing concern among pediatricians, mental health experts, educators, and environmentalists: more and more children are growing up today with little or no opportunity for unstructured play, especially outdoors. *Where Do the Children Play?* grew out of Elizabeth Goodenough's work on "secret spaces of childhood" at the University of Michigan. The film was written and directed by Christopher Cook and produced by Michigan Television.

"Children need free time every day to discover their own abilities, desires, and limitations," says Goodenough, who also edited the film's ac-

"Open-ended exploration and play in woods, fields, vacant lots, or other semi-wild spaces enhances curiosity and confidence throughout life."

A marked decline in children's spontaneous and creative play is a key factor in their increasing mental health problems, according to a recent statement from an international group of educators and children's advocates. They called for "a wide-ranging and informed public dialogue about the intrinsic nature and value of play in children's healthy development."

Their letter echoed a recent warning from the American Academy of Pediatrics (AAP): children have far too little time for unstructured play.

"Causes of the demise of play cited

by the group include parental fears of "stranger danger" and the explosion of electronic entertainment "to the point of addiction for some" in the lives of today's children. These and other issues are explored in the film.

The lead author of the AAP report, Dr. Kenneth Ginsburg of the Children's Hospital of Philadelphia, appears in the documentary, along with Richard Louv, author of *Last Child in the Woods*, British "playworker" Penny Wilson, and other experts in child development, directed play.

Most striking, however, are the scenes of children themselves engaged in the rapt state of self-directed play and then talking about the importance of time and opportunity for free play in their increasingly hectic lives.

Source: MNCHP Network

<http://www.beststart.org/services/information.html>

Malton Community Building Project Launched

The Malton Community Festival set the stage for some exciting news about Phase 1 of the Malton Community Building Project. Dr. Kuldip Kular, MPP for Brampton-Gore-Malton officially announced that the Malton Early Years Advisory Committee has received a \$375,000 grant from the Ontario Trillium Foundation to implement a community leadership and civic engagement project. Joining Dr. Kular for the announcement was Andrew Ward, a volunteer with the Foundation, and together, they presented a plaque from the Foundation to representatives from the Committee and the Family Education Centre.

"For a community to be made stronger and more inclusive, all its residents must be constructively engaged, especially those at risk of becoming marginalized and vulnerable," said Dr. Kular.

The five year grant from the Foundation is being used to start up a youth and adult engagement project for the Black Community in Malton. The overall goal is to ultimately help create and foster an enhanced sense of individual and community connectedness and well-being.

"Through the Malton Community Building Project – Phase I, members of the Malton Early Years Advisory Committee will work collaboratively with the community to build capacity and to promote and develop Malton's strengths. We are committed to ensuring that Malton becomes a model community," said Denise Byron, Executive Secretary, Malton Black Development Association.

The Family Education Centre is the lead agency representing nine collaborative organizations including local schools, social service agencies and government.

"The significance of the event and project was evident as all three levels of government joined us in the celebration.

It was so inspirational to hear from the Honourable Gurbax Mahli, MP, Dr. Kuldip Kular, MPP Bramalea-Gore-Malton, Councillor Eve Adams, Ward 5, City of Mississauga, and Mayor Hazel McCallion. The drumming and poetry of Blakka Ellis and the Master of Ceremonies Mr. Rick Williams, Trustee, added to the enthusiasm and significance of the day." Diane Myers, Executive Director, Family Education Centre.

The Ontario Trillium Foundation is an agency of the Government of Ontario. For over 25 years, the Foundation has supported the growth and vitality of communities across the province. It continues to strengthen the capacity of the volunteer sector through investments in community-based initiatives. For more information, please visit www.trilliumfoundation.org.





Family Education Centre

Parent Information and Support

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HOMEWORK REALITIES: A CANADIAN STUDY OF PARENTAL OPINIONS AND ATTITUDES

The purpose this first national study on homework (Cameron & Bartel, 2008) was to obtain a Canadian perspective on the issue. A 40 item questionnaire was created on a website and more than 1,000 parents were surveyed. The findings indicate that while parents like the good work habits homework promotes, as well as how it helps parents be involved in their children's academic lives, the amount students are getting is interfering with family time, play time, causing stress, and marital troubles (CBC, 2008, February 9).

http://www.oise.utoronto.ca/oise/UserFiles/File/cameron_bartel_report.pdf

THE EFFECTS OF CHILDHOOD STRESS ON HEALTH ACROSS THE LIFESPAN

This report, produced by the Centers for Disease Control and Prevention (Middlebrooks & Audage, 2008) summarizes the research on childhood stress and its implications for adult health and well-being including the stress caused by child abuse, neglect, and repeated exposure to intimate partner violence (IPV). This publication provides violence prevention practitioners with ideas about how to incorporate information on childhood stress into their work.

http://www.cdc.gov/ncipc/pub-res/pdf/Childhood_Stress.pdf

WEBSITES OF INTEREST:

Joint Statement on Physical Punishment of Children and Youth

<http://www.cheo.on.ca/english/4220.shtml>

Repeal 43 Committee

BILL S-209 An Act to amend the Criminal Code (protection of children)

<http://www.repeal43.org>