

play+parenting

FRP Canada



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Winter | 2011

Dr. Gilles Julien, Keynote Speaker

"If a child has a respiratory infection," says pediatrician Dr. Gilles Julien, "I'll prescribe antibiotics. If he has three respiratory infections in a row, I want to find out about his housing conditions." Speaking to a conference in Vancouver last July, this is the example Dr. Julien gave to explain "social pediatrics," the integrated approach he takes in his medical practice in the low-income neighbourhood in Montreal. In April, he will be at FRP Canada's national conference to speak to participants about his work to mobilize communities in support of children.

An ecological approach

There is a good fit between social pediatrics and the guiding principles of family support. Both



Photo: Christian Tremblay

Dr. Gilles Julien, Social Pediatrician

recognize the interdependent nature of families' lives. Their roots are in ecological theory that considers individuals in the context of families, neighbourhoods, communities and larger systems. In the case of the

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child with repeated respiratory infections, Dr. Julien's team would go to check the sick child's housing for moulds, dampness, animals and second-hand smoke. If necessary,

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FRP Canada National Conference in April

Meet Authors and Original Researchers

How often have you been reading a book or research article and wished that you could talk directly to the author? You'll get a chance to put your questions to many authors and original researchers when you attend FRP Canada's National Conference in Montreal in April.

Storytelling

Judith Poirier is an accomplished storyteller and the author of the recently published guide to storytelling *Des histoires pour les toutes petites oreilles*. In her workshop, she will share tips for passing on the pleasures of language through stories drawn from a wide variety of traditions. She will also demonstrate how to use gestures and simple props in your family literacy programs, techniques families can also learn to use in their homes. Her workshop will be offered twice, once in English and once in French.

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Author and storyteller Judith Poirier



1-866-6-FRPCan

FRP Canada's Mission

National leadership that supports a vibrant network of family resource agencies.



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Play & Parenting

is published quarterly by



Incorporated under the name
Canadian Association of
Family Resource Programs

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FRP CANADA
CONFERENCE
APRIL 26-29, 2011

Omni Mount-Royal Hotel,
Montreal, QC

Early Learning, and a whole lot more!

Full-day training sessions, followed by two and a half days of keynote speakers, workshops and connecting with colleagues.

Register now at
www.onlineregistrations.ca/FRP_conference.

Early bird deadline is January 31, 2011.

Make your **hotel reservations** at the Omni Mount-Royal Hotel soon. There is a limited number of double rooms available.

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Group Facilitation

Are you looking for help with program design and group facilitation? **Dr. Rosemary Reilly**, Associate Professor in the Department of Applied Human Sciences at Concordia University in Montreal, will lead a workshop to help you plan your own programs or modify pre-existing programs to suit your participants. The principles of program design, combined with a good understanding of the stages of group development, will help you decide what topics you'll cover and when you'll introduce them. You'll learn how to bring together content, facilitation processes, participant characteristics and group dynamics for effective and successful programs.

Neuroscience

Studies of the way the brain functions are opening a new window into both child development and the effects of the parent-child relationship. At the keynote presentation on April 28, **Dr. Jean Clinton**

will speak about her work on the crucial importance of relationships to the long-term health and well-being of children. In addition to being an Associate Clinical Professor in the Department of Psychiatry and Behavioural Neuroscience at McMaster University, Dr. Clinton is also an Associate Member of the Offord Centre for Child Studies and a long-time advocate for children's mental health.

Puppets and play

Would you like to introduce more fun into your work with families and children? Sign up for **Greg Lubimiv**'s pre-conference full-day training session to learn concrete tools, including the use of puppets in a wide variety of situations. Greg



Greg Lubimiv

is Director of the Phoenix Centre for Children and Families in Renfrew County, Ontario, as well as a certified play therapist and author. He promises a highly experiential session that will give you tools that you can use in your work, whether or not you have previous experience in play therapy.

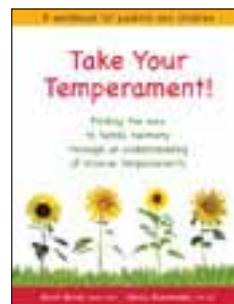
Stress in the workplace

The stress of family support work can lead to absenteeism and a high turnover in personnel. Sometimes, necessary changes can be derailed by staff disengagement due to stress. If you are concerned about the effects of stress in your workplace, **Mary Ann Avey**'s practical, hands-on workshop is for you. Mary Ann has worked in the child care field for 30 years, ten of them as an executive director. She will be sharing strategies for improving overall workplace and staff health and well-being.

Temperament

Those who heard **Nanci Burns** and **Nancy Rubinstein** at the 2009 National Conference will be happy to know

that these enthusiastic authors are returning. Come with your questions about how to use a knowledge of temperament to nurture empathy and harmony in the family. Participants say they leave with a greater understanding of their own temperament too!



Parenting in the digital age

Cellphones, texting, social media, cyberbullying... parents today are faced with situations for which they are often unprepared. **Judy Arnall** is a Calgary parent educator who has written the acclaimed book, *Discipline Without Distress*, and also the DVD *Plugged in Parenting*. (See page 6 of this issue for more information.) She is one of the authors you can meet at the 2011 national conference. Her full-day training session is an opportunity to both learn the content and gain the tools you'll need to help parents deal with the issues that accompany the myriad new technologies.



Judy Arnall

...and a whole lot more!

This is just a small sample of the keynote speakers, workshops and full-day training sessions that are planned for Montreal. There's something for everyone. Administrators will benefit from the experience of **Z Sonia Worotynec** in her full-day workshop dealing with getting participation from a board of directors through shared leadership. **Betsy Mann** will give tips for group facilitators on making their sessions more memorable with props, metaphors and stories. **Louise Choquette** will present ideas that drop-in coordinators can pass on to parents about how to encourage children to be more physically active.

Don't miss this opportunity! Discount fees are valid till **January 31**. Look for more information at www.frp.ca/conferenceMontreal. □

Dr. Gilles Julien, continued from page 1

they might go to the property's owner to see how volunteers could help improve the property with cleaning and painting. The social pediatrics approach also brings in the school system, youth protection agencies, the police, and legal counsel, as necessary. This echoes the family support guiding principle: "Family support programs complement existing services, build networks and linkages, and advocate for policies, services and systems that support families' abilities to raise healthy children." Respect, empowerment and building on strengths are all part of social pediatrics.

A long career

Dr. Julien has been a practising pediatrician for many years, not only in Montreal but also overseas and in Northern Quebec. When he returned to Montreal in the 1990s, he went out on his bicycle to bring health care to vulnerable children in their homes in an under-served neighbourhood. "If they have to leave the community to get services," he observed, "that is a barrier." Impressed by his success,

a landlord gave him free rent for his clinic in Hochelaga-Maisonneuve in the east end of Montreal.

This clinic looks more like a house than a medical facility. No white coats or formality here. The point is to make people feel comfortable enough so they can talk about their lives and enter into a true partnership around their health. The consultation room looks more like a dining room with its big wooden table around which family and professionals gather to map out action plans to improve children's health. "It's their place," says Dr. Julien. "Someone in the waiting room began tidying up and then decided the floor needed washing. One of the fathers started taking care of little repairs that needed doing."

Recognition

Starting from humble beginnings, Dr. Julien's first two clinics have given rise to several new social pediatric centres, not just in Quebec, but also in British Columbia and Saskatchewan. The approach is spreading, in part thanks to pediatric residents at McGill and Université de Montréal who are

Dr. Julien will open FRP Canada's national conference with a keynote speech in French and English. Simultaneous translation into the other language will be provided.

required to do a rotation in social pediatrics in his clinics.

Dr. Julien has been recognized personally with a string of awards, including induction as a Fellow of Ashoka International. This is a prestigious global network of social entrepreneurs who are changing systems to find solutions to urgent social problems. Such recognition has made it easier for Dr. Julien to convince politicians and businesses to support his vision. It is not always easy; sometimes funders have a narrow view of "health services" and don't want to fund the kind of broad approach that social pediatrics require. For someone with Dr. Julien's boundless energy and innovative drive, these are no doubt just temporary obstacles on the path to the adoption of social pediatrics in vulnerable communities across the country. □

Connect with other members and friends of FRP Canada



Join them on our Facebook page at

www.facebook.com/pages/FRP-Canada-Canadian-Association-of-Family-Resource-Programs/131074460252305

Follow FRP Canada's news on Twitter at
<http://twitter.com/FRPCanada>



New Project Promotes Education Savings

Christine Colbert

FRP Canada is wrapping up *FutureSave*, its project which dealt with basic financial literacy and in particular, with saving for children's post-secondary education.



The project took a train-the-trainer approach to prepare family resource practitioners so that they can provide relevant information to parents in a group workshop format. During the project, we learned that many service providers, such as public health nurses, social service workers, immigrant services workers and indeed some financial services representatives, were not aware of the Canada Education Savings Grant (CESG) and the Canada Learning Bond (CLB) that offer up to \$9220 towards a Registered Education Savings Plan (RESP). Results from this evaluated and successful project reveal that young families may be better served by receiving this type of information one-on-one.

New project

FRP Canada is building on the momentum and experience gained from *FutureSave* to start its new project, *Mobilizing the Community, Investing in the Future*, again with funding from Human Resources and Skills Development Canada. This new project aims to create a collaborative community environment to help low-income Canadian families make more informed choices about funding for post-secondary education and take advantage of the availability of the federal grant and bond. The project will bring together key players in ten communities that service a significant number of socially or economically marginalized young families, including newcomers, rural and remote communities, and Aboriginal families.

Hosting a training

We are therefore **looking for FRP Canada members to host** a one-day training workshop. This event will be an opportunity to provide information about the government education and savings grant and bond to community players from a wide range of sectors, including social, immigrant and financial services, and public

health. Participants will also have a chance to identify collaborative opportunities with the goal of forging a "community mobilization plan" unique to each community. They will finish the workshop feeling confident and enthusiastic about their ability to disseminate education savings information. They will also have begun establishing a network to include subject experts (representatives of banks and financial services) who can be called upon to help reduce the barriers families sometimes encounter in taking advantage of RESPs and related grants.

Expression of interest

Workshops will be scheduled from May to December 2011. **Each host agency will receive \$1250** to host the one-day event. Host agencies will be responsible for sending out invitations to family-serving organizations in their community and acting as a liaison between their community and the project manager. They are **not** responsible for facilitation of the event or for any follow-up. FRP Canada's project manager will facilitate the workshop; afterwards, she will supply materials and be available for consultation.

Are you interested in **hosting a one-day training event** as part of the new project, *Mobilizing the Community, Investing in the Future*? If so, contact **Christine Colbert** at cocolbert@frp.ca or phone 613-237-7667, ext 230.

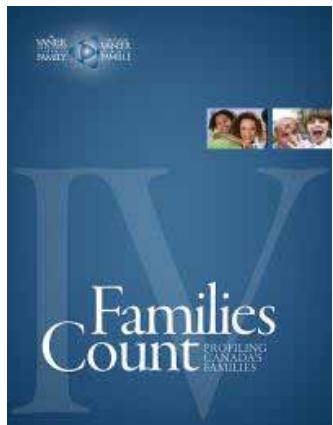
Christine Colbert is Director of Projects and Research and has been responsible for FRP Canada's *FutureSave* project. At the FRP Canada national conference in April, she will offer a **full-day training session in financial literacy**, with a focus on education savings.

Participants will learn how to provide families with clear and useful savings and financial planning information in a supportive environment.



TAKE A LOOK!

Latest Edition of an Old Favourite



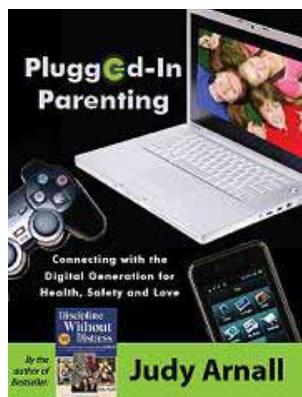
Since 1994, the Vanier Institute of the Family has produced a compilation of essential statistical information about the situation of Canadian families. *Families Count - Profiling Canada's Families IV*, published in October 2010, is the latest version and it is a timely resource to help us all understand the changing face of families and their needs.

Trends, successes and challenges are presented in easy-to-understand charts and tables with clear commentary to explain the findings. Here are a few examples of highlights:

- Married couples with children no longer make up a majority of families.
- Stress and illness due to work-life conflict are especially common in women with preschool children.
- Men are taking on more child care responsibilities, but women still do most of the household tasks.
- Families are taking on an increasing household debt load.
- The burden of financing the many years of education for children that are now required for a good job is causing serious stress to families.
- Almost one in five Canadian families provides unpaid care or assistance to a senior.
- Poverty rates are especially high among Aboriginals and new Canadians.

Those who work in the field of family support will find the numbers in this publication to back up their intuition about the issues facing Canadian families.

The entire publication, in English or French, may be downloaded free from the Website of the Vanier Institute of the Family at www.vifamily.ca. Use the form on the same site to order a printed version for \$45. □



Parent educator and author Judy Arnall of Calgary has recently released a DVD entitled *Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love*. Parents can learn about non-punitive strategies for parenting children from babies to teenagers. Subjects in the two-hour video include cyber-safety, cyberbullying, and cellphone and social media guidelines. Parenting demonstrations show how to stay connected to kids while setting healthy limits. Available for \$34.95, including taxes, shipping and handling, from www.professionalparenting.ca. □

Audio resources from Alberta

The Alberta Network for Safe and Healthy Children has posted a number of **recorded messages about babies, early child development and parenting** on its website. They are available in **Mandarin, Euro French, Somali, Spanish and Sudanese Arabic** and will be particularly useful for refugee and immigrant parents who may not be literate in their own language. Each message lasts five to 12 minutes, time to listen while having a cup of tea during baby's nap.

Topics may be listened to in any order and include pregnancy, feeding, sleep, play, the role of fathers, the couple relationship, postpartum depression and physical punishment. The language is simple and direct. An English transcription is also posted in PDF format.

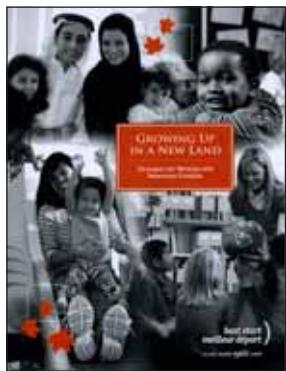
While the references mentioned are to services in Alberta, the information is useful anywhere in Canada. Access the files by clicking on the audiotape tab at www.safechildren.ca. □

No Tax on Memberships and Publications

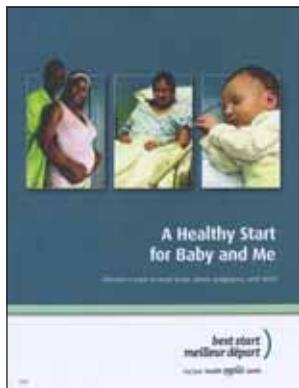
Due to a recent ruling of the Canada Revenue Agency, FRP Canada will **no longer charge sales tax** on memberships. This makes us "small suppliers," so we need no longer charge tax on sales of publications.

New Publications from Best Start Resource Centre

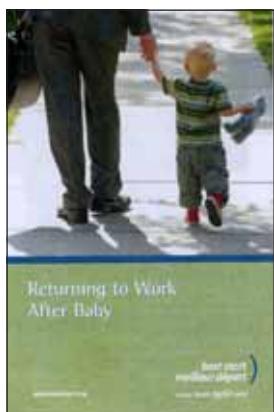
Best Start is a provincial resource centre supporting people who work to promote the health of expectant and new parents, babies and young children. It is funded by the Ontario government and is a key program of Health Nexus, Ontario's oldest health promotion organization. In addition to offering support, training and consultation, Best Start publishes many useful materials for workers in the field. For a full list, go to www.beststart.org. The following three publications were published in 2010.



Growing Up in a New Land is a manual designed to help service providers work effectively and sensitively with newcomer families. It is particularly geared to work with families who have children aged six and under; however the approach and resources will be useful to anyone who works with newcomers. Background information is supplemented with concrete examples of programs and activities, along with lists of resources. The 60-page booklet can be downloaded free in PDF format or ordered in print for \$7, plus tax and shipping.



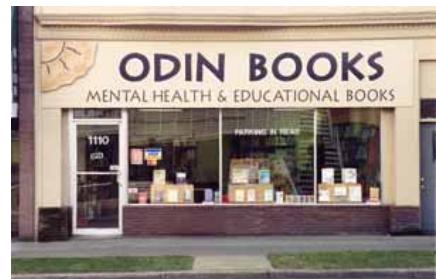
A Healthy Start for Baby and Me is a low-literacy publication which covers pregnancy, pre-natal care, labour, delivery and the postpartum period. There is also a section on early infant care, including breastfeeding and safety tips. Its clear, plain language and many illustrations make it suitable for women who have difficulty reading due to literacy or language issues. The 90-page booklet can be downloaded free in PDF format or ordered in print for \$3, plus tax and shipping.



Returning to Work After Baby is a small booklet written for parents who are returning to work after a maternity, parental or adoption leave to help make the transition as smooth as possible. The subjects covered include choosing child care, working and breastfeeding, time management, household chores, establishing a routine, caring for children and oneself and planning a budget. It can be downloaded for free in PDF format or ordered in print for \$.50 a copy, plus tax and shipping. □



As announced in the last issue of *Play and Parenting*, Invest in Kids ended operations on September 30, 2010. Best Start Resource Centre has become the home for the organization's legacy of materials, including parent resources, reports, service provider tools, etc. Some of the materials are available in a special area of the Best Start website and more will be posted soon at www.beststart.org.



Odin Books is an independently owned bookstore which specializes in mental health, education and psychology-based resources. It also carries a good selection of children's books. In addition to its Vancouver location, it provides an online order service for organizations, schools and individuals. Titles are conveniently indexed by category and subcategory. Staff can also help locate resources for therapists, counsellors, service providers, educators and parents. www.odinbooks.ca □

WEBSITES

www.familieschange.ca - This website dealing with divorce and separation is produced by the Justice Education Society of BC. The section for adults covers topics such as telling the children, helping children through the changes in family circumstances, identifying and dealing with emotions, defining rights and responsibilities of both children and adults, and further resources. The sections designed to answer questions from children and teens have a flash option which makes them appealing to youth. Some of the legal information provided may be specific to BC, but most of the information is more general and will be helpful for families going through divorce, wherever they live.

www.victimsfirst.gc.ca - The Office of the Federal Ombudsman for Victims of Crime has improved its website to make it more user-friendly. New sections and information have been added, and the existing information for victims has been reorganized to make it easier to find and navigate.

TRAINING

January to June, 2011, the Hincks-Dellcrest Centre in Toronto offers a number of one-day training workshops in a variety of subjects dealing with children's mental health. Topics include therapeutic play, working with aggressive states, and making parent groups effective.

www.hincksdellcrest.org/Home/Training-and-Consultation/Child-Family-and-Group-Related-Training/Workshops.aspx

February 7–11 in Thunder Bay and February 28–March 4 in Toronto, the **Reaching In...Reaching Out** resiliency skills training program offers its five-day train-the-trainer workshop.

www.reachinginreachingout.com

February 14 and April 4, the Holland Bloorview Kids Rehabilitation Hospital and the YMCA offer two days of training for professionals in the **Reaching In...Reaching Out** resiliency skills training program. Contact Donna Sobers at 416-424-3851 or dsobers@hollandbloorview.ca



Play for Literacy on Family Literacy Day January 27, 2011

Board games, card games and word games—they're all great ways for parents and children to practise their literacy skills and have fun. On January 27, gather your family and play at home, attend a local event, or host an event in your community.

You can also download a free Family Literacy Activity Book with a colouring page, crossword puzzle, word find, recipe and much more. Go to the ABC Life Literacy Website to find this book and lots more information about family literacy.

www.abclifeliteracy.ca/en/family-literacy-day

UPCOMING EVENTS

February 22–24, Best Start Annual Conference, Toronto, Ontario. Best Start Resource Centre. www.beststart.org/events

March 4–6, 4th International Meeting on Indigenous Child Health, "Securing Our Future: Advancing Circles of Caring," Vancouver, BC. Canadian Paediatric Society. www.cps.ca

March 1–4, "Celebrate Diversity, Celebrate Fatherhood," San Francisco, California. Fathers and Families Coalition of America. www.azffc.org

March 2–5, "The Power of Knowledge: Integrating Research, Policy, and Promising Practice Around the World," 4th International Conference on Fetal Alcohol Spectrum Disorder, Vancouver, BC. Canada Northwest FASD Partnership www.interprofessional.ubc.ca

April 14–15, "Expanding Horizons for the Early Years: Making Relationships Work for Infants & Toddlers," Toronto, Ontario. Infant Mental Health Promotion, Hospital for Sick Children. www.sickkids.ca/imp

April 26–29, "Early Learning and a Whole Lot More!", Montreal, Quebec. Canadian Association of Family Resource Programs. www.frp.ca

May 26–28, "Valuing Children: A Canadian Conversation," Saint John, New Brunswick. Early Childhood Care and Education New Brunswick. www.eccenb-sepenb.com