

# play + parenting

FRP Canada



www.frp.ca

spring | 2010

## Services for Victims of Crime

When a serious crime is committed, often all the attention seems to be on finding and punishing the perpetrator. Victims of the crime may feel that they get lost in the shuffle between the police and the justice system. The federal, provincial and territorial governments have recognized their responsibilities to support victims by instituting a variety of services, but it is not always easy to know where to go for which services.

### Making access easier

In addition to physical injury and financial loss, victims of crime often suffer emotional trauma, including feelings of fear, depression, shame and lack of trust. These after-effects may make it more difficult for them to seek out help from formal institutions. Thanks to the open and accepting atmosphere in family resource programs, along with practitioners' experience in making referrals, family support organizations can be ideal places for victims of crime to start their road to healing.

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## It's All in the Way We Work

*The following is a story from the director of a family resource program that participated in FRP Canada's FutureSave project. This project has developed workshops to inform parents about budgeting and saving, particularly saving for their children's education using a Registered Education Savings Plan (RESP) and the Canada Learning Bond. (For more information, see box on page 3.)*

*Personal details have been changed to protect privacy, but stories like this are happening in family resource programs all over the country. Our success is in the way we work.*

Recently, one of the mothers who has been coming to our programs for awhile went to the bank to set up an RESP for her three children, aged 6 and under. She had filled out all the forms ahead of time and had no problem.

While she was there, she asked for a loan to pay the outstanding balance on her VISA card to lower her interest rate and get her back on top of her expenses. It was attending the *FutureSave* workshop that gave her the courage to ask for that loan.

*continued on page 3*



*illustration: Claire MacDonald*



**FRP Canada's Mission**  
National leadership that supports a vibrant network of family resource agencies.



[www.frp.ca](http://www.frp.ca)



**parents matter**  
[www.parentsmatter.ca](http://www.parentsmatter.ca)



[www.welcomehere.ca](http://www.welcomehere.ca)

## Call for Nominations FRP Canada Board of Directors 2010 – 2012

Members of FRP Canada with an interest in serving on its Board for the 2010–2012 term are invited to download a 2010 Nominations Kit at [www.frp.ca/nominations2010](http://www.frp.ca/nominations2010)

Completed applications must be received by **May 21, 2010.**

The Nomination Kit includes information about vacancies.



**FRP CANADA  
CONFERENCE  
APRIL 26-29, 2011**

Omni Mont-Royal Hotel,  
Montreal, QC

Celebrate spring 2011  
in Montreal.

Begin planning now to join your colleagues from across Canada.

If you have suggestions for topics or speakers, please be in touch.  
[info@frp.ca](mailto:info@frp.ca)

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*Victim Services, continued from page 1*

Anna-Marie Hayes, Director of the Valley Family Resource Centre in Woodstock, New Brunswick, has seen victim services in action. "For a couple of years, we had a victim services coordinator in our centre," she explains. "People felt comfortable coming here. It wasn't threatening to them because they could bring their kids and blend right in." The coordinator has now moved to another office, but practitioners in the centre continue to refer families to the various levels of government services. "We all learned a lot," says Anna-Marie. "The coordinator learned a lot about families and how to work with them; we all learned a lot about what's going on in our community and the services victims have a right to. Many people were in denial and now we have a better picture, particularly about domestic violence."

### **Correctional Service Canada**

Other family resource programs have also had experience supporting victims of crime, as part of both provincial and federal programs. FRP Canada is now embarking on a project with the Victim Services program of Correctional Service Canada (CSC) to inform practitioners in family resource programs about victims' rights to certain information about offenders who have been sentenced to two years or more in federal custody. Victims can register with Victim Services to receive information about the offender who harmed them. This includes cases where the offender is a family member of the victim. If minors have been harmed, the person who is responsible for them may also register to receive this information. (To learn more about this program, go to [www.csc-scc.gc.ca/victims-victimes](http://www.csc-scc.gc.ca/victims-victimes).)

*continued on page 4*

*The Way We Work, continued from page 1*

This woman was a person that could only have been reached through a family resource program; no other institutional model would have worked for her. About five years ago, she started coming to our centre for her children, to help them prepare for school. She showed no interest in connecting with other adults; she'd just sit in a corner waiting for the children's program to end and then leave. Slowly we started to engage with her and have been able to come alongside her in many areas over the years to provide support. We have helped her with parenting questions and school issues, as well as with finding a free preschool spot at our centre, free dance lessons, food, clothing and new-baby supplies. She has been linked up with a non-profit organization to help her renovate her housing, which was rundown and not adequate for her and her three children. In addition, she has gradually built up a group of friends. And now we have helped her to set up RESPs for her children and to start getting her financial affairs in order.

The difference in a family resource program is that we serve the whole community. We know our families by name and are able to come alongside parents to support them. We can connect them to the community, giving them a sense of belonging and confidence. They are not a client or a caseload. We have the opportunity to change lives by speaking to the whole person.



### **FutureSave: Investing in Our Children's Education**

Did you know that the Canadian Government will give up to **\$9,220** towards a Registered Education Savings Plan (RESP) to assist with the costs of post-secondary education? Even if the family cannot themselves contribute to an RESP, for qualifying families, the Canada Learning Bond will still contribute up to **\$2,000**.

FRP Canada's *FutureSave* project offers training to practitioners who want to inform families about this opportunity. Go to [www.frp.ca](http://www.frp.ca) and click on the *FutureSave* icon to learn more.



*Participants in a FutureSave workshop in British Columbia take notes on ways to budget and save for their children's education.*

*Victim Services, continued from page 3*

### FRP Canada project

As part of the current project, FRP Canada has mailed Correctional Service Canada brochures to all its members and to other partner organizations. Practitioners will be able to share information with families about what CSC Victim Services offers, who is eligible and how to register to receive these services. FRP Canada is also planning workshops in various locations across the country, along with a Webinar for family support practitioners who wish to learn more about the details of CSC's services to victims.

"Some excellent government programs aren't being accessed by people who have a right to them," says Executive Director Janice MacAulay. "Family resource programs can play a role to lower the barriers that some families may have in finding out what is available to them. We've been doing it successfully with our *FutureSave* project, which informs families about financial supports available to them as they plan for their children's post-secondary education. We look forward to assisting Correctional Service Canada to get the word out about their services to families who are victims of serious crime." □

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*The families of prisoners also suffer harm as a result of crimes committed by family members, whether the harm is direct or indirect. The Canadian Families and Corrections Network offers support to these families, including two publications which are described on page 6 of this issue.*

## Staff Picks

### Office Manager Ratna Nadkarni

"Staff Picks" is a regular column in which a member of FRP Canada's staff recommends a publication from the many that the association has published.



*Why Play?* is a series of easy-to-read brochures offering information to parents and child care providers on play and child development, divided into six age groups from birth to five. One of FRP Canada's most popular resources, I feel it is one of those deceptively simple resources that cannot be emphasized enough. As a new parent, I find the ideas for play very useful and relevant. They encourage you to use your imagination, and more importantly, to stimulate your children to use theirs. Going back to these simple basics is very important now, when toys that are easily purchased off a shelf might discourage using one's creativity.

The *Why Play?* brochures have been translated into 11 languages. Songs and rhymes in these translations are traditional for their respective languages, not mere translations of the English or French rhymes. As an immigrant I find that the *Why Play?* translations help me keep in touch with my birth culture. The icing on the cake is that my husband enjoys reading them, (unlike other parenting books that I find interesting). I would definitely recommend these brochures to family support practitioners for the benefit of the families they work with, an essential item for their literature display racks. □

*Why Play?* can be ordered from FRP Canada at [www.frp.ca](http://www.frp.ca). Costs vary by quantities ordered. The translations in 11 languages can be downloaded from [www.welcomehere.ca](http://www.welcomehere.ca).

advertisement

## Magic with Music

### Building children's communication through songs & rhymes

This unique and delightful DVD is a fun and practical resource for Moms and Dads to share songs and rhymes with their children in an interactive and enriching early learning experience. We show you how to be attentive, nurturing and promote interactions that are key in helping your child learn and grow.

Package includes a songbook, so you can join in with your child and enjoy fun and interactive songs and rhymes together.

Suitable for babies, toddlers & preschool children.



Order your Magic with Music DVD today!



[www.hanen.org/onlinestore](http://www.hanen.org/onlinestore)

# The parent job description

## An experiential family education activity

Rosemary C. Reilly PhD, CCFE

Using learning activities in family education can help to raise issues, create opportunities for learning, and bring a dimension of fun into the learning process. Here is an activity that helps to generate discussion about the multiple (and sometimes overwhelming) tasks of parenting.

**1. Goal of the Activity:** This activity highlights the various tasks and roles that go into parenting. Parents are able to see how many demands are placed on them. The facilitator can also link the discussion to child developmental issues, parenting needs, and skill areas to strengthen.

**2. Stage of Group Development:** This activity works best when used in either the first or second session of a program, or can be an introductory activity to a stand-alone workshop. It is designed to meet inclusion needs of group members.

**3. Population:** This activity can be used with parents (mothers and / or fathers), lone parents or those with partners, or guardians of children at any stage of development.

**4. Materials Required:** Paper and pen; or flip chart paper, markers, and tape.

**5. Time Required:** about twenty minutes, plus time for discussion.

### 6. Procedure:

- Divide the group into small groups of about 3, 4 or 5 participants.
- Give each of the small groups a sheet, and ask them to compose a classified ad as if they were really advertising for a person to fill in the job of "parent." Include all the elements of a job description: hours, skills, benefits and compensation, relevant work experience, etc.
- Have the small group generate all the elements to the ad, and then have one member compose it on the paper or flip chart.
- When all small groups have finished, have them share their ad in the large group.
- Questions to promote discussion:
  - What does this suggest about the tasks and role involved in parenting?
  - Which of these tasks are easy for you to accomplish? Which are more challenging?
  - What kind of "on-the-job" learning do you want to have?

**7. Possible Variations:** [optional] Another group could do a job description for a child (of whatever age the parenting group is focused on). An additional discussion question could highlight when children's and parents' jobs are in sync, and when they clash.

**8. Special Considerations:** The facilitator can write the response if members of the group have weak literacy skills. □

*Rosemary C. Reilly is an Associate Professor in the Department of Applied Human Sciences at Concordia University in Montreal, and has been a family life educator since 1989. She has been certified as a CCFE since 1995. Dr. Reilly is currently authoring a book of experiential activities to be used in family education.*

## Online Directory of Certified Canadian Family Educators

FRP Canada oversees a process which certifies family educators as meeting certain standards. Qualified candidates receive the designation of "Certified Canadian Family Educator," CCFE.

You can now use the online directory to find and contact CCFEs in your province. The directory, along with more information about the certification program, can be found at [www.parentsmatter.ca/ccfe](http://www.parentsmatter.ca/ccfe)



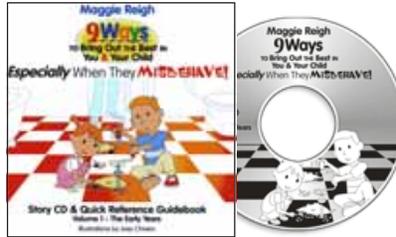
Volume 3 of *Perspectives*, FRP Canada's occasional journal, focusses on issues related to welcoming newcomer families to Canada.

It is distributed free to members. Look for your copy in the mail.

# TAKE A LOOK!

“Have you ever noticed that while lectures are soon forgotten, stories have a way of weaving their way into your heart and mind and are remembered long after the telling?” So begins the audio CD that accompanies Maggie Reigh’s booklet *9 Ways to Bring Out the Best in You & Your Child, Especially When They Misbehave!*. The stories contained on this CD prove the point.

Parent educator and author Maggie Reigh has garnered stories from her own experience and that of people in her parenting groups over the years. She uses



\$24.99 plus \$5 shipping in Canada.  
Order from [www.maggiereigh.com](http://www.maggiereigh.com)

them to illustrate the concepts that she set out in her previous book, *9 Ways to Bring Out the Best in You & Your Child*, and her course of the same name for parents. The stories apply those “9 ways” in a meaningful and memorable

fashion to the hard moments when children’s behaviour challenges us.

Busy parents who might not have the time or inclination to read a parenting book can listen to these real-life stories over and over again, while cleaning the kitchen, driving in the car or working out at the gym. Gradually, they will find themselves assimilating valuable concepts and tools that will guide their parenting. The booklet, with its cartoons and easy-to-read text, is a helpful supplement to explain how to put the ideas into practice, but it’s the stories that bring the concepts to life. □

## Booklets for Families from the Canadian Families and Corrections Network

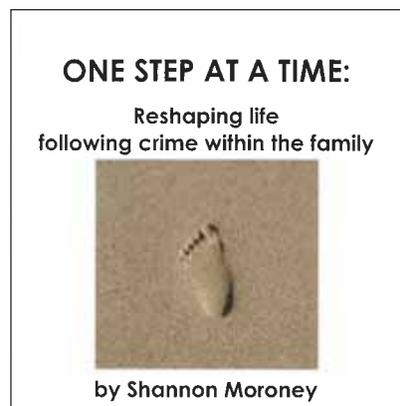
The Canadian Families and Corrections Network (CFCN) provides services to families of offenders, including orientation programs in federal intake and assessment units across the country, Visitor Resource Centres inside federal institutions and family reintegration programs. It also undertakes research and advocates for policy in the area.

The CFCN provides information for families affected by criminal behaviour, incarceration and family and community reintegration at two toll-free numbers:

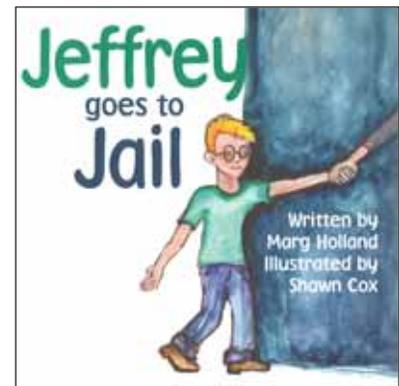
**1-888-371-2326** (English) and  
**1-877-875-1285** (French).

Two CFCN publications are available free to families affected by crime and at a small charge for others. Order forms are on the Website at [www.cfcn-rcafd.org](http://www.cfcn-rcafd.org).

**One Step at a Time** provides information and ideas for those facing a situation in which they, or someone else in their family, have been hurt by the criminal behaviour of another family member. Family victims face numerous challenges and decisions along their road to recovery. This booklet offers valuable assistance in that journey.



Cost: \$5.00 plus \$2.25 for shipping  
Free to family members affected by crime (limited time offer).



In this storybook for children, Jeffrey’s going to jail, but he didn’t do anything wrong. He’s going to a correctional facility to visit his incarcerated father. Author Marg Holland describes Jeffrey’s experience with the metal detector, the ion scan and the drug dog, before he is finally able to hug his father. Cost is \$10 plus shipping. Canadian families affected by incarceration can request a free print copy by contacting [national@cfcn-rcafd.org](mailto:national@cfcn-rcafd.org). □

# TAKE A LOOK!

## Folders with Key Messages for Parents

The Centre of Excellence for Early Childhood Development has published a series of brightly illustrated folders for parents with key messages drawn from information in its online encyclopedia. Three new titles have recently been added: “**Child’s Play: Learning that Comes Naturally**”, “**Temperament: Understanding your Child’s Temperament**” and “**Temperament: A Life-Long Influence**.” Other current titles include Aggressive Behaviours, Nutrition, and Eating Behaviours. They may be downloaded in PDF format from [www.child-encyclopedia.com/en-ca/key-messages-list.html](http://www.child-encyclopedia.com/en-ca/key-messages-list.html).

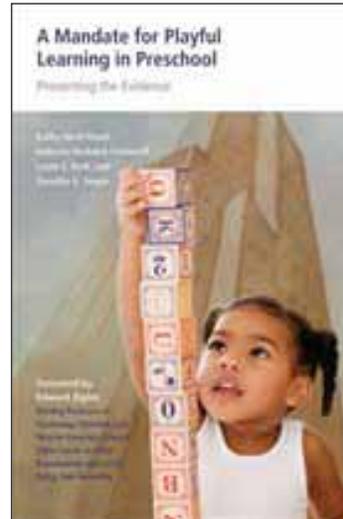
An organization may order up to 50 print copies free. Larger orders would be produced on a cost recovery basis. For more information and to order print copies, contact Natalia Gotelli at [cedje-ceecd@umontreal.ca](mailto:cedje-ceecd@umontreal.ca) or 514-343-6111 extension 1- 2525.

Since 2001, the Centres of Excellence for Children have been funded by the Public Health Agency of Canada (PHAC). This funding has now come to an end. The Centre of Excellence for Early Childhood Development (CEECD) will carry on most of its activities, including the online Encyclopedia on Early Childhood Development, with the help of its partners (foundations and academic institutions) and the support of the Social Sciences and Humanities Research Council.

## DVDs from the Infant Mental Health Program



Infant Mental Health Promotion (IMP) at the Hospital for Sick Children in Toronto has produced a series of short educational videos for families and professionals. The accompanying printed guides make them easy to use for parenting group facilitators and home visitors who want to give parents well-researched information about attachment and emotional self-regulation. For price and ordering information, go to [www.sickkids.ca/imp](http://www.sickkids.ca/imp).



## A Mandate for Playful Learning in Preschool: Presenting the Evidence

Kathy Hirsh-Pasek,  
Roberta Michnick  
Golinkoff, Laura E. Berk  
and Dorothy Singer

Available in bookstores

Everyone agrees on the importance of early experiences for long-term development. As society moves to bring younger and younger children into educational settings, the message of this book becomes ever more important: didactic instruction is the wrong way to go in preschool. We must **return play to its rightful position** in children’s lives.

Backed up by scientific studies, the authors make three essential points about the pedagogy that suits young children:

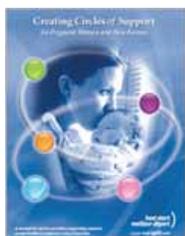
- Children need both unstructured free play and playful learning under the gentle guidance of adults to best prepare them for entrance into formal school.
- Academic and social factors are so inextricably intertwined that we must pay attention to both aspects of children’s development.
- Learning and play are not incompatible; the best learning takes place when children are engaged and enjoying themselves.

Written in clear and expressive language, this book offers practitioners and policy makers alike a comprehensive review of research supporting playful learning as well as policy and practice recommendations. This book was suggested to family support practitioners by Dr. Stuart Shanker, a keynote speaker at FRP Canada’s national conference in 2009. Dr. Shanker’s own work on self-regulation lends support to the message about the importance of play.

# RESOURCES ON THE WEB

The resources on the sites listed below may be downloaded for free and used in your programs, either for staff development or for distribution to participants. If you have come across similar useful resources on the Internet, share them with your colleagues by letting us know at [info@frp.ca](mailto:info@frp.ca). We will publish the information in future issues of *Play and Parenting*.

Invest in Kids has launched a “**prenatal corner**” on its Web site where expectant parents will find answers to questions about their pregnancy. The information here will start mothers, and fathers thinking about the changes a new baby brings. The section will have a special focus on how couples can understand and support each other through the transition to parenthood. Expert information and peer-to-peer contact are among the features on this interactive site. Click on “Ages and Stages” at [www.investinkids.ca](http://www.investinkids.ca).



*Creating Circles of Support*, published in 2009, is a manual for health and social service providers working with **pregnant women, new mothers and their families**. It provides evidence and ideas from the literature and practice about how to help women create their own circle of support. The manual can be ordered at a cost of \$7 or downloaded from the Best Start Website at <http://beststart.org/resources/ppmd/index.html>.

The Centre of Excellence for Early Childhood Development has recently published two five-page papers on the **importance of early intervention**. Dr. Fraser Mustard's paper is entitled “Early Brain Development and Human Development.” Dr. Jack Shonkoff, of Harvard University, has written on “Investment in Early Childhood Development Lays the Foundation for a Prosperous and Sustainable Society.” Both can be downloaded at [www.child-encyclopedia.com/en-ca/importance-of-early-childhood-development/according-to-experts.html](http://www.child-encyclopedia.com/en-ca/importance-of-early-childhood-development/according-to-experts.html).

## UPCOMING EVENTS

April 29–May 1 - “New Frontiers for Children: Our Journey Together,” Calgary, Alberta. Canadian Association for Young Children National Conference. [www.cayc.ca](http://www.cayc.ca)

May 3–5 - “2010 Joining Together: Issues and Initiatives in Child Mistreatment,” Calgary, Alberta. Canadian Society for the Investigation of Child Abuse. [www.csicainfo.com](http://www.csicainfo.com)

May 5–7 - “Beyond 2020: Canada’s Promise to Children and Youth,” Ottawa, Ontario. Child and Youth Friendly Ottawa. [beyond2020@rogers.com](mailto:beyond2020@rogers.com)

May 27–28 - “Healthy Relationships, Healthy Development, Healthy Communities,” Hamilton, Ontario. PrevNet. [www.prevnet.ca](http://www.prevnet.ca)

May 27–28 - “Our Time to Shine,” Montreal, Quebec. Association of Early Childhood Educators of Quebec and Canadian Child Care Federation. [www.qualitychildcarecanada.ca](http://www.qualitychildcarecanada.ca)

May 30–June 2 - “Families and Communities: Intersections and Connections,” Montreal, Quebec. Canadian Association for Social Work Education. [www.caswe-acfts.ca](http://www.caswe-acfts.ca)

June 7–10 - “Pathways to Resilience II: The Social Ecology of Resilience,” Halifax, Nova Scotia. Resilience Research Centre. [www.resilienceresearch.org](http://www.resilienceresearch.org)

July 16–20 - “Brain Development and Learning: Making Sense of the Science,” Vancouver, B.C. [www.interprofessional.ubc.ca/bdl.html](http://www.interprofessional.ubc.ca/bdl.html)

September 29–October 1 - “Health & Wellbeing in Children, Youth, and Adults with Developmental Disabilities,” Vancouver, B.C. [www.interprofessional.ubc.ca/Developmental\\_Disabilities.html](http://www.interprofessional.ubc.ca/Developmental_Disabilities.html)

## Safe Kids Week 2010 May 31 – June 5

Help Safe Kids Canada promote helmet use and injury prevention by becoming a partner in this year’s Safe Kids Week. This year, partners who register for Safe Kids Week will have access to a special discount program being offered through Bell Helmets.

Information about fitting and wearing a helmet can be downloaded from Safe Kids Canada’s Website, along with forms to register as a partner. [www.safekidscanada.ca](http://www.safekidscanada.ca)

