

PEPS CANADA PRESS

When Parents Connect Children Benefit!

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Welcome to the 10th edition of PEPS
Canada Press!

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We wish everyone the best of success in their
PEPS activities!

Erin Smith
PEPS Coordinator, Save the Children Canada



Save the Children Canada is a leading child-rights organization, working for over 80 years to improve the quality of children's lives through the realization of their rights. Save the Children Canada is a non-political, non-religious organization that provides both emergency relief and long-term development assistance through partnership with local communities, government bodies, and international organizations. Save the Children Canada programs tackle key children's rights issues including health, HIV/AIDS, education, nutrition and food security, gender discrimination, and early childhood development.



The Canadian Association of Family Resource Programs (FRP Canada) is a national, non-profit, bilingual organization that has been providing services to community-based family support organizations for over 30 years. With a membership of approximately 400 family-serving organizations, FRP Canada's mandate is to provide innovative leadership to advance social policy, research, resource development and training for those who enhance the capacity of families to raise their children.



Program Updates

PEPS Ontario is entering its final year of programming. Save the Children Canada, in partnership with The Canadian Association of Family Resource Programs, has developed 3 PEPS networks in Ottawa, Toronto and Thunder Bay. The regions are at various stages in their PEPS programming and are excited about using the PEPS approach to working with parents to break feelings of isolation and to discuss the challenges and highlights of parenting. Each region is coordinated by a part-time PEPS Coordinator.

In **Ottawa**, **Marzieh Soltani**, the Ottawa coordinator, organized a 'PEPS Professional Development and Follow-Up Meeting' that took place on September 7th 2006 at Pinecrest-Queensway Health and Community Services. Previous PEPS partners, facilitators and volunteers attended. They gave feedback, shared their experience and discussed ways of sustaining the PEPS program in their communities.

A 'PEPS Facilitator Training' took place on September 15th and 16th 2006 at Carlington Community Health Centre in Ottawa. The training was attended by 14 participants and was co-facilitated by Shelly Mitchell and Asha Siyad, both experienced Trainers. Most of the participants were from the Somali and Arabic-speaking community. We also had one male participant!

What do participants like about the PEPS Facilitator Training?

Many participants said that they enjoyed learning how to work better with children and parents, developing problem solving skills, and learning how to facilitate a group. Some participants found the topic of confidentiality within group discussions very useful.

New PEPS groups:

Carlington Community Health Services started their first PEPS group in November 2006, co-facilitated by Shelly Mitchell.

Asha Siyad who works at Pinecrest-Queensway Health and Community services will co-facilitate a PEPS group for Somali speaking families that will be offered this winter at the Britannia Woods Community House.

The **Toronto PEPS Community**, coordinated by **Sarah McGuire**, has been gathering momentum over the last few months, with newly trained parent facilitators starting groups and more trainings to take place in the near future.

LAMP in south Etobicoke, Ontario Early Years Centre in York and St. Stephen's Community House in central Toronto have all completed Parent Facilitator Trainings and successfully introduced PEPS into their communities. The newly trained parents from St. Stephen's Community House started a group in partnership with Queen West Community Health Centre, also in downtown Toronto. This group currently is attended by 6 Spanish speaking families, and takes place in both English and Spanish to help the families stay in touch with their roots while improving their English. This group is growing steadily and will continue into the New Year, thanks to the support of Queen West Community Health Centre.

Access Alliance, based in central Toronto, is getting ready to start their Parent Facilitator Training which is due to take place in December, followed by up to 4 subsequent PEPS Groups across the GTA. These groups will be focused on newcomers to Canada, and grandparents, and will include Tamil and Arabic speaking groups.

Room To Grow Child Centre in central Etobicoke will be starting their PEPS Group at the end of this month. The group is open to everyone, especially families connected with services under the Etobicoke Brighter Futures Coalition, which includes 40 agencies. Newly trained parent facilitators from LAMP are also planning to attend in order to further develop their skills, and this may lead to more groups emerging in south Etobicoke. Facilitator Training will take place at the end of this 12 week group, and PEPS, with the support of Room To Grow, will likely continue on in this community.

PEPS in Thunder Bay will be holding a parent facilitator training in the New Year, followed by a session for Thunder Bay Trainers. Interested staff from 3 or 4 key agencies (Ontario Early Years Centre, Our Kids Count, Rural Family Resource Centre, Beendigan) will be invited to attend the training along with 3 or 4 parents from each agency. **Kari Chiappetta**, our new coordinator, will be working to support PEPS initiatives in the region. We are looking forward to welcoming new PEPS groups and participants to the network of communities.



The Odawa Native Friendship Centre in Ottawa continues to support successful PEPS groups for Aboriginal families living in the urban centre of Ottawa.

In its 5th year of regular programming, PEPS is well attended by returning families and welcomes new parents and children to the groups. PEPS at Odawa works closely with the Healthy Babies Program. Save the Children Canada receives support for the Odawa PEPS program from CIBC and RBC.



Programme de soutien aux parents de jeunes enfants

Nouvelles de PEPS

FRP Canada et Aide à l'enfance Canada ont implanté et soutenu le modèle du PEPS à Ottawa, Toronto, et à Thunder Bay. Plusieurs agences offrent des groupes de PEPS à Ottawa et à Toronto. Il y a aussi des parents à Thunder Bay qui démontrent un grand intérêt à ce que ce projet démarre et nous sommes confiants que des groupes débiteront d'ici janvier 2007. Les agences à Thunder Bay qui offriront probablement ces groupes sont Our Kids Count, Rural Family Resource Centre, et Beendigan.

Tous les groupes sont excités d'utiliser l'approche du PEPS pour travailler avec des parents. L'approche a pour but de faciliter la discussion des défis et de souligner les points positifs du parentage. Elle enlève aussi les sentiments d'isolation que ressentent parfois les parents.

Les groupes du PEPS reconnaissent la sagesse des parents et de la collectivité et sont convaincus que le partage et le soutien amènent les parents à prendre conscience de leurs propres forces et à avoir confiance en eux-mêmes, ce qui conduit à des familles en santé. C'est la clé de leurs succès.

PEPS Advisory Committee Meeting

The PEPS Advisory Committee got together at the beginning of September in Toronto. Much was accomplished and we thank all of those who participated. Your input was very valuable.



New Resources Revised PEPS Facilitator Training Guide

The PEPS Facilitator Training Guide has been revised and will soon be available for those who are planning to conduct training sessions for new PEPS groups. Communities interested in receiving a copy of the new guide can send us an email at info@frp.ca. The facilitator training is geared towards training parents and volunteers who have a strong interest in facilitating groups and developing their leadership skills.

What Can a Parent Facilitator Expect?

PEPS Programs are coordinated by community organizations (such as the Ontario Early Years Centres, family resource programs, native friendship centres, or community health centres). These organizations bring together parents and children who meet in their facility or community. They offer facilitator training and support ongoing parent-led groups.

Groups are typically co-facilitated, with two trained parent facilitators. Co-facilitation allows parents to share group work, find resources, and promote cooperation.

Groups are usually offered once a week for two hours. The role of PEPS parent facilitators is to:

- Plan PEPS group agendas
- Set up age appropriate activities for the children attending
- Deliver the agenda and open up communication between parents
- Ensure that each parent feels comfortable and has an opportunity to participate
- Help find information on topics that the group requests (i.e. guest speakers, handouts and resources)

The wise leader stays in the background and facilitates other people's process.

("The Tao of Leadership", John Heider. 1988)



What Can a Parent Expect When Attending a PEPS Group?

A two hour PEPS meeting has three components. These can be arranged differently to meet the group needs.

Sharing Time: Parents have an opportunity to talk, share information, interact with their child, or simply have a coffee and a snack.

Interaction Time: Facilitators plan activities for parents and children together. Parents are encouraged to spend time with their child, sing songs, or do a short craft. If children are not involved with the group, the facilitator will provide resources to support parent child interaction.

Topic Discussion: Parents participate in planned topic discussion, guided by their request.

PEPS Believes...

All parents have strengths...

A parent is a child's most valuable resource...

Parents have valuable parenting information to share with other parents.



PEPS Funding

Save the Children Canada and the Canadian Association of Family Resource Programs would like to thank the Ontario Trillium Foundation for its support to PEPS initiatives. PEPS Canada receives additional funding from CIBC and RBC.

We appreciate all efforts by foundations, corporations and government to increase support to parents, families, communities and children.

Recette de pâte à modeler

1 tasse de sel
1 tasse de farine
1 tasse d'eau
1 cuillère à table d'huile végétale
1 grand bol
Colorant de nourriture (optionnel)

Mélanger le sel, l'eau et le colorant de nourriture dans le grand bol. Ajouter la farine et bien mélanger avec vos mains ou une cuillère. Ajouter l'huile. Continuer à mélanger la pâte jusqu'à ce qu'elle soit lisse et collante. La pâte à modeler peut être gardée dans un sac de plastique dans le réfrigérateur.



Crazy Crayon Balls

old crayons
plastic sandwich bags
twist ties
muffin pan
paper for colouring



Peel paper off old or broken crayons then break them into small pieces about half an inch big. Pick several different colours and put them into a small sandwich bag. Seal with a twist tie. Place the bags of crayon pieces into a muffin pan in the sun or in a slightly warm oven for about 20 minutes or until crayon wax is soft. It should never be hot. With the crayons in the bags shape them into balls. Drop the sealed bags into cold water and remove the firm balls from the bags. Ready to colour!