



connections



“Strengthening families for a brighter tomorrow.”

A Call to Action:

In 2003, the Caledon Parent-Child Centre became the Ontario Early Years Service Provider for Caledon. This new role, combined with the Centre's 16 year history of providing Family Resource services, allowed us to offer many new support and early learning programs for children and families.

Each provincial riding was allocated a yearly amount to provide these programs and services. Unfortunately, because Caledon was part of the large riding of Dufferin/Peel/Wellington/Grey, the Caledon Parent-Child Centre only received 40% of the total riding funding. Levels of funding for Early Years Centres, across the province, have stayed at those initial levels. Operating expenses continue to increase, as do the number of children and families needing our services. Entrance to many of the programs has had to be handled through a lottery system. Fundraising and donation dollars have become essential in trying to maintain even basic program levels. Many Centres are having to reduce services and hours, as expenses rise, demand increases, but funding remains stagnant.

My request to each of you is to please contact your local MPP and let he/she know how much the Centre means to you and your family. Ask them to support increased funding to the Ontario Early Years Centres so that we can continue to “Strengthen Families for a Brighter Tomorrow” and meet the growing needs of our communities. For residents of Dufferin/Caledon, your MPP is Sylvia Jones. She can be reached at 519-942-0790 or 1-866-922-3772 or by email at sylvia@sylviajones.ca.



Carol Anne, Norah and Ailsa were on hand for the cake cutting at the CPCC's 20th anniversary celebration on November 27, 2007.

Maureen Thornton
Executive Director

Upcoming Events

Laugh Out Loud:

April 25, 2008 at Glen Eagle Golf Club. A charity event for ladies only. All proceeds go towards the Adjustments After Birth program. Watch for ticket information on our website and at the Centre.

Family Fun Night:

June 5, 2008 at the Caledon Parent-Child Centre. A celebration to help kick off the summer.

Annual General Meeting & Volunteer Appreciation Dinner:

June 11, 2008 at Glen Eagle Golf Club.

“There is always one moment in childhood when the door opens and lets the future in.”

Graham Greene

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News & Reminders Unscheduled Closings

Occasionally our Centre has to cancel programs or close due to unforeseen circumstances. Please remember the Centre's policy in the event of poor weather conditions: **When Peel school buses are cancelled, all programs are cancelled and the Centre is closed. Please listen to your local TV or radio stations for bus cancellations.** If we have to cancel programs for other reasons, we will try our best to give ample notice to those registered.

Scheduled Closures

March 21 – Good Friday

May 19 – Victoria Day

July 1 – Canada Day

August 4 – Civic Holiday

March Break

Mark your calendar ... there will be no programs during March Break (March 10-15, 2008), however, we will be open for Family Time drop-in, Baby Playtime and You and Your Baby. Just a reminder that children's play activities offered at the Centre are primarily

designed for children from birth to six years of age.

Registration

Please make note of the following registration dates for our roster of Spring programs:

Spring Session Program Registration – April 14 to 19 inclusive during regular Family Time hours (programs begin the week of April 28, 2008). Our registration procedure can be found on our website.

Parent Education Workshops

For a complete listing of daytime and evening workshops being offered this Spring, visit our website at www.cp-cc.org. Look for our new fathering workshops. Just a reminder that childcare is offered for some workshops and must be paid for at time of registration. Childcare is available at a fee of \$5.00 per child.

Tutoring Program

This spring we will be offering a tutoring program for JK and SK students struggling with letter and number recognition. The program will encourage literacy

and numeracy skills through a variety of interactive and fun activities. Tutoring sessions will run for thirty minutes with a total of five children per session. The entire program will be eight weeks in length. Watch for more information in March.

Summer Programs

Summer programs will be offered on a drop-in basis beginning the first week of July. Space may be limited. Watch for details in late spring. Our Get Ready for School Mini-Camp will also be back by popular demand in August. There will be two sessions to choose from and registration will be required. Our preschool mini-camp is a structured program for children going into Junior or Senior Kindergarten (JK/SK). The main focus of the program is to make the transition from home to school a little easier for the children going into JK and to reinforce the classroom structure for children who are going into SK. Mini-camp is a theme based program that includes school readiness activities, literacy, dramatic play, language and social skills.

Separation Anxiety: How can we help our children get through this stage?

Around the age of 6 to 10 months your child will develop a sense of "object permanence". He begins to learn that things and people exist even when he cannot see them. Your child will realize that when he cannot see you, you have gone away. Your little one will not know if or when you will come back because he has no knowledge of the concept of time. This can cause "separation anxiety" and your child may respond with distress and do anything he can to prevent you from leaving him.

Just like all of the other tasks you help your child to learn and master, you can help him to learn that Mommy and Daddy will always come back. Remember that separation anxiety is an indication that you have formed a healthy and normal attachment with your child. Your child will learn to cope with your departures when you offer your consistent and calm reassurance.

The following are some strategies you may use to help make separations easier:

- Try to leave your child when he is fed, changed, and well rested. A tired and hungry child does not cope as well in any situation.
- Introduce your child to new people and places gradually. Practice being away from each other for brief periods of time.
- Leave your child with someone you trust. If you trust this person will provide good care this will be communicated to your child.
- Find stories about separation at the library or bookstore and read them together. (The Kissing Hand by Audrey Penn)
- Play those "separation" games; peek-a-boo, follow the leader, hide and seek, etc.
- If your child has a comfort object, allow him to keep it with him.
- Give your child something of yours to hold and look after.
- Always say good-bye to your child. Do not sneak away while your child is not looking.
- Create a special "good-bye" ritual. Rituals help your child to feel safe.
- Use concepts your child understands to explain when you will come back. (e.g. after lunch, bedtime, etc.)
- Make sure you return when you told your child you will be back. If there is a change to your plan, let your child's caregiver know so he/she will be sure to tell your child.
- Try not to prolong departure. If you keep running back to your child when he cries he may learn to use the behaviour to prevent separation.

Separation anxiety is a normal part of your child's development. The intensity of the anxiety depends on your child's temperament and on the way you handle departures. Some children respond to a parent's departure with crying and screaming, others with withdrawal. Every child is different. When you say good-bye in a consistent, attentive, calm and caring manner, leave your child in warm and loving hands and return to a happy reunion, your child will adjust to and build his self-confidence and independence.

Note: If you have concerns about your child's behaviour, the CPCC/OEYC staff members can help you to find further information and resources to help you. A behavioural consultant from Peel Children's Centre visits the Centre on a regular basis to provide individual consultations for parents. Please ask a staff member about this service.

Information obtained from: <http://www.cyh.com/HealthTopics> • <http://www.kidshealth.org>



Charitable Giving & Volunteerism in Canada

Key Findings (taken from Imagine Canada at www.imaginecanada.ca)

- Canadians donated nearly \$9 billion in 2004
- 2 billion volunteer hours were given
- 65% of teenagers volunteer, representing the highest level of involvement of any age group
- Immigrants give larger annual donations on average
- 21% of Canadians provide 82% of the value of all donations
- Volunteers who benefit from some form of support from their employer contribute one-third more hours than other volunteers
- The Yukon and the Northwest Territories have the second and third highest rates of volunteering in the country; residents of Nunavut had the highest rates of helping each other directly on their own (unpaid babysitting, providing medical or personal care, helping with taxes or shopping)

For information on making a gift of support to the Caledon Parent-Child Centre, please contact: Maureen Thornton (905) 857-0090 • mthornton@cp-cc.org

Joy, How to Make it Last

Here are 10 surefire strategies social psychologist Fred B. Byrant says everyone can use to discover pleasure and satisfaction in everyday moments:

1. Share positive feelings
2. Build memories
3. Congratulate yourself
4. Fine tune your senses
5. Compare downward
6. Get absorbed
7. Fake it till you make it
8. Seize the moment
9. Avoid killjoy thinking
10. Say thank you

Taken from Prevention, by Siri Carpenter. For the complete article, google "Joy, How to Make it Last".



Isolde Boettger (right), Vice-President of Silcotech North America Inc., presented a cheque to the CPCC for their 8th annual Children's Christmas Party. Accepting the cheque was Vanessa Valente, Special Events Volunteer, with her children, Mariah and Matthew.

Thank you to the following businesses and individuals who made financial contributions in the past six months.

Corporate Gifts

McDonald's (Bolton)
Silcotech North America Inc.

Individual Gifts

| | |
|-----------------------|----------------------|
| Amanda Sangster | Lissa McAllister |
| Angie Lyons | Linda Woods |
| Alexander Azzopardi | Lindsay Campregher |
| Cathy Pilieci | Maria & Peter Armata |
| Cheryl Robb | Maria Falcone |
| Christian Sallaberger | Mary Lynn Purchase |
| Cindy Chambers | Nidhi Kathuvia |
| Daena Noxon | Rose Maggi |
| Grace Paluzzi | Salima Noormohamed |
| Emily Danese | Sarah Berlato |
| Jamie Anderson | Skye & John Orr |
| Jennifer Bianco | Sue Buckley |
| Jennifer Vassallo | Sue Chiovitti-Bogner |
| Johanna Downey | Triscia DiPassio |
| Julie Sutherland | |

Special thanks to the many businesses and individuals who made in-kind product and service donations in 2007 that helped offset costs of programs and fundraising initiatives.

Our gratitude to Silcotech North America Inc. for sponsoring our Children's Christmas Party for eight years straight. Our appreciation is also extended to Albion Orchards, Garden Foods, and Anne Parsons from Trailside Bed & Breakfast for donating the morning snack.

And, of course, thank you to our funders for their long-standing financial support:

- the Ministry of Children & Youth Services
- the Region of Peel
- the United Way of Peel Region
- Health and Welfare Canada, CAP-C
- Human Resources Development Canada



Meet our Board of Directors

Dr. Ali Miller, BSc., D.C., FICPA
 Doctor of Chiropractic
 Family Health Chiropractic

Ana Maria Aldrey, BSc, Psychologist
 Realtor Assistant
 Royal LePage Realty

Anna Walpole, RSSW
 Manager of Programs & Restorative Care
 Ukrainian Canadian Care Centre

Anne Parsons
 Owner/Operator, Trailside Bed and Breakfast
 Formerly Elementary School Teacher,
 Peel and Toronto Boards of Education

Gladys Rennie, Library Technician
 Manager of Public Service
 Town of Caledon Public Library (Retired)

Jackie Fraser
 Early Childhood Educator

Janet MacPhee, B.A., B.Ed, ACPC
 Leadership Development Coach & Consultant
 Compass Coaching

John Middleton, CA
 Regional Vice President
 Millennium CreditRisk Management Ltd

Michelle Schultz-Toomey
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 Memorial Public School
 Peel District School Board

Mike Stapleton, BA., CFP
 Certified Financial Planner
 Freedom 55 Financial

Rose Greco, M.Sc., SLP (Reg. CASLPO)
 Speech-Language Pathologist
 ErinoakKids

Sandra Vieira, E.C.E.
 Supervisor, Resource Teacher
 Pumpkin Patch Childcare Centre



Facts on Postpartum Mood Disorders

Postpartum mood disorders are REAL. In fact, 1 in 5 mothers will have a postpartum mood disorder. Symptoms may present during pregnancy or later during the baby's first year.

Symptoms include:

- Not feel yourself
- Be sad and tearful
- Feel exhausted, but unable to sleep
- Have changes in eating or sleeping pattern
- Feel overwhelmed and can't concentrate
- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless or frustrated
- Feel restless, irritable or angry
- Feel extremely high and full of energy
- Feel anxious – you may feel this as aches, chest pain, shortness of breath, numbness, tingling or “lump” in the throat
- Feel guilty and ashamed, thinking you are not a good mother
- Not be bonding with the baby, or be afraid to be alone with the baby
- Have repeated scary thoughts about the baby
- Have thoughts about harming yourself or your baby

Have you or someone you know had any of these symptoms for more than two weeks? Don't wait. There is help for you and your family.

- Your health care provider
- INFO line to find your public health agency: 1-866-532-3161
- Telehealth Ontario: 1-866-797-0000
- Mental Health Services Information Ontario: 1-866-531-2600

Our Centre also hosts the Adjustments After Birth support group where mothers can share their experience in a safe and supportive environment and learn strategies to help them cope during this challenging time. Registration is required. Group and child care are provided free of charge.



connections Ontario
Early Years



connections is provided as a special service for the friends of the Caledon Parent-Child Centre

150 Queen Street South, Bolton, ON L7E 1E3

Tel. (905) 857-0090 www.cp-cc.org

For more information on any of these topics, please contact:

Teresa Colasanti (905) 857-0090 tcolasanti@cp-cc.org

Charitable Registration Number: 12353 8050 RR 0001

MISSION STATEMENT: To provide support, resources and education that strengthen families and promote the optimal development of children.

VISION STATEMENT: To be a leading member of an integrated system of community services that fosters the healthy development of children and families, resulting in a strong and socially responsive community.

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