

big PLANS in print

Connecting Big Plans' Parents to their Communities

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The Calgary Catholic Immigration Society *Welcoming and Supporting New-Canadians*

Last year, Zahra and her family arrived in Calgary from South Africa. Although the move to Canada presented great opportunities for her family, Zahra was terrified. She didn't know how well she would be able to communicate, wondered how she would manage transportation, was unfamiliar with the culture and didn't know where to start making friends.

Zahra isn't alone. An article found in the 'Canadian Immigrant Magazine' states: "Information from Statistics Canada shows that it takes an immigrant an average of 10 years to settle in Canada. We know that immigrants suffer from lack of information. ...It became increasingly clear that immigrant settlement issues involved more than just providing a brochure on how to get Social Insurance Number cards or open a bank account. There are broader information needs to be met." "According to Wendy Cukier, founder, Diversity Institute in Management and Technology at Ryerson University, a

2008 study spearheaded by her, shows that 40 per cent of immigrants who entered Canada in the skilled worker or business class left Canada within their first 10 years." One of the reasons why people are leaving is that they don't feel included.

This is one issue that organizations, such as The Calgary Catholic Immigration Society (CCIS), work to resolve. A non-profit organization, CCIS provides settlement and integration services to all immigrants and refugees in Southern Alberta. They work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society through a wide variety of specialized services that include: Business Employment and Training, Community Development and Integration, Resettlement and Integration, Health and Wellness Services, and Family and Children's Services. These services are delivered through their multicultural, multilingual and multidisciplinary team of professionals, who collectively speak over 62 languages.



This Issue:

The Calgary Catholic Immigration SocietyPage 1

CCIS Parent Link Family Resource CentrePage 2

Triple P Positive Parenting in CochranePage 3

Kidz 1st Network Parent Link CentrePage 4

CCIS FAMILY AND CHILDREN'S SERVICES

- **Cross Cultural Children's Centre** - CCIS offers a range of child care services including high-quality care to children 0 to 6 years old and a Supported Child Care program to help integrate children with mild to moderate special needs in our programming. In addition, they operate three "out of school" care programs as well as summer day camps for children 6 - 12 years of age.
- **Parent Link Family Resource Centre** - CCIS operates the Parent Link Family Resource Centre, which includes our Parent Link Centre. While we serve any parent needing assistance, we specialize in issues faced by newcomer families.
- **Taking Action on Bullying** - This program focuses on creating awareness about bullying and its different behaviours, as well as offers strategies to address the problem of bullying.



Find out more about the CCIS Parent Link Family Resource Centre next page...



Parents Learning About Needs and Skills

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The CCIS Parent Link Family Resource Centre

The CCIS Parent Link Family Resource Centre is comprised of three programs: the Parent Link Centre, the New Canadian Children in Calgary program, and the Family Resource Centre. CCIS offers these free programs and services that are open to all families, although they specialize in serving immigrant families. These programs and services include:

Family Support Services

The goal is to enhance positive family interactions, increase support to families, provide knowledge of community resources, assist with child development and strengthen parenting skills. In the Centre, CCIS provides a range of parenting classes, workshops and referrals to community agencies and professionals.

Parent Child Corner

Parent / child drop-in time is from Monday to Friday between 2:00pm and 5:00pm.

Little Hands Art and Craft

Recognizing that art is an expression of creativity – it is a process that enhances development and learning in young children and begins with a child's early exploration and manipulation of ideas and materials. Little Hands offers child-driven interactive activities where parents can enjoy creating arts and crafts with their children. We recommend the program to parents with kids 3 years of age and older.

Toy Lending Library

The Toy Lending Library offers a variety of toys, books in different languages and videos for children from toddlers to 10 years of age. *Books are available in the following languages: Arabic, Bengali, Chinese, Dinka, Farsi, French, Gujarati, Hindi, Korean, Pashtu, Polish, Punjabi, Romanian, Russian, Serbo-Croatian, Spanish, Tagalog, Ukrainian, Urdu, and Vietnamese.*



Developmental Screening 0 – 6 (ASQ, ASQSE and Nippising)

Screening young children is an effective, efficient way for professionals to catch problems and start treatment when it does the most good—during the crucial early years when the child's brain and body are rapidly developing. A variety of developmental screens are available in the Centre and are designed to help monitor the child's development and follow activities that will help parents play their part in their child's development.

Triple P Program

This evidence-based Positive Parenting Program helps families build confidence and problem-solving skills to make small and positive changes that can become a big difference. Parents can choose how they receive the coaching they require, either over the telephone, in person, individually or in a group, depending on what they need and how they want to connect to discuss any parenting issues. Triple P is based on a core set of skills that emphasizes plenty of encouragement for positive behavior.

Clay! (For parents and children)

This is a beginner's clay class, where participants work on hand-building techniques including: pinch, coil, slab and hollow building. This class is intended as parent-child time and the art projects are collaborative. Since the projects are collaborative between the parent and child, we strongly urge parents and teenagers to enroll. This is a great opportunity for one-on-one time.

Magic Carpet Ride Program

Magic Carpet Ride is a family literacy program for parents and their pre-school children. Families meet once a week for a two-hour session and learn together through stories, songs and hands-on learning activities. Children have lots of opportunities to learn through play, make friends and make gains in their early literacy and school-readiness skills. Parents can also see how their child



is growing, developing and learning. Parents meet and talk with other parents in the community, gain peer support and are provided opportunities to participate in parenting workshops on a variety of topics ranging from child development and parenting to early literacy.

Fathering Initiative

This program is specifically designed to assist both parents and professionals better understand how fathers of children in the 0 – 6 age group can play a positive and involved role with their families. Research has shown that the positive involvement of fathers is a key factor in the healthy development of children.

Other programs and services include: Community Garden, Community Access Program (Free computer drop-in services, Donations, Jacket Racket (warm clothes are provided to clients in need), Co-Parenting After Divorce, Wordplay (reading program for children grades 1-3), Home Alone Safely (9-13 years old), Drama classes and more.

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Parent Link Family Resource Centre

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For more information on The Calgary Catholic Immigration Society visit: www.ccis-calgary.ab.ca

Triple P Positive Parenting in Cochrane

Parenting is one of the hardest jobs in the world and thanks to the Western Rocky View Parent Link Centre in Cochrane, you don't have to do it alone! Not only do they offer free play programs six days a week and free parent education, but they have expanded family support services by offering Triple P, an internationally recognized program. This unique parenting program is designed to give parents practical information and advice on positive approaches to parenting.

Triple P promotes children's development and manages children's behaviour and emotions in a constructive and non-hurtful way. It is based on strong, nurturing relationships, good communication, and positive attention to help children develop.



Positive parenting involves emphasizing the positive and planning ahead to prevent problems. It involves using everyday situations to create opportunities which help motivate children to learn and do their best.

Children who grow up with positive parenting are likely to develop the skills they need to do well at school, build friendships, and maintain a positive self concept. They are much less likely to develop behavioural or emotional problems when they get older. Parents who learn to use positive parenting skills typically feel more confident and competent in managing daily parenting

tasks, are less depressed, less stressed, and experience less conflict with their partners over parenting issues.

There are five key aspects to positive parenting:

- 1. Ensuring a safe, interesting environment**
 - provide a safe, secure, & predictable environment
 - always provide adequate supervision
 - provide your child with opportunities to explore, discover, and develop their skills
- 2. Creating a positive learning environment**
 - be available and observant to your children
 - notice and acknowledge positive behaviors
 - use descriptive praise
- 3. Using assertive discipline**
 - be consistent and predictable
 - prepare in advance
 - set reasonable ground rules (keep rules few & simple)
- 4. Having realistic expectations**
 - be knowledgeable of child development
 - have realistic expectations of yourself as a parent
 - check your expectations with other parents and teachers
- 5. Taking care of yourself as a parent**
 - balance work and family
 - work as a team

It is much easier for parents to be patient, consistent and available to children when their own needs are being met.

Unsure how to implement these skills into your family? Contact the Western Rocky View Parent Link Centre. They offer family play programs (ages birth to 5 years), an indoor playground, Father/Child specific playtime, a Parent Resource Library, Parent Education courses, developmental screening, and individual parenting support. In addition, programs are also offered in Bearspaw and Beaupre.

Parents can access Triple P through seminars, group work, or in-home support.

For more information on programming offered by the Western Rocky View Parent Link Centre call 403-851-2265.



parentLINKcentre

Lil' Explorers

If you are a parent of a child with special needs, then this program is designed for you! Join us to play, visit, share information and connect with other families on the same journey. A safe and fun setting outside the home! Bring along your aides/OT/BT/ST/psychologists etc.

**Western Rocky View Parent Link Centre
127 - 1st Avenue West, Cochrane, AB
Thursdays from 9:30-11am**

Program Outline: 9:30am - Arrive, Welcome. Come in and play, visit, share information and look through our resources. Play area and centers are open. Craft and fun activities are out to enjoy. 10:35am- Tidy up time! Everyone helps clean up. 10:45am- Circle Time! Join us for songs and stories. 11:00am- Home time.

NEW! Triple P Discussion Groups

While it is extremely rewarding and enjoyable to be a parent, it is not always easy. There are some common challenges all parents face as their children grow. These discussion groups offer suggestions and ideas on positive parenting to help you deal with day-to-day challenges and promote your child's development.

**Western Rocky View Parent Link Centre
127 1st Ave W
Wednesdays, 2-4 pm**

April 17th - Developing Good Bedtime Routines
April 24th - Dealing with Disobedience

Cost - Free, donations gratefully accepted.
Registration is required.

To register contact: 403-851-2250

**Western Rocky View Parent Link Centre
127 First Ave W, Cochrane, AB
Phone: 403-851-2265**

Kidz 1st Network Parent Link Centre

Supporting Parents and Children in Chestermere and South East Rocky View

There isn't much you can get for free anymore; however, the Kidz 1st Network Parent Link Centre, is a treasure chest full of free programs and services for parents and children. Located in Chestermere, the centre has been providing programs and services to parents and caregivers of children 0-6 years of age in Chestermere and South East Rocky View since 2006. The centre provides a place where parents and caregivers can come and play with their children, as well as receive family supports, resources and referrals. Kidz 1st Network Parent Link Centre offers a wide variety of activity based and developmentally enhancing programs designed help children reach their full potential.

Music Programs

There are three music programs available depending on the age of your child.

Melody Makers is for children age 3-6 yrs (younger siblings are invited to join too). During this program, children are encouraged to sing, dance, perform dramatic play, use a variety of instruments and make a musical craft to take home. Music provides structure, focus and opportunities for socialization that include: turn taking, listening and following directions.

Movers N' Shakers is a six session class where toddlers (18-30 months) and their parents can learn new songs, dance with scarves, and play a variety of instruments. Parents will learn techniques to help distract, excite, and calm their child through music.

Tiny Tunes offers a variety of songs and instruments for your 0-18 month old baby. Spending time singing lullabies and engaging in finger-play is great for bonding and comforting your baby. All babies have an instinctive sense of rhythm and a love of music.

Let's Grow Together

Let's Grow Together is a play-based program that provides early social opportunities for children and promotes positive parent-child interactions for parents and their children age 2 – 6 yrs while helping prepare children for school. This program offers parents an opportunity to support their children's learning by participating in various developmentally appropriate play centers, art experiences, and a circle time of stories and activities.

Rise and Sign

A fun and interactive program designed to facilitate early communication and reduce frustration in young children. During this

program parents can learn up to 100 hand signs through music, games, stories, and activities along with other parents from their community. Rise and Sign is designed for parents with children 0-2 years of age.



Yoga for Kids

This program aims to help children develop greater concentration, balance and composure in their daily lives. Yoga for children can help increase mental clarity, emotional stability, and contribute to a greater sense of overall well being, while releasing physical tension and mental stress. Our children's yoga program is available for age groups from infant to age 12.

Kidz 1st Network Parent Link Centre offers four program sessions throughout the year: January to March, April to mid June, June to August, and September to December. **Registration is required for all of the programs as space is limited. All of the programs are free of charge, unless otherwise stated.** For the most up-to-date list of programs visit the website at www.chestermere.ca/plcprograms.

If you have any questions about the programs being offered or would like to register for a program please call us at 403-207-7060 or email us at plcinfo@chestermere.ca



Also available at Kidz 1st Network Parent Link Centre:

- Drop-In Playtimes Year Round
 - ★ Mondays 10-12
 - ★ Wednesdays 1-3
 - ★ Tuesday & Wednesday Evenings
- Triple P Parent Education
 - ★ Seminars
 - ★ Group Workshops
 - ★ Drop-In Tip Talks and Discussion Groups
 - ★ One-on-One Consultations
- Ages & Stages Developmental Screening
- Childcare Registry
- Rural programs in Conrich, Dalroy, Delacour, Indus and Langdon

www.chestermere.ca/plcprograms



For more information or to register:

Kidz 1st Network Parent Link Centre

105 Marina Road

Chestermere, AB

Phone: 403-207-7060

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