

# Family Place News

December 2011

## De-Stressing the Season: A Look at Tradition

We hear a lot these days about the commercialization of the holiday season and the stress that often ensues. What ways can we find to create joy in the celebrations of this time of year while still carving out some space and time to breathe in the month of December? How can we make the entire season feel more relaxed, more fun and more memorable? Here are a few ideas to try.

Take time for reflection. What are your family's reasons for celebrating? Talk them over.

Deck the Halls. Bringing in some greenery and a few lights is a wonderfully

simple and affordable way to decorate.

Gifts and Goodies. Think of non-material gifts. Donations to a cause or a home cooked meal?

Stretch our the feast. Why not have a pot-luck style dinner? Bake as a family or don't bake at all!

A time for family. Spend more time with your family (whoever that is for you) doing quiet stuff. Take time to read to each other or watch your favorite holiday specials.

A time for spiritual growth. Whatever your bent is, try to put some time aside for a period of quiet and reflection.

*I shall attend to my little errands of love*

*Early this year,*

*So that the brief days before Christmas may be*

*Unhampered and clear*

*Of the fever of hurry. The breathless rushing*

*That I have known in the past*

*Shall not possess me. I shall be calm in my soul*

*And ready at last....*

*I shall have leisure-I shall go out alone*

*From my roof and my door;*

*I shall not miss the silver silence of stars*

*As I have before;*

*And oh, perhaps-if I stand there very still*

*And very long,*

*I shall hear what the clamor of living has kept from me-the angel's song. - Grace Nell Crowell*

### Special points of interest:

- Family Place will be closed for the holidays from December 18th to January 2nd. We will reopen January 3rd.
- A reminder to please return any items from the Parent Lending Library that are due back.

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## South End Mother Goose

For the winter months, Parent Child Mother Goose is being offered Thursday mornings from 10-12 in the library at Fulford Elementary school, beginning January 12th.

This change will hopefully address the needs of some of our south end families. There will be playtime in the ELF room after singing. Please join us!

Mother Goose will resume at Fernwood Elementary in spring for those of you in the north end. We welcome your feedback!



## Healthy Pregnancy, Healthy Birth, Happy Baby Prenatal Series

In November, we offered our second series of Healthy Pregnancy, Healthy Birth, Happy Baby. The four week course, developed by midwife, Raphael Brooke-Webster, was facilitated by Rebecca Nygard, CBE, and Shannon Cowan, Ph.D, CD, with holistic nutritionist, Lennea Baird doing an entire session on prenatal nutrition.

The series is a valuable opportunity for expecting couples to access free, holistic, prenatal resources, informa-

tion and support and a great way to introduce themselves to Family Place so that they know what is available and feel welcome to drop-in and once their baby arrives.

The next session of Healthy Pregnancy, Healthy Birth, Happy Baby will be offered in the spring. We are considering adding a weekend and/or early evening sessions to accommodate people's varied schedules.



**Support during pregnancy can have positive short and long term benefits.**

## CAPC Participant Surveys

During the Month of November we asked families to fill out a CAPC Participant Survey. Thank you to everyone who took the time and effort to do this!

The Community Action Program for Children is Family Place's major source of funding through the Public Health Agency of Canada and the feedback we provide through these surveys really helps inform them of

the value of our programs in contributing to the healthy development of young children and families on Salt Spring.

Thanks again!

## Preserving the Harvest

Kudos to everyone who participated in the Preserving the Harvest workshops! We had a great time learning the basics of canning and preserving local, affordable-to-free, fruit. The tasty, low sugar blackberry jam, canned pears and pear-ginger sauce, apple sauce and calendula salve all were a hit.

It was a valuable opportunity for

parents to get together, learn something new and take home some yummy things to try. Many participants said they would now like to continue to do their own preserving at home.

We'd like to continue with similar community kitchen type sessions so stay tuned in the new year!



**Apple sauce workshop in the kitchen at All Saints Anglican Church next door.**



## Parent Child Yoga

We had another successful run of Parent Child Yoga this fall with some new families and others returning for more. This series has been so wonderfully attended—thank you to instructor, Shannon Cowan and to facilitator, Colleen Irwin who make it so welcoming and easy for folks to be there and thank you to All Saints Church for the use of their bright, beautiful upper hall.

Parent Child Yoga is an opportunity for parents to bond with their wee

ones through movement and the mind/body/spirit benefits of yoga and hopefully leave feeling as if they can navigate life's challenges with a little more ease.

Yoga also benefits little ones by engaging the whole child, honoring all the ways children learn

Our next session of Parent Child Yoga with Shannon is planned for the spring.



Parent Child Yoga resumes in spring!

## Baby Talk & Mamma's Milk

Monday mornings at Family Place this fall we alternated between two parent discussion groups. Baby Talk, facilitated by Public Health Nurse, Chris Smart, covered a variety of topics from First Foods to Communicable Diseases. Mamma's

Milk, a breastfeeding support group facilitated by Doula, Vanessa Farias, and Jacquie Byron, RN., offered support around issues such as nursing your newborn and homeopathic remedies with special guest Jamie

Capranos.

We would like to continue making these sessions useful and accessible for families in the new year. Please give us your feedback!

## Right From the Start—register for winter session

Right From the Start is a parenting course for parents and caregivers of children under two years of age. Through group discussion we will explore what attachment is and why it is important, what sensitive responding looks like and how to build a healthy relationship with your child. The course is free and runs for eight weeks on Tuesdays from 10-12 at Family Place. Registrations are now underway for our January session.

(250) 537-9176



Attachment is the special tie or bond between an infant and their primary caregiver.





Please No Drop-Offs. We gratefully accept nearly new children's clothes size 0-6 and maternity clothing on Tuesdays and Thursdays from 12-3 and on Fridays from 10-1.

Continued Thanks...

We continue to be thankful for all of the generous donations we receive from our community partners.

Thank you to **Auntie Pesto's** for delicious pots of homemade soup at our Thursday Stay and Play Drop-In.

And Thank you's as well to **Barb's Buns** and **Embe Bakery** for their generous donations of breads and sweet goodies to our Stay and Play Drop-Ins throughout the week.

Yum!



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