



Brighter News

Fall 2011

“The early years represent the perfect time to introduce physical activity as a life-long healthy habit”



Have your child’s car seat safely installed by one of our K.I.S.S. trained technicians. Call our office to arrange installation at 739-8096 www.kidsinsafeseats.ca



Did you know that up to 85% of Car Seats are installed incorrectly.

Physical activity and young children

What do we know?

- ◆ Physical activity is a part of your child’s daily routine. Children are active even when standing and painting, dressing up in costumes and walking.
- ◆ The early years represent the perfect time to introduce physical play.
- ◆ Children are more active when their parents have an active lifestyle and participate in physical activity with them.

- ◆ The more children play outside the more active they are likely to be.
- ◆ Physical activity has positive effects on your child’s physical and mental health.



Article from –Centre of Excellence for Early Childhood Development. For more information www.excellence-earlychildhood.ca

What can we do?

- ◆ Provide unstructured and structured activities that your child can partake in and enjoy (walk, play ball, climb in a jungle gym, bike).
- ◆ Emphasize fun and participation rather than competition and be a play partner for your child.
- ◆ Encourage your child to spend time outdoors.
- ◆ Discourage the use of television and electronic media with children under two, and limit it to one hour a day for children between two and five.

Community Garden

The garden was established in 2005 as part of the Brighter Futures four-part Wellness Project that was funded through the Government of Newfoundland and Labrador’s Wellness Grants. The land has been donated by MacMorran Community Centre, and is part of the Brother McSheffrey Garden on Mount Scio Road in St. John’s. Families with children from birth to age six (and older

siblings) from all Brighter Futures communities can work with the Coordinator to plan, develop, care for and harvest a large garden plot. The group has dug, prepared, weeded and watered all their vegetables in the ground and greenhouse. The harvest will take place in October / November with a boil up and BBQ for all gardeners in the garden. If you would like more information on how

you can get involved next year, call Deborah @ 739-8096 . It’s a great place to escape from the noise and commotion of everyday life. Come see for yourself!



Our Funding Sources:
Our programs and services are made possible through contributions from:

Public Health Agency of Canada:

Community Action Program for Children (CAPC)
Canada Prenatal Nutrition Program (CPNP)

Province of Newfoundland, Labrador:

Early Childhood Development Initiative (ECDI)
National Child Benefit Provincial Reinvestment Plan (NCB)



Family Resource Centres

- **Holy Cross Elementary School, St. John's**
Wednesday & Friday 9:30-11:30 a.m.
- **Kinsmen Centre, Bauline Line, Torbay**
Tuesday 9:30-11:00 a.m.
- **St. John Bosco Elementary School, Shea Heights**
Wednesday and Friday 9:30-11:30
- **Community Hall-Town of Paradise, St. Thomas Line, Paradise**
Tuesday & Friday 9:30-11:30 a.m.
- **Rotary Paradise Community Centre, Paradise**
Physical play Tuesday & Thursday 1:00-2:00
- **Kenmount Park/Mt. Pearl Y, Mt. Pearl**
Monday & Wednesday 10 a.m.–12 p.m.
- **Reid Community Centre, Mt. Pearl**
Tuesday & Thursday 9:30-11:30
- **Virginia Park Elementary School, St. John's**
Tuesday & Thursday 9:30-11:30

Brighter Futures Coalition of St. John's and District
Nuport Building
Suite 200, 44 Torbay Road. St. John's, NL A1A 2G4
Telephone: 739-8096 Fax 739-8097
Email: emails@brighter-futures.net





From left to right (front row)
 Rod O'Driscoll, Kristy Stevenson,
 Angela Duke, Karen Pynn,
 Annette Saunders, Mabs Leaman
 (back row)
 Veronica Bennett, Alisa Humber-
 Cutler, Deborah Capps, Carolyn
 Reid

Why you are important to us!

As a Partner. We depend on you to help us to provide appropriate, meaningful programs for parents and children.

As a Resource. You come to programs and activities with a life time of experience, skills and knowledge. We would like to draw on your expertise to help us be the best we can be!

As a Volunteer. You can help out by wiping a table, reading to a child, talking to a new parent, encouraging another parent to come to play groups, or by playing with your child and others at a program. The op-

portunities are endless!

As a Committee Member. We would like parents to be part of our Community Committees, the Brighter Futures Board and/or Advisory Groups. Your ideas, views, and involvement are critical parts for ensuring we respond to your needs and those of your children.

As a Supporter. We depend on you and other parents to tell us what we are doing right, and how we can improve our programs. We need you to tell your friends and people you meet, about our programs, and how they can get involved .

As a Community Member. You know your community better than anyone else. You can let us know what is going on in the community, what the needs are, and who the key contact people are. Brighter Futures works best in communities where there are involved parents that will work with us, and the community.

As an Advocate. We need you to be our supporter. Parents who talk about our programs, services and resources, and encourage others to attend programs, are the best source of new participants.

Healthy Baby Club

A flexible, continuous- entry program that provides support, nurturing and guidance to pregnant mothers. The weekly group meetings provide an opportunity for the mothers to get together with other pregnant woman in a relaxed and friendly environment. If you or someone you know is in need of some extra support during pregnancy, please call our office and ask to speak with a Healthy Baby Club Coordinator.



Tiny Turtle

I had a little Turtle,

His name was Tiny Tim.



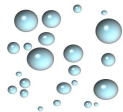
I put him in the bathtub, to see if he could swim.

He drank up all the water(slurp, slurp)

He ate up all the soap (numm, numm)

And now he's in the bathtub with bubbles in his throat. Bubble, bubble, bubble, bubble, bubble, bubble, pop.

(when you sing bubble at the end you show a bubble getting bigger and bigger with your hands then clap your hands together when you sing pop)



Water Bottle Shakers

Supplies

Empty water bottles, rice (or other small noise making item), hot glue gun



How to:

This is a fun way to recycle your used water bottles. Fill an empty plastic water bottle with rice and then glue the lid on securely. This will make for a really fun maraca or shaker type of instrument. You can decorate the bottle if you wish, try adding pasta, small bells, anything that will fit, they will all make different sounds.

RIDDLES

How do you fix a broken pizza?
(With tomato paste)

What's a bunny's favourite music?
(Hip Hop)

What are they saying about us?

“Brighter Futures is an awesome organization which I would recommend to any parent. As a single parent and first time mom I attended the Healthy Baby Club during my pregnancy, I also attended the Nobody’s Perfect parenting program once my daughter was born. I was alone during my pregnancy and suffered a loss of one of my twins. I was worried and scared, but with the help of Brighter Futures and their amazing staff I was given a place to go and learn about what to expect as a mother and what to expect raising a child. It helped talking with staff and sharing stories with other expectant parents. I really enjoyed my time there and would happily attend any other programs that are offered in the future. Brighter Futures gave me hope and made me realize I can do anything on my own. I love being a parent, my daughter is my entire world, and I am such a blessed mom. Thank you Brighter Futures, I am a better parent because of your program.”

Ashley
Healthy Baby Club

“I started attending playgroup at Mount Pearl Reid Center last year with my daughter. She is an only child (we are expecting her baby sister in November). When we began she was very apprehensive around other children, after a while she became much more comfortable and since then has continued to improve her social skills. My only regret is that I didn't bring her at an earlier age. We can't wait for playgroup to start up again next week. I will definitely be bringing her sister as soon as possible so they can both benefit from such a great program! Thank You”

Rosalind
Mount Pearl—Reid Centre