



Brighter News

Summer 2011

Sun Safety

Cover up!

Wear long sleeves and a hat with a wide brim. When you buy sunglasses make sure that they block UVA and UVB. They will protect you against eye damage.

Stay in the shade-

When your shadow is shorter than you the sun is very strong. Look for places with lots of shade. Always keep your baby in the shade.

Use sunscreen when

you are outside and the UV index is 3 or more. SPF 15 or higher, SPF means *sun protection factor*. *Do NOT apply sunscreen to babies less than 6 months old*

For more info
www.hc-sc.gc.ca



So what are play groups?

They are play based programs for parents and/ or care givers with their children, aged birth to six years. They are **FREE** of charge and are offered in child friendly, safe, and stimulating environments. Each play-room will have a variety of centres such as sandbox, crafts,

house-keeping, books and blocks. Play groups are not just for the



children Parents and care givers play with their child and other children, and have op-

portunities to talk to other parents and caregivers.

It is never too early to join in a play group, there is something for everyone. Nutritious snacks are provided for all children.

Bring a friend, tell a neighbour, they will be glad you did!

Healthy Baby Club

Brighter Futures operates nine Healthy Baby Clubs in St. John's and the surrounding area. Three Brighter Futures Healthy Baby Club Co-ordinators work along with fourteen volunteer Resource Mothers to deliver this highly successful program. Each Healthy Baby Club has an assigned Public Health Nurse and most of the clubs take place at community or neighbourhood centres. The Healthy Baby Club program is a continuous-entry program that provides support,

nurturing and guidance to pregnant mothers. The primary goal is to reduce the incidence of low birth-weight babies, because of the serious health and developmental issues these babies are likely to face throughout life. Women who live in poverty, are young, single, under stress and/or socially isolated are at higher risk to have low birth-weight babies and thus are eligible to join the Healthy Baby Club. Key components of

the program are prenatal education, nutrition sessions, and lifestyle counseling. Participants are given a \$20.00 grocery voucher each week to assist in the purchase of healthy food during their pregnancy. The program is funded by the Public Health Agency of Canada through the Canada Prenatal Nutrition Program and the Early Childhood Development Initiative, Government of NL.



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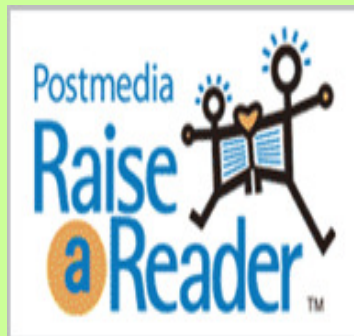
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Executive Director,
Brighter Futures Coalition
of St. John's & District

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(Recording Secretary/Executive
Assistant)
Brighter Futures Coalition
of St. John's & District

Family Resource Centres

- Holy Cross Elementary School, St. John's
- Kinsmen Centre, Bauline Line, Torbay
- St. John Bosco Elementary School, Shea Heights
 - Community Hall/ Town of Paradise
St. Thomas Line, Paradise
- Rotary Paradise Community Centre, Paradise
 - Kenmount Park/Mt. Pearl Y, Mt. Pearl
 - Reid Community Centre, Mt. Pearl
- Virginia Park Elementary School, St. John's

**FOR SUMMER PROGRAM HOURS CALL
OUR OFFICE AT 739-8096**



Brighter Futures has received a \$2,000 grant through the "Raise a Reader Program", and the Newfoundland Libraries Board. **The Brown Bear Literacy Project** will develop theme kits of books, puppets, games, and family activities that will support your children with literacy. If you are interested in borrowing a kit, please speak with your family resource coordinator.

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



The power of play...

Play fosters a child's physical, social, emotional, and intellectual development. As children play, their brain develops, their muscles grow strong, and they develop good social and life skills such as learning to share, take turns, make choices, and understand the feelings of others.

It helps children learn who they are, what they can do and allows them to explore and practice how the world works. Play also helps increase children's concentration and cooperation with others.

Children need play indoors and outdoors; they need room to run, jump and climb. They need opportunities to touch objects with different textures, squish their hands in the mud, sand and play-dough. Allow children to make forts with blankets, and opportunities to dress up and pre-

tend. They need chance to spend time on quiet activities that develop their fine motor skills, eye-hand co-ordination and attention spans; activities like reading, colouring, drawing, cutting, gluing, painting and doing puzzles all help with those skills.

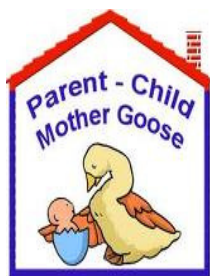
* Today's Parent – January 2011



Mother Goose Program

The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children which focuses on the pleasure and power of using rhymes, songs, and stories together. These groups are offered at several locations.

Pre-Registration is required for Mother Goose programs.



Call Deborah for more information at **739-8096**

Do we have your e-mail address?

We are collecting addresses for our data base! This will help us keep you up to date! If you have not given yours to a Brighter Futures staff person already send us a e-mail at:

emails@brighter-futures.net

We'll add your name!



HOME MADE PLAYDOUGH

2 cups Flour
 ½ cup Salt
 2 tablespoons Cream of Tartar
 2 cups Water
 2 tablespoons Oil
 A few drops Food Colouring

Stir ingredients together in a pot over a medium heat.
 Continue cooking and stirring until looks like mashed potatoes!
 Let cool to touch and kneed!
 For added enjoyment, add unsweetened Kool-Aid to the dry stuff instead of food colouring.

Oh Mister Sun....

Oh Mister Sun, Sun,
 Mister Golden Sun,
 Please shine down on me

Oh Mister Sun, Sun,
 Mister Golden Sun,
 Hiding behind a tree...

These little children
 Are asking you
 To please come out
 So we can play with you

Oh Mister Sun, Sun,
 Mister Golden Sun,
 Please shine down on me!

Oh Mister Sun, Sun,
 Mister Golden Sun,
 Hiding behind a tree...

These little children
 Are asking you
 To please come out
 So we can play with you

Oh Mister Sun, Sun,
 Mister Golden Sun,
 Please shine down on...
 Please shine down on...
 Please shine down on me!



What are they saying about us?

"I love this group...the conversations, the videos and the certificates (vouchers) are a great help" - **Healthy Baby Club Participant**

"Brighter Futures has touched my life in so many ways! The past 3 years BF has not only been a huge part in my children's socialization, creativity, education, positive development and happy environment, but mine as well! They found answers to my parenting questions, concerns, and helped me develop my parenting skills. The girls have become more than workers, they have become my friends. BF has touched many lives and we are so thankful for it."

Denise
 Parent of Reid Centre
 and Kenmount Park Family Resource Centre's

"I like the fact that I can call my Resource Mother at any time. She is so nice and so is all the other staff I met"

Healthy Baby Club Participant

"I've been taking my son Joel to the BF play group for almost 2 years. It has been a great social environment for the both of us. Joel loves the independence he has to play freely with the other children, learning to share, problem solve and compromise. I enjoy my time chatting with the other parents, we have our own ideas on parenting to bring to the craft table. I asked Joel what he thought about playgroup and he said "It's perfect", and I agree."

Jennifer Stamp
 Holy Cross Family Resource Centre

"Myself and Sarah really enjoyed the last session, it really made our Fall! We love the songs and use the lullabies a great deal. Sarah really enjoys all music and I believe its from listening to the music of Mother Goose"

Darlene
 Mother Goose Participant
 Torbay