



Brighter News

December 2011

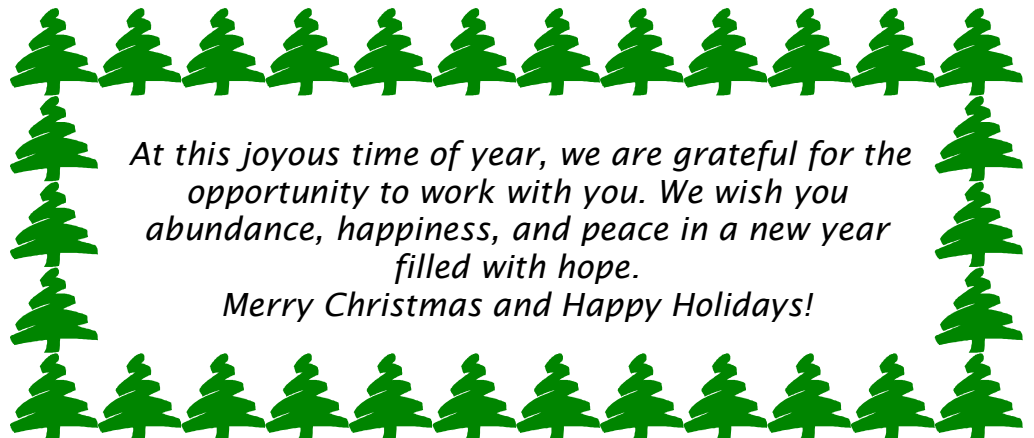
CHECK OUT OUR NEWLY DESIGNED WEBSITE! LOADED WITH INFORMATION.
www.brighter-futures.net

Eyes on Discipline - what do we know?

- A loving attitude, clear rules and following through with limits will encourage the development of positive behaviours in your child.
- When parents behave in this way, their child is encouraged to explore his environment while respecting certain limits.
- An enthusiastic parent who gives his child the opportunity to do fun things and be successful will give him confidence and will encourage him to explore his environment.
- Respecting their child's personality, parents should be kind and firm in their discipline, so that their child will follow instructions and learn cooperative behaviour.
- Children who are too tightly controlled will have trouble making decisions and expressing their needs.
- On the other hand, children who are allowed to do anything they want will have trouble knowing what is acceptable and what isn't.
- Good discipline leads to success in school and the ability to make friends.
- When parents build respect for rules in their child's early years, he is less likely to develop behaviour problems.
- If parents don't provide enough supervision (aren't involved in the child's activities, aren't encouraging), and react with punishments, temper outbursts or rigidity, there is greater risk that their child will have behaviour problems.
- Discipline that helps your child understand what is acceptable and what isn't helps him develop social skills, empathy, self-control and the ability to pay attention and plan ahead.
- Discipline is what you do everyday – it is about teaching and guidance, not punishment.

Excerpt taken from "Eyes on Discipline"—to read it in its entirety please go to www.child-encyclopedia.com/en-ca/parenting-skills/keymessages/discipline.html Centre of Excellence for Early Childhood Development www.excellence-earlychildhood.ca





At this joyous time of year, we are grateful for the opportunity to work with you. We wish you abundance, happiness, and peace in a new year filled with hope.

Merry Christmas and Happy Holidays!

*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 Newfound-
land, Labrador:**
*Child, Youth and
Family services (CYFS),
Eastern Health*

Brighter Futures
Coalition of St.
John's and District is
a not-for-profit
**charitable
organization**
We will issue tax
receipts for
donations made to
us.

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 a.m.
- **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 p.m.
 - **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 a.m.
- **Virginia Park Elementary School, St. John's**
Tuesday & Thursday 9:30-11:30
 - **Bell Island - 283 Quigley's Line**
Thursdays 1:00-3:00 p.m.

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We are on Facebook!
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We have twitter!
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Brighter Futures Healthy Baby Club Coordinators and Resource Mothers were involved in the World Breastfeeding Challenge which took place at the Avalon Mall on October 1, 2011. The purpose of the challenge is to promote and encourage breastfeeding as the most healthy and natural choice for feeding babies. This event was coordinated by the Regional Breastfeeding Committee.



Born Smoke Free

The provincial "Born Smoke-Free" initiative recently funded a series of one-day workshops throughout the province. All Brighter Futures Resource Mothers and Coordinators participated in one of the two workshops offered in St. John's in September. The workshops provided Public Health Nurses and Healthy Baby Club staff the opportunity to share ideas to enhance smoke-free living education for pregnant women and their families, become more comfortable talking to pregnant women about their smoking, develop brief intervention skills using the "Helping

Women Quit" resources, and become more aware of available community resources. The workshop facilitators were Janice Field, Regional Health Educator, Eastern Health; Mark Fudge, Addictions Prevention Consultant, Eastern Health; Mary-Lynn Pender, Smokers' Helpline, Carolyn Reid, HBC Coordinator, Brighter Futures; and Leslie Ranson, HBC Nurse Coordinator, Eastern Health.



Healthy Baby Club... Did you know?

Did you know we have 9 locations in St. John's and surrounding area?

- Bell Island Brighter Futures Family Resource Centre
- Buckmaster's Circle Community Centre
- MacMorran Community Centre
- Rabbittown Community Centre
- Virginia Park Community Centre



- New Pennywell Road
- Chalker Place Community Centre
- Parkside Community Centre
- Mt. Pearl Sobeys

You can self-refer to this program if you are in need of some additional support during your pregnancy. Please call our office at 739-8096 for more information!

Zoom, Zoom, Zoom

*Zoom, Zoom, Zoom
We're going to the Moon
Zoom, Zoom, Zoom
We're going to the Moon
If you want to take a trip
Climb aboard my rocket ship
Zoom, Zoom, Zoom
We going to the Moon
5,4,3,2,1, Blast off!*



What are they saying about us?

"Emma and I want to say thank you very much for the fantastic time we always have at Brighter Futures Playgroup. We enjoy the relaxed and friendly environment and we have met so many great friends. We have recently moved to Paradise but we will return to the east end of St. John's every opportunity possible to spend time with our friends at playgroup. It's just absolutely delightful to watch Emma "hop-up" and sing "tiny turtle".

A special thank you to Alisa, with your kind heart and warm smile, for making Virginia Park Elementary playgroup a fantastic place to be".

Charleen and Emma– Virginia Park FRC

"Brighter Futures is a place where I can go and learn about healthy living during my pregnancy, socialize, and meet other expecting mothers. It helps me prepare for the birth of my baby. Even though this is my second pregnancy, there are still things I learn at every session that are beneficial. Thank you!"

Participant -Healthy Baby Club

Make your own tree ornaments

Materials: Flour, salt, vegetable oil, water, and paint

Instructions: 1. Mix together 2 cups flour, 1 cup salt, 2 tbsb. vegetable oil

2. Slowly add 3/4 to 1 cup water and stir until you get a nice consistency.

Once mixed, mould into desired shapes or cut out shapes with a cookie cutter

Make a hole at the top with a straw.

Bake at 250 ° for 1 hour; this will vary depending on the thickness of your creation.

Paint your finished ornaments, add a string or ribbon and you now have a "one of a kind" tree ornament!

Warning: Children should have adult supervision when using oven.

