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# Making Connections



## ECDSS UPDATES

ISSUE 2 VOLUME 9  
DECEMBER 2010

**Happy Holidays to all of you  
from the staff at ECDSS!**



*"Working together for our children's future."*

### Building Resiliency for our Children's Future March 3, 2011

Mark your 2011 calendars for the *Building Resiliency for our Children's Future* conference on March 3. This full-day conference will focus on the human capacity to overcome adversity, offering practical and research-based suggestions on how children, youth, families, and communities can do this.

This session is for anyone struggling with crisis, grief, trauma, or stress and for those who assist others to overcome these problems. We welcome two guest speakers as they guide us through an informative day...



**Nan Henderson, M.S.W.**, is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications on this subject are used in more than 25 countries. She is co-founder of the California organization, Resiliency In Action, Inc.

**Cindy Blackstock, M.M., PhD**, is Executive Director of First Nations Child and Family Caring Society of Canada and a member of the Gitksan Nation. She has worked in the field of child and family services for over 20 years. Key interests include exploring the over-representation of Aboriginal children in child welfare care, structural drivers of child maltreatment in First Nations communities, human rights and the role of the voluntary sector in expanding the range of culturally and community based responses to child maltreatment.



**Date:** March 3, 2011

**Venue:** 720 62 Street, Edmonton

**Cost:** \$60.00 (lunch included)

Register online at [www.ecdss.ca](http://www.ecdss.ca)

# UPCOMING PROFESSIONAL DEVELOPMENT

## Relationship Based Practice—Level I

(Formerly known as Core Home Visitation)

This session focuses on building the knowledge and skills of relationship based practitioners, exploring values and beliefs, and gaining practical strategies for reaching, engaging and supporting hard to reach families. This training will increase awareness and knowledge of child abuse, duty to report, establishing and maintaining healthy boundaries. Practitioners will explore communication strategies, safety practices for working alone, confidentiality and self-care.

Date: February 7-11, 2011 (5 days)  
March 21-25, 2011

Cost: \$255.00

## Relationship Based Practice—Level II

This session focuses on deeper exploration of relationship based practices. Participants will explore interdisciplinary practices and how to collaborate with other professionals. Participants are challenged to look at their own values and beliefs and to explore the impact on their ability to support families. Participants will drill deeper into the topic of maintaining healthy boundaries, case-note writing, ethics and leadership.

Date: March 10-11, 2011 (2 days)

Cost: \$105.00

## Group Facilitation Training

This session focuses on research, tips and strategies to create an engaging parent group and make learning fun. Based on adult learning principles, this training takes your facilitation skills to the next level by incorporating learning styles, group dynamics, and interactive engagement. Participants will learn how to incorporate back door learning into their agendas to make learning a meaningful experience for attending parents. Come prepared to practice your facilitation skills!

Date: January 13, 2011 (1 day)

Cost: \$53.00

## Kouzes and Posner Leadership Challenge

Backed by 25 years of original research and data from over three million leaders, The Leadership Challenge® is a leadership development program by bestselling authors Jim Kouzes and Barry Posner. Approaching leadership as a measurable, learnable, and teachable set of behaviors, this proven leadership model proclaims Leadership Is Everyone's Business.

Date: January 25-26 and February 17, 2011(3 days)  
May 9-10, 2011 and June 8, 2011

Cost: \$450.00

## Relationship Based Child Development

This two-day session focuses on child development within the context of relationships. Participants will explore the basic concepts of brain development, relationship development and how interactions between child and caregiver create the crucial foundation for healthy development. Participants will explore the roots of challenging behavior and learn strategies to positively engage children in ways that build relationships.

Date: February 17-18, 2011 (2 day)

Cost: \$105.00



**Register online at**  
**[www.ecdss.ca](http://www.ecdss.ca)**

## ARE THERE 'GOOD PARENT' INGREDIENTS?

Some of us may enjoy preparing homemade meals for supper. Others may prefer to eat-out or order-in rather than cook. How do you decide what to serve for supper? When it comes to preparing a meal for my family, I usually choose recipes that are quick and easy, healthy ingredients and something the whole family will think is great tasting. I prefer recipes that save me from making a trip to the grocery store and try to use ingredients I already have in the house. I tend to cook what's familiar, sometimes I get stuck in a rut. And every once in a while I might throw in a new ingredient and get surprisingly good results. We all have different cooking styles, and much of what we choose to prepare is influenced by what we ate growing up, what cultural background we come from and what ingredients are available.

Like our cooking styles, there are a wide range of parenting styles, again influenced by how we were raised, our culture, our community, and what resources are available to us. My parenting style has similarities to my recipe choices... try to keep it simple, predictable, and every once in a while I might try to spice it up and hope it turns out okay!

According to a recent study by Robert Epstein, Professor of Psychology, University of California, there are 'good ingredients' for successfully parenting your kids. To come up with the right recipe, Epstein examined data from 2,000 parents, looked at hundreds of research studies, and worked with experts to identify the parenting skills that are most important. According to Dr. Epstein, there are 10 essential parenting skills that predict good outcomes (see box on right). These good outcomes are defined as "a strong parent-child bond, and children's happiness, health and success."

Many of the skills on Epstein's top 10 list are obvious and expected. At the top of the list is of course *showing children love and affection*. Other items on the list include *education, safety, health, and behaviour management*.

Epstein's study also had a few surprise results that we might want to take a closer look at. Two of the top 10 predictors of good outcomes didn't even include directly parenting the children. One

Continued on page 4...

### TOP 10 COMPETENCIES TO PREDICT GOOD PARENTING

- 1. LOVE AND AFFECTION**—You support and accept the child, are physically affectionate, and spend quality one-on-one time together.
- 2. STRESS MANAGEMENT**—You take steps to reduce stress for yourself and your child, practice relaxation techniques and promote positive interpretations of events.
- 3. RELATIONSHIP SKILLS**—You maintain a healthy relationship with your spouse, significant other or co-parent and model effective relationship skills with other people.
- 4. AUTONOMY AND INDEPENDENCE**—You treat your child with respect and encourage him or her to become self-sufficient and self-reliant.
- 5. EDUCATION AND LEARNING**—You promote and model learning and provide educational opportunities for your child.
- 6. LIFE SKILLS**—You provide for your child, have a steady income and plan for the future.
- 7. BEHAVIOUR MANAGEMENT**—You make extensive use of positive reinforcement and punish only when other methods of managing behaviour have failed.
- 8. HEALTH**—You model a healthy lifestyle and good habits, such as regular exercise and proper nutrition, for your child.
- 9. RELIGION**—You support spiritual or religious development and participate in spiritual or religious activities.
- 10. SAFETY**—You take precautions to protect your child and maintain awareness of the child's activities and friends.

Contents of Chart Taken Directly from Scientific American Mind, November 2010

of these was *the importance of the parent's ability to manage stress in his or her own life*. Parents need to be aware of how their stress can affect their children's lives and take steps to reduce stress in themselves, practice relaxation techniques, and promote positive interpretations and reactions to events. By doing this, children will learn how to manage stress in their own lives.

The second item on the list that rated much higher in importance than expected was *the importance of maintaining a good relationship with the other parent*. In order to develop healthy relationship skills, we have to model healthy relationships between parents; This gives children a better idea on how to treat others in their lives and how they will in turn be treated. In other words, children benefit not just from how their parents treat *them*, but also from how a parent treats their spouse and themselves. It may not be surprising that maintaining a healthy relationship with your co-parent (spouse or otherwise) is on the top 10 list, but it was surprising to many, just how high up the list this one was. It's highly important for kids to see respect, forgiveness and, love and affection between parents.

David Code, author of *To Raise Happy Kids, Put Your Marriage First*, basis his book on the fact that many of today's parents are spending so much time worrying about their children's' safety, their education, their activities, etc. that they are neglecting their own spousal relationships and creating anxiety and stress in themselves. David's beliefs are in line with the findings in Dr. Epstein's study and he writes that there needs to be more of a balance between child-focussed and spouse-focussed

relationships. David discusses how marriage is hard and rather than working to maintain a happy one, parents throw themselves into parenting instead.

Both parenting and partner relationships need equal attention. If you spend time with your partner, it creates the opportunity for kids to build self-reliance, independence and the ability to problem-solve for themselves. They don't need mom as their entertainment director, leadership director, chauffeur, etc. Parents who focus on their partner, create an opportunity to set an example for their children's future relationships. Children don't learn by what we tell them; they learn by what we model. It's highly beneficial to model a healthy partnership.

#### Implications When Working with Families

1. Parents need to be reminded of the importance of managing their own stress and building and maintaining healthy partner relationships. Parents can model kind words, encouragement, hugs and affection with their partner as the children are paying attention. Children whose parents are going through divorce are sometimes put in the middle of unhealthy relationships. It is so important to maintain a healthy relationship between co-parents.
2. Epstein's study also showed that parents can effectively be taught positive parenting techniques. Parents are trainable. Those parents who reported taking parenting courses or reading parenting books were more aware of what was needed to build healthy stable children. Encourage parenting courses and reading to parents going through difficult times.

Parents operate with no recipe for well-rounded children. We raise our kids the best we know how. Sometimes we need to step back to see how they're doing, and then work to make the necessary adjustments. We might need to add a whole lot more love or we might need to sprinkle in stress-management. Take time to assess how your parenting is going. Be honest if the recipe isn't turning out as planned. It's okay to modify the ingredients as you go along.



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# LOW OR NO COST FAMILY EVENTS

## Welcoming the New Year

McDougall United Church invites one and all to a free music concert on New Year's Eve. A mix of performers featuring Karla Anderson, Back Porch Swing, Bill Bourne, Scott Cook, Jesse Dee & Jacquie B, Andrea House, Bob Jahrig, Joe Nolan, Chris Smith, Lisi Sommers and Dana Wylie.

And families can head to the lower level of the church for some more activities including face-painting and mask masking. Don't forget to sample a few delectable desserts.

Date: Saturday, December 31, 2010  
7:30—10:30 pm

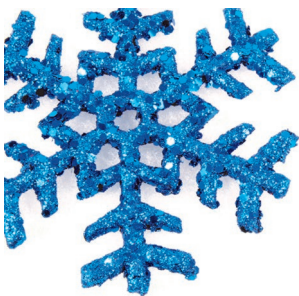
Venue: McDougall United Church  
10025 101 Street, Edmonton

Cost: FREE, but please bring a food bank donation.

For more information , call Penny Malmberg at 780-458-7608 or visit the website at [www.newyarseveatmcdougallchurch.ca](http://www.newyarseveatmcdougallchurch.ca).

## Celebrate New Years in Strathcona County

Strathcona County's Broadmoor Lake Park and Community Centre will be transformed into a fabulous family fun evening to celebrate the new year. Indoor and outdoor activities include:



- Snowshoeing
- Sleigh rides
- Face painting
- Skating
- Tobogganing
- Petting zoo
- Crafts
- Inflatables
- Many performances and much more...

Check out all the details online at [www.strathcona.ab.ca](http://www.strathcona.ab.ca), or call 780-467-2211.

Date: Saturday, December 31, 2010  
4:00 p.m. - 8:00 p.m.

Venue: Broadmoor Lake Park & Community Centre  
Sherwood Park

Cost: FREE

## Lit Up Legislature

Celebrate the Season at the Alberta Legislature! Bundle up and wander the winter wonderland of outdoor lights displayed throughout the grounds. Bring your skates and visit the outdoor rink at the south end of the grounds. Or warm-up inside with some hot chocolate and listen to the choirs performing nightly until December 23.

Date: December 2, 2010—January 14, 2011

Venue: Alberta Legislature Grounds  
108 Street—98 Avenue, Edmonton

Cost: FREE

For more information visit the website at [www.assembly.ab.ca/visitor/index.html](http://www.assembly.ab.ca/visitor/index.html) or call 780-427-7362.

## Deep Freeze Festival

Experience the tastes, sights and sounds of the Olde New Year. Head down to Alberta Avenue, one of Edmonton's most historic neighbourhoods, for the Deep Freeze Byzantine Winter Festival. Celebrate winter with the best outdoor activities including skating, curling, snow carving, wagon rides, street hockey and outdoor performances. Bundle up and enjoy!

Date: January 8-9, 2011

Venue: 9210 - 118 Avenue, Edmonton

Cost: FREE

For a full list of activities or to download the program visit [www.artsontheave.org](http://www.artsontheave.org).



# DID YOU KNOW...

## The New SpaceFinder Website Has Launched

The Arts Habitat Association of Edmonton, Edmonton Chamber of Voluntary Organizations, Multicultural Coalition for Equity in Health and Wellbeing and the City of Edmonton have recently worked together to launch the new Edmonton SpaceFinder website. This website is a valuable resource was designed to connect non-profit organizations needing space with those that have space available.

Visit the new website at [www.edmontonspacefinder.ca/](http://www.edmontonspacefinder.ca/).

## Edmonton Social Planning (ESP) Plans Another Series of Talks

The ESP has hosted numerous successful lunch and learn opportunities, relevant to many of us in the field of human services. Back by popular demand, they start another series in February.

- February 16, 2011  
Topic: It's Time - Bullying In Alberta  
Speaker: Betty Wedman, Community Advocate
- April 13, 2011  
Topic: Human Trafficking  
Speaker: Kimberly Ferland, ACT Alberta
- May 18, 2011  
Topic: Aboriginal Awareness  
Speaker: Bernadette Iahtail, Creating Hope Society
- September 21, 2011  
Topic: The Value Of Education  
Speaker: Susan Morrissey, Edmonton Social Planning Council
- November 9, 2011  
Topic: Shopping Local  
Speaker: Jessie Radies, Blue Pear Restaurant, Good Food Box, Original Fare

All talks take place at the Stanley Milner Branch of the Edmonton Public Library over the lunch hour. Bring your lunch and come listen and learn.

For more information, visit the website at [edmontonsocialplanning.ca](http://edmontonsocialplanning.ca).



"Working together for our children's future."

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This newsletter is researched and produced by Nicole Vogel, Communication Consultant, ECDSS. We welcome your comments and suggestions, including research findings, fundraisers, events, resource connections, site visits, etc.

Please contact Nicole at [nmv@shaw.ca](mailto:nmv@shaw.ca) with any suggestions.

### Resources

Epstein, Robert, *What Makes a Good Parent?* *Scientific American Mind*, November 2010, [Online] Available, [drrobertepstein.com/downloads/Epstein-What\\_Makes\\_a\\_Good\\_Parent-Scientific\\_American\\_MIND-NovDec2010-final\\_proof.pdf](http://drrobertepstein.com/downloads/Epstein-What_Makes_a_Good_Parent-Scientific_American_MIND-NovDec2010-final_proof.pdf), December 2010.

Code, David, *To Raise Happy Kids, Put Your Marriage First*, 2009, Crossline Publishing Company, New York.



Edmonton & Area  
Child & Family Services Region 6

Early Childhood Development Support Services is supported by funding through the Edmonton and Area Child and Family Services Authority (CFSA). This funding is provided to assist Early Childhood Development funded service providers with program delivery, program development, data collection, evaluation and training. Through ongoing collaboration with the CFSA, this newsletter is intended to provide information to service providers pertaining to these services.