



ECD Support Services Program News

Happy New Year!

Welcome back! We hope everyone is rested and had ample opportunities to be with friends and family.

ECDSS is excited to welcome in the New Year with a variety of training and workshop

opportunities. Please visit our website or give us a call if you would like register or need further details.



Hmmm...

"What you see depends on what you thought before you looked".

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Did You Know?

Family Literacy Day® (FLD) was created by **ABC CANADA Literacy Foundation** and **Honda Canada** in 1999 to promote the importance of reading and learning together as a family all year round. Every year on **January 27**, families and communities across Canada celebrate this special day at literacy-themed events coordinated by literacy organizations, schools, public libraries and families. In addition to the thousands of individuals, groups, businesses and families across Canada who have embraced Family Literacy Day, many corporate and media partners have donated time and services to help ABC CANADA get the word out about FLD. Most notable is the continued commitment of founding sponsor Honda Canada, who helps make Family Literacy Day successful. Not only does Honda Canada sponsor the program, but several dealers across Canada participate in the initiative by distributing promotional items, hosting activities and helping out with other events.

In celebration of Family Literacy Day (FLD) 2009, be part of something big – really BIG!

ABC CANADA Literacy Foundation and Official FLD World Record Attempt Sponsor **Oxford Learning** are asking Canadians of all ages to help us break the Guinness World Record™ for "Most Children Reading With an Adult, Multiple Locations."

<http://abc-canada.org/en/fldworldrecord>

Professional Development



Body and Soul

Promoting Social & Emotional Competence in Young Children

Date: January 15-16, 2009
Cost: \$100

Mental Health First Aid Training

Date: January 19-20, 2009
Cost: \$75

ASQ-Ages & Stages Questionnaire Training

Date: January 26, 2009
Cost: \$50

ASQ:SE Ages & Stages Questionnaire: Social/Emotional Half day Training

Date: January 27, 2009
Cost: \$25

Level 2 Core Relationship Based Practice Training

Date: February 12-13, 2009
Cost: \$100

Core Relationship Based Practice Training

Date: March 16-20, 2009
Cost: \$250

Family Outreach Training

Date: April 20-22, 2009
Cost: \$150

Making Time for Our Children's Future

Date: February 26, 2009
Cost: \$80

Our Presenters



Carl Honoré—

Author, Professional Speaker, and Nominee for the Writer's Trust Award Non-Fiction category

will explore the phenomenon of hyper-parenting and the impact it is having on our children.

See our website to order Carl's books!



Bill Gordon —

Teacher, Facilitator, Humorist and Motivator, will help us to find more Loving, Leisure,

Laughter and Love in our daily lives.

Professional's Corner

Family & Community Resource Centre Serving Southern Alberta Mental Health Education Session Winter-Spring 2009

[Parenting Sad and Depressed Children and Youth](#)

Education Sessions on January 26, February 24, March 19, April 29, 2009

Please note, the Videoconference is available for the April 29th Session.

[Parenting a Child with Disruptive Behaviour](#)

Education Sessions on January 27, February 26, March 18, April 27, 2009:

Please note, the Videoconference is available for the March 18th Session.

[Parenting Anxious Children and Youth](#)

Education Sessions on January 28, February 23, March 17, April 30, 2009:

Please note, the Videoconference is available for the January 28th Session.

[Parenting Inattentive/Hyperactive Children and Youth](#)

Education Sessions on January 29, February 25, March 16, April 28, 2009:

Please note, the Videoconference is available for the February 25th Session.

To register go to:

<http://www.fcrc.sacyhn.ca/calendar.php>

If you are having difficulties with registering online please email ces@sacyhn.ca

Hypothermia

Hypothermia results from exposure to low temperatures, wind and moisture over a period of time. It can occur on the ski hill, in a car, falling in water that is cold or anywhere else factors exist that cause the body temperature to fall below normal. As a parent you need to be aware of the causes and symptoms in children as well as other adults and know what to do when you suspect hypothermia. When conditions pose a risk of hypothermia be observant and seek medical attention immediately.

Symptoms of hypothermia can include:

- Complaints about being cold and irritability.
- Uncontrollable shivering
- Impaired or slurred speech or vision
- Clumsy movements
- Blurred vision.
- Severe symptoms can include stiff muscles, dark and puffy skin, irregular heart and breathing rates and unconsciousness.

If you notice any of the above symptoms, you should get the person to a warm, dry place as soon as possible, remove any wet clothing and **seek medical attention IMMEDIATELY. NEVER RUB THE SKIN.** Bundling in a blanket will help keep heat in. A soothing parent/child cuddle will help warm up the child and also bring comfort to both.



Frostbite

Frostbite results from exposure to low temperatures, wind and moisture over a period of time. It can occur anywhere outside during cold temperatures. As a parent you need to be aware of the causes and symptoms in children as well as other adults and know what to do when you suspect frostbite. **Seek medical attention IMMEDIATELY.**

There are two degrees of frostbite:

- Superficial frostbite that looks like grey or yellowish patches on the skin, especially, fingers, toes, face, ears but can occur on any exposed skin. The first symptoms are usually numbness or itching and prickly pain. The skin remains soft but becomes red and flaky after it thaws.
- Deep or Severe Frostbite looks like waxy and pale skin and feels cold, hard and solid to the touch. The areas turn blue or purple when thawing and large blisters may appear when the area warms up.

What to do if you suspect frostbite:

- As soon as you suspect frostbite, get out of the cold and to a warm place.
- Seek medical attention immediately.
- Warm affected area with warm body part.
- Remove any tight clothing to increase circulation.
- If affected area is partially thawed, place in warm (not hot) water (102 to 106 degrees Fahrenheit). If the water is too cool, thawing will take too long. It takes about 20 to 40 minutes for tissues to soften.
- Have the victim drink warm fluids to help increase circulation and warm the body - no caffeine or alcohol.
- NEVER rub or massage the affected area and never put snow or ice on the frostbite. The area can be protected with a fluffy clean bandage and Aloe Vera cream can be applied.

It is important to educate older children and teenagers about the risks and responses to hypothermia and frostbite.

Information in this article taken from Fun4kids.com



Story of the Month— Picking Your Battles Winning Strategies for Raising Well-Behaved Kids. By Bonnie Maslin, Ph.D.

Getting Through a Day: Winning Tactics for Surviving the Hassles and Headaches of Everyday Life

Parents spend most days struggling with the everyday hassles and headaches of kids and family life. Homework, car rides, mealtimes, chores, money, bedtime, and sibling rivalry are causes of our would-be battles. From the time we open our bloodshot eyes until the time our children finally close theirs, we face one possible skirmish after another, but we do not have to get bent out of shape in the process. You can take the aggravation out of daily encounters by using these four winning tactics that build on much of the skills and knowledge you have acquired:

- **Joining**
- **Step by Step**
- **Positive Reframing**
- **Giving Notice**

Winning Tactic #1: Joining

Use what you know about your children and their development to *join rather than fight them*. You can join your child's imagination, his playfulness, or even his dreams, to help you negotiate every battle, from bedtime to mealtime. Joining makes for smoother relations with your child, you become an ally rather than the enemy.

⇒ Joining your child's imagination—Your preschooler is not "uncooperative"; he is caught up in the magical world appropriate to his age/stage, and when he is in this imaginative world, the real world ceases to exist. Play is his work and he takes it seriously, so PRETEND along with him.

Winning Tactic #2: Step by Step

Children are more cooperative when you help them take small steps from one activity to another, or break an activity down into individual tasks. When a parent "just asks" a child to stop playing and come to dinner, there is a bigger gap than you might realize between what you want him to stop doing and what you want him to do next. Setting out tasks step by step *bridges* this gap.

⇒ Step by step, as you join your child's sense of time.— Telling her in advance is not necessarily a mistake if you add a step-by-step follow-up to your announcement. Your young child does not measure time the way you do, so the gap between the promise and the reality are huge for her. Even on a Friday, Saturday can seem like a lifetime away.

Winning Tactic #3: Positive Reframing

Putting your child and her behavior in a positive light can make family life a good deal more peaceful. In fact, it is possible to reframe or recast many parent/child conflicts positively so that they virtually disappear.

⇒ Positive spin to develop a good view of your child's personality.—Positively reframe your and your family's current negative view of your child's personality; Accept her temperament and think of her in glowing, *not* critical terms: "My daughter is an energetic, outgoing, friendly, active little girl who likes to keep on the go." Help her (and yourself) understand her own personality, learning to work with her temperament, not against it.

Winning Tactic #4: Giving Notice

Giving children warning can help negotiate peacefully many a parent/child conflict. Adults get this assistance all the time. Children even more than adults, need time to collect themselves when making transitions. Add this technique of "giving notice" to your repertoire.

⇒ Giving notice with private family words and signals.— Some children need help focusing on or remembering what is expected of them when it comes to manners, or behavior suitable to public versus private places. Making up family signals can be a way to draw a child's attention to an offending behavior without a reprimand or shame.