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# Making Connections



## ECDSS UPDATES

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### Happy New Year

Happy New Year from the staff at ECDSS. We hope you had a relaxing holiday season and are refreshed and eager for the year ahead.

A new year brings new opportunities and challenges as we assist the families we serve through these challenging economic times. We invite you to use the *Making Connections* newsletter to promote your programs, discuss pertinent issues, and keep connected with other agencies in the region. Please contact Nicole Vogel with any newsletter submissions and suggested topics at [nmv@shaw.ca](mailto:nmv@shaw.ca) or 780-278-6454. We wish everyone a successful and productive year ahead. Together we can support each other!



### ECDSS Presents Dr. Bruce D. Perry M.D., Ph.D., ChildTrauma Academy

Dr. Bruce D. Perry M.D., Ph.D. will share his expertise on child maltreatment, children's mental health, neurodevelopment and youth violence. Participants will gain a better understanding and develop strategies to work with families living with these barriers. This session will feature opportunities for discussion and interaction.

Over the last fifteen years, Dr. Perry has been an active teacher, clinician and researcher in children's mental health and the neurosciences. His work has

resulted in the development of innovative clinical practices and programs working with maltreated and traumatized children. He is the author of over 300 journal articles, book chapters and scientific proceedings and is the recipient of numerous professional awards and honors. Learn more about Dr. Perry on his website [www.childtrauma.org](http://www.childtrauma.org).



Do not miss this amazing opportunity to listen to insights from a world-renowned expert on child trauma.

**Date:** February 25, 2010,  
8:00 a.m.—3:30 p.m.

**Venue:** North Pointe Church,  
14025-167 Avenue,  
Edmonton

**Cost:** \$100.00

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

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# UPCOMING PROFESSIONAL DEVELOPMENT

## Child Development

This session explores child development within the context of relationships. Participants will learn 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: January 19-20, 2010 (2 days)

Cost: \$105.00

## Engaging Families Through Goal Planning

Engaging families is complex, challenging, rewarding and at times frustrating. This session focuses on motivational factors for change, barriers for families and practitioners, strategies to promote change, and goal planning with families – Is it measurable, attainable and sustainable?

Date: January 28, 2010 (1 day)

Cost: \$15.75

Location: Sturgeon School Division Central Office  
9820 -104 Street, Morinville  
780-934-7941

Please note: The facility and lunch is coordinated through Sturgeon School Division's Headstart Program. The session fee does not include lunch; it will be available for an additional \$5.00. Please contact Joanne Amyotte at 780-934-7941 to order your meal.

## 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: February 18-19, 2010 (2 days)

Cost: \$105.00

Register Online at  
[www.ecdss.ca/events.php](http://www.ecdss.ca/events.php)

## Mental Health First Aid Training

This session will provide a comprehensive introduction to common mental health disorders that impact many of the families supported by ECD programs. While practitioners are often well versed in physical first aid, there is often a lack of understanding related to mental health first aid. Four sessions will cover areas including common mental health problems, addictions, anxiety disorders, depression and psychotic disorders.

Date: February 11-12, 2010 (2 days)

Cost: \$78.75

## Ages & Stages Questionnaire (ASQ) and Ages & Stages Social/Emotional (ASQ-SE)

This session provides the essentials of using the ASQ and the ASQ:SE tools. These questionnaires are flexible, culturally-sensitive systems for screening infants and young children for developmental delays or concerns in the crucial first five years of life.

Date: February 17, 2010 (1 day)

Cost: \$47.25

## 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: March 4-5 and 26, 2010 (3 days)

Cost: \$472.50

## Relationship Based Practice —Level I (Formerly known as Core Home Visitation Training)

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: March 15-19, 2010 (5 days)

Cost: \$255.00

# ENCOURAGING PROPER NUTRITION FOR FAMILIES

Childhood obesity and overweight have become a major health issue in Canada. Governments, school administrators, community groups and other stakeholders are looking at ways to improve young people's diets and overall health. What can early intervention programs do to assist families in making smart food choices?

Promoting nutritional health and healthy weight in children is not an easy task and can be a complicated issue as it is affected by a variety of factors including genetic make up, individual food choices, and physical activity. There is research that shows the effects that social, cultural, physical and economic environments also play. It is also well documented that income is closely tied to nutritional health. Low-income Canadians are more likely to report poor health and die earlier than Canadians with higher incomes. They spend less on food and eat fewer servings of vegetables, fruit and milk and are less likely to get the nutrients they need for good health.

When implementing nutrition education into community programs and targeting the appropriate audience, there are a few things to keep in mind.

Women are still the primary food shoppers and meal preparers in most households. Moms are also more likely than dads to eat breakfast and dinner with their children, even in two-parent households. Nutrition promotion aimed at mothers has the potential to affect what moms eat and trickle down to their children's and spouses diets. Mothers may be the best group to target. As such, moms have the power to change what food is available in the home, how food is offered and prepared, and their children's attitudes and feelings about food.



When teaching children about nutrition keep in mind that children do not see future health issues as a concern for what they eat. Children live in the here and now. They tend to base their food choices on taste, availability, and accessibility. Messages that appeal to children's desires to have energy for play and sports and to "maximize their potential" are effective. Including a sense of fun, fantasy, and challenge can also help capture kids' attention and stimulate their motivation to learn.



There is work being done in many cities, provinces and countries to develop nutrition policies for children. There is a vast selection of resources available online to assist early intervention programs in developing nutritional programming (see page 4).. Alberta Health and Wellness initiated the creation of the document *The Alberta Nutrition Guidelines for Children and Youth*. Available for download for no cost at [www.healthyalberta.com/HealthyEating/758.htm](http://www.healthyalberta.com/HealthyEating/758.htm). These guidelines are designed to help child care facilities, schools, recreation centres, special event planners and communities make healthy food readily available for young people. By doing this, making a healthy food choice becomes an easier choice for children and their families to make.

***"Children are one third of our population and all of our future."***

Select Panel for the  
Promotion of Child Health, 1981.

# NUTRITION CONTINUED...

## Nutrition Education Ideas for Early Intervention Programs

There are many low-cost ways to encourage the families we work with to eat nutritionally. Incorporate a few of the following into your programs:

1. Host a workshop on “How to Read Food Labels.”
2. During community meals, provide the recipes for the healthy food that is served.
3. Host meal-planning workshops and community kitchens.
4. Bring in a registered dietician or fitness instructor to discuss current topics on healthy lifestyle choices and activities.
5. Inquire at grocery stores if there are discounted day-old bread, less than perfect fruit, deli items coming close to their due date. These items are available for purchase at a reduced cost, but should be eaten within a day or two after purchase or put in the freezer.
6. Start a recipe contest. Everyone who submits a low-cost healthy recipe can be eligible to win a monthly prize. Have themes each month, i.e. breakfast, snack, beverage, etc. Prizes might include giftcards for a grocery store, kitchen gadgets, a crock-pot, food storage containers, etc.
7. Compile all the submitted recipes into a cookbook and sell them in the community as a fundraiser.
8. Host a monthly fieldtrip to a grocery store. Tell them you are coming and see if they can provide a representative to talk about healthy food choices available in their store. Perhaps they can provide discounts or coupons to the shoppers.
9. Set up a nutrition bulletin board. Local store flyers can be posted weekly with the healthy choices circled. Add a different print resource or article from the newspaper each month. Post healthy recipes, extra grocery coupons, etc.



## Encouraging Children to Eat Healthy

Remind families to get the children involved too. Some ideas on how to get the kids to try new things and make smart food choices...

1. Assign each child a nutritious list of foods to find at the grocery store.
2. Children can help cook meals. The more involved they are, the more likely they will be to try the foods they prepare.
3. Eat a range of healthy foods yourself. Make sure that your own choices are in line with the foods you want your child to eat and enjoy.
4. Eat meals together. Family meals are not just about serving healthy foods, it is also about giving attention and encouragement to those at your table.
5. Provide a choice of healthy foods for children to try. Set out a tray of raw veggies and let the children know they can help themselves whenever they are hungry.
6. Pay attention to food textures. If kids don't like mushy foods then offer them a cracker or something crunchy to dip in their mushy meal.
7. Let children serve themselves. Encourage them to start with small amounts of all the foods and then they can always add more if they like it.
8. Talk to a doctor if there is a concern about the child's nourishment.



# LINKS TO ONLINE NUTRITION RESOURCES

[www.achsc.org](http://www.achsc.org)

- Feeding Tiny Tummies: A Guide for Childcare Providers
- Healthy Preschoolers: A guide to writing nutrition and physical activity policies & procedures
- Foundations for School Nutrition Initiatives in Alberta

[www.healthyeatingisinstore.ca/labelling\\_resources.asp](http://www.healthyeatingisinstore.ca/labelling_resources.asp)

- Canadian Nutrition Labeling Education Centre

[www.healthyalberta.com/186.htm](http://www.healthyalberta.com/186.htm)

- Alberta Government Healthy U

[www.dietitians.ca/public/content/resource\\_centre/feature\\_groups\\_topics.asp](http://www.dietitians.ca/public/content/resource_centre/feature_groups_topics.asp)

- Dietitians of Canada—Nutrition resources for consumers and for health and education professionals

[www.infinetwellnesssolutions.com/eshandouts2.html](http://www.infinetwellnesssolutions.com/eshandouts2.html)

- Eating Healthy Handouts from UCLA

[www.ottawa.ca/residents/health/living/nutrition/index\\_en.html](http://www.ottawa.ca/residents/health/living/nutrition/index_en.html)

- Nutrition resources and handouts from the City of Ottawa

[www.appleschools.ca/practices.php](http://www.appleschools.ca/practices.php)

- Alberta Project Promoting Active Living and Healthy Eating in Schools

[www.eatrightontario.ca/en/Default.aspx](http://www.eatrightontario.ca/en/Default.aspx)

- Eat Right Ontario

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

- Health Canada—Eating Well with Canada's Food Guide

[www.fns.usda.gov/tn/Resources/menumagic.html](http://www.fns.usda.gov/tn/Resources/menumagic.html)

- Menu Magic for Children  
Menu Planning Guide for Child Care Homes

[www.teamnutrition.usda.gov/Default.htm](http://www.teamnutrition.usda.gov/Default.htm)

- United States Department of Agriculture—Food and Nutrition Services

[www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=1944](http://www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=1944)

- The Cost of Eating in BC 2009: Low-income British Columbians can't afford healthy food.

[www.zerotothree.org/](http://www.zerotothree.org/)

- How to Handle a Picky Eater

[www.healthyalberta.com/AboutHealthyU/261.htm](http://www.healthyalberta.com/AboutHealthyU/261.htm)

- Snacktivity Box  
Resources for teaching preschool children the basics of healthy eating.

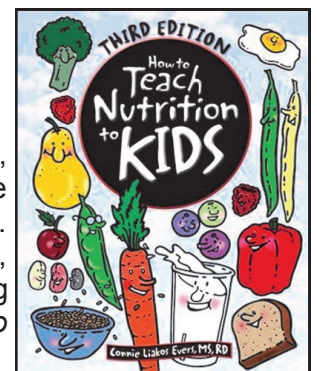
[www.missionnutrition.ca/missionnutrition/eng/index.html](http://www.missionnutrition.ca/missionnutrition/eng/index.html)

- Mission Nutrition

## RECOMMENDED READ

### How to Teach Nutrition to Kids Connie Liakos Evers

The science of nutrition, a topic becoming more popular with rising childhood obesity, may seem a complex and dry topic for children, but this guide provides positive information, fun activity ideas complete with illustrations and simple creative recipes. The book teaches adults and children how to make beneficial dietary choices, empowering them by explaining how to have a positive self-image, encouraging physical fitness, and emphasizing healthy eating habits. *How to Teach Nutrition to Kids* effectively integrates nutrition into multiple areas of a child's life.



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# LOW COST NUTRITION RESOURCES IN THE REGION

## Eating Made Easy: Healthy Eating for a Healthy You

A lunch and learn opportunity Edmonton Meals on Wheels offers a series of lunch-hour nutrition seminars. The seminars are offered once a month on the first Tuesday of each month.

Upcoming and previous topics include: cooking clubs & recipe exchanges, a healthy diet as we age, label reading, the fuss about fibre, etc. If you're keen on exploring healthy eating join in the group, lead by a registered dietician, and participate in a lively discussion.

Bring your own bag lunch or enjoy the meal of the day for only \$2.25.

**Date:** First Tuesday of each month  
12:00 pm-12:45 pm

**Location:** Meals on Wheels  
11111-103 Avenue, Edmonton

**Cost:** FREE with pre-registration

Registration is required. To register or receive more information call 780-429-2020 or visit [www.mealsonwheelsedmonton.org/lunchnlearn.html](http://www.mealsonwheelsedmonton.org/lunchnlearn.html).

## Food for Families

Do you or someone you know need a little extra support at home? Meals on Wheels Edmonton offers *Food for Families*, a program available when the unexpected happens and a family needs help preparing meals. Meals on Wheels offers their daily menu to families who are dealing with emergencies, illness or other unforeseen situations.

The meals are based on Canada's Food Guide and the Recommended Nutritional Intake for Canadians. Prepared home-style, low fat and salt and diabetic friendly, they provide a healthy alternative to fast food for about the same price.

Purchasing a Food for Families gift certificate is a great way to assist a family in need.

For more information call 780-429-2020.



## Healthy Food - From Field to Table

Do you have questions about making meals healthier for you and your family? Edmonton Public Library is offering nutrition seminars presented by a registered dietician and community health nurse from Alberta Health Services. The 1-2 hour seminars will be held in March 2010 at seven of the libraries branches.

Get useful tips to plan, purchase, and prepare meals using locally grown foods and find out how to eat in the healthiest way possible.

**Date:** A choice of evenings in March 2010

**Location:** Various

**Cost:** Free

For more information about these workshops, visit [www.epl.ca/Events](http://www.epl.ca/Events).

## Collective Kitchens

Collective Kitchens bring people together to learn to make nutritious meals within a budget. Together participants plan menus, shop for ingredients, and prepare meals to take home. There are numerous collective kitchen sites available throughout Edmonton and surrounding area. Visit [www.informedmonton.com/app/home.asp](http://www.informedmonton.com/app/home.asp) for more information and a list of locations.

## Health for Two

The Health for Two program offers prenatal information, food supplements and support to at-risk women during their pregnancy and following the birth of their baby. Women in the program often have risks to a healthy pregnancy such as low income, poor nutrition, smoking, substance use or violence in their relationship. The program is offered through numerous agencies and Public Health Centres. For more information or a list of locations visit [www.informedmonton.com/app/home.asp](http://www.informedmonton.com/app/home.asp).

# LOW OR NO COST FAMILY FUN

## Deep Freeze A Byzantine Winter Festival

Celebrate the cultures, foods, music, sights, and smells of the past and blend them with the new cultures of the community. Head down to Alberta Avenue for *Deep Freeze, A Winter Byzantine Festival*.

The theme this year is Magical Kingdom of Tomfoolery. There are activities for all ages including: street hockey, music, outdoor Mummer's play, ice sculpture, arts market, olde-tyme curling fun, ice slide, snow carving, skating, ethnic food, etc. When it's winter in Alberta, it's best just to embrace the cold and enjoy the snow!

**Date:** January 9-10, 2010

**Location:** 9210-118 Avenue, Edmonton

**Cost:** FREE

For more information and a schedule of events visit [www.artsontheave.org](http://www.artsontheave.org).

## Ice on Whyte

An ice carving competition January 14-16 launches the festival, with competing artists from Canada, Sweden, Africa, New Zealand and Russia. An awards ceremony on January 16 proclaims the winning sculptures.

This year's festival is filled with plenty of outdoor fun for visitors of all ages. The festival site includes a furnished ice castle, a giant ice slide, an interactive maze for children, live music, a heated tent, and a coffee/hot chocolate café.

**Date:** January 14-24, 2010

**Location:** Festival Park,  
104 Street and 85 Avenue

**Cost:** \$2.00/person

For more information visit [www.iceonwhyte.ca](http://www.iceonwhyte.ca).



## Olympic Torch Relay

The Olympic Torch Relay comes to our region January 13 and 15. Show your community spirit, support Canada's Olympic athletes and see the Olympic Torchbearers at one - or all - of the celebration points along the Edmonton and area leg of the Olympic Torch Relay.



**Date:** January 13 and 15, 2010

**Location:** Various locations throughout Edmonton and surrounding area.

**Cost:** FREE

For a list of ceremonies in the region visit [www.edmonton.ca/attractions\\_recreation/attractions/downtown/edmonton-olympic-torch-relay.aspx](http://www.edmonton.ca/attractions_recreation/attractions/downtown/edmonton-olympic-torch-relay.aspx).

Follow the torch route with an interactive map at [www.vancouver2010.com](http://www.vancouver2010.com).

## Edmonton Pet Expo

This will be an exciting family event, full of critters of all shapes and sizes. With a petting zoo, camel, cats, dogs, reptiles, and more, this will be a show for all ages! The show will be more than just animals – it will be an opportunity to discover the interesting facts about pet ownership and learn the behaviours and general characteristics of different breeds.

**Date:** January 23-24, 2010

**Location:** Northlands EXPO Centre  
7300-16 Ave, Edmonton

**Cost:** Adult/Youth: \$8.00  
Children (6 - 11): \$6.00  
Under 6: Free  
Family (2 adult, 2 children): \$20.00

For more information (and an admission discount coupon) visit the website [www.petexpo.ca](http://www.petexpo.ca).

# DID YOU KNOW...

## Family Literacy Day January 27, 2010

There are many activities you can do to practice your literacy skills, such as following a recipe, reading a road map or singing from a song sheet. This year's Family Literacy Day theme is *Sing for Literacy*. Singing is a great literacy activity for families because it provides a fun way to expand spoken vocabulary and creates a strong bond. Singing allows you to learn patterns of words, rhymes and rhythms, and is strongly connected to language skills. Families are encouraged to host or attend sing-alongs in their communities.



For a list of Family Literacy Day activities across the region visit [www.abc-canada.org](http://www.abc-canada.org).

### New Resource

#### *Parenting Series, Responding to Children's Needs: Important Developmental Milestones in Young Children*

Parents have a good understanding of physical milestones, such as when children learn to walk, but are less familiar with important intellectual and social stages. The Centre of Excellence for Early Childhood Development and the Alberta Centre for Child, Family and Community Research just published a new resource for parents, caregivers, and service providers. *Parenting Series* outlines the important developmental milestones during a child's first five years of life. Other topics featured in this publication include attachment; play, and peer relations.

Download this publication at no cost at: [www.excellence-earlychildhood.ca/documents/Parenting\\_2009-11.pdf](http://www.excellence-earlychildhood.ca/documents/Parenting_2009-11.pdf)



"Working together for our children's future."

### Contact Us

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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.



**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.