



ECD Support Services Program News

Thank You

ECDSS would like to thank everyone that supported the "Working Together for Our Children's Future" all-sites on February 28th.

Kudos to the volunteers that were so efficient with the registration, the placemat settings and especially the gathering of the "We Need You" forms and art work from families in your programs. Our gratitude goes out to the

companies that provided door prizes and products for all our participants. Smitten Baby Inc, My Lucky Fortune Inc, Oliver Centre—RSELC for the use of their laminator for the beautiful placemats.

A great big thank you to Mr. Ron Tite and Dr. Bruce Perry for their enlightened presentations.

We hope all of you that attended were able to take away some valuable information with to enhance the important work that you do.

This Month

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Upcoming Events

AHVNA Network Meeting

Date: April 11, 2008
Location: Red Deer
Contact Lavonne Roloff at info@ahvna.org

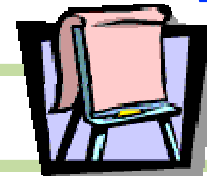
Home Visitation Team Leaders Meeting

Date: April 15, 2008 9:00—12:30 (Lunch)
Location: Bent Arrow Traditional Healing Society

HOMES Update

Body and Soul

For many Edmonton & Area CFSA ECD funded programs annual reports will be due in April 2008. If you require additional support please visit our website at www.ecdss.ca and navigate to the **Resource library** section. You will find links to "cheat sheets" which will offer guidance through the reporting requirements for the 2007-2008 year. If you would like additional support please contact either Tracy Bridges (905-5986) or Christi Lein (818-0060).



Professional Development

Ages & Stages Questionnaire Training

This one day training will walk you through the essentials of using the ASQ, a flexible, culturally sensitive system for screening infants and young children for developmental delays or concerns in the crucial first 5 years of life.

Date: March 18, 2008
Time: 9-4pm
Location: 12345—121st
Cost: \$50
Lunch included with registration.

Ages & Stages Questionnaire Social- Emotional Training

This half-day training will focus on the ASQ:SE Screening Tool, which identifies infants and young children whose social or emotional development requires further evaluation to determine if referral for intervention services is necessary.

Date: March 19, 2008
Time: 9-12pm
Location:
Cost: \$25

3-Day Family Outreach Training

Outreach Work is personal work done professionally. Challenging aspects of Outreach Work include engaging families and setting up successful support services for parents. This training focuses on areas which enhance and prepare professionals for individualized support with families.

Date: April 14-16, 2008
Time: 9-4pm
Location: 12345—121st
Cost: \$150
Lunch included with registration.

2-Day Mental Health First Aid Training

This two day training 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

disorders, depression and psychotic disorders.

Date: May 12-13, 2008
Time: 9-4pm
Location:
Cost: \$75
Lunch included with registration

5-Day Core Home Visitation Training

Essential to the success of any such program is the training of those members from the community who will be conducting the home visits. This training focuses on areas that enhance and prepare professionals for individualized support to families in a variety of programs.

Topics covered during the training include:

- Engaging Families
- Children's Services
- Working Alone in Community
- Boundaries
- Reflective Practice
- Goal Setting and Planning
- Self Care

Date: May 12-16, 2008
Time: 9-4pm
Location: 12345—121st
Cost: \$250
Lunch included with registration.

Health News for You by Kathy Newman R.N.

SPRING: A few Tips regarding safety

The snow and ice are melting and the trees and flowers are beginning to bud. Your family may be spending more time outside – strolling near waterways that are no longer solidly frozen, pulling out the bicycles, skateboards and in-line skates from the shed, and firing up the lawnmower for the first time. Here are some key things to remember as you greet spring's arrival.

Watch for flowing water



During spring runoff, the water in creeks and rivers can be fast moving and extremely cold and the banks of these waterways may be soft and unstable. **Cold water is especially hazardous**, even for good swimmers, and can kill within minutes. In the spring and throughout the year, if you are near water, always supervise young children closely.

Wear a helmet when on wheels



Whether riding a bicycle, scooter, inline skates or a skateboard, **wearing a helmet** is a proven way to prevent head injuries. Ensure the helmet you or your children use is certified for that activity. Replace your bike helmet after a crash. While children may have the motor skills to ride a bicycle by five or six years of age, they're not ready to ride on their own on the road for several more years. **Children's abilities to handle traffic safety risks** usually develop gradually between the ages of 10 and 14.

Use caution around lawnmowers



Lawnmower injuries are common and can be extremely serious – either to the person mowing the lawn or to bystanders, often children. Ensure children are not present when you are mowing the lawn. Always turn the mower off and unplug it before adjusting or cleaning it. Mow the lawn only when dry and check for debris before you start.

Information taken directly from Health Canada

Story of the Month— The Power of Full Engagement—by Jim Loehr & Tony Schwartz . This book is available in the ECDSS Resource Library.

Spring is knocking at your door which makes it a great time to renew your passions by reflecting on what makes you, you.

This book looks at managing your energy, not your time as the key to high performance and personal renewal.

Full engagement is the energy state that best serves performance.

Principle 1: Full engagement requires drawing on four separate but related sources of energy: physical, emotional, mental and spiritual.

Principle 2: Because energy diminishes both with overuse and with underuse, we must balance energy expenditure with intermittent energy renewal.

Principle 3: To build capacity we must push beyond our normal limits, training in the same systematic way that elite athletes do.

Principle 4: Positive energy rituals-highly specific routines for managing energy-are the key to full engagement and sustained high performance.

Making change that lasts requires a three-step process: *Define Purpose, Face the Truth and Take Action.*

It is one thing to clarify our values and quite another to behave in accordance with them each and every day. Facing the truth about the gap between who we want to be and who we really are is never easy. Each of us has an infinite capacity for self-deception. In myriad ways, we push from our awareness that which we find unpleasant or upsetting or contrary to the way we wish to see ourselves. Until we can clear away the smoke and mirrors and look honestly at ourselves, we have no starting point for change. The maverick psychiatrist R. D. Laing captured this cleverly in a short poem:

The range of what we think and do
Is limited by what we fail to notice
And because we fail to notice
That we fail to notice
There is little we can do
To change
Until we notice
How failing to notice
Shapes our thoughts and deeds

BEAR IN MIND

- Rituals serve as tools through which we effectively manage energy in the service of whatever mission we are on.
- Rituals created a means by which to translate our values and priorities into action in all dimensions of our life
- All great performers rely on positive rituals to manage their energy and regulate their behavior.
- The most important role of rituals is to insure effective balance between energy expenditure and energy renewal in the service of full engagement.
- Trying not to do something rapidly depletes our limited stress of will and discipline.
- To make lasting change, we must build serial rituals, focusing on one significant change at a time.

