

# Burin Peninsula Brighter Futures Family Connections

November 7, 2016



## 12 Great Reasons To Attend a Family Resource Center

Family Resource Centers have a lot to offer families. They are welcoming, safe and supportive environments, rich with learning opportunities for children and parents alike. But getting out the door to attend our programs can be challenging. There's naps to be had, breakfast/lunch to get through, playtime to interrupt, chores to finish, fatigue to fight, and generally busy-filled days to overcome. Despite these challenges, the following are some reasons provided by our program participants why they attend our Centers:

- Time at the Center is quality time; so many opportunities to learn and grow

- You get to sing and dance and not feel foolish about it
- You get to meet your next best friend
- You get to use paint and playdough and not worry about making a mess
- There are nutritious snacks
- You have access to health information, resources, and support services
- You get to talk adult talk with other adults
- You discover you are not alone in your toilet training woes (or any other parenting topics for that matter)
- You get free Brighter Futures swag!
- Everyday is different and never boring
- The best people work there; they are caring, empathetic individuals who will give you their best selves
- Its fun!

We believe we can help our children, our families and our communities be their best, and we are doing something about it everyday. We encourage you to join us.

### Mission Statement

*Burin Peninsula Brighter Futures is dedicated to promoting the healthy development of young children and families*

### Inside this issue:

12 Great Reasons To Attend a FRC	1
Board News	1
What's New	2
Brighter Futures in Action	2
Programs & Services	3
Nobody's Perfect	3
Contact Information	4

### Special points of interest:

- \* BPBF has been offering programs on the Burin Peninsula for over 22 years.
- \* More than 1186 parents, caregivers and children attended our Family Resource Center and Healthy Baby Club programs during 2015-2016.
- \* BPBF has 8 volunteer Child Restraint Technicians to help families correctly install their child's car seat.

## Board News!

We have been very fortunate over the years to be able to maintain a maximum number of parents and community partners to volunteer as members of our Board of Directors. It is very important to us that the families we serve have a voice and are involved in

decision making, so that are programs remain relevant and accessible to all families.

Starr Smith is one of these dedicated parents. She has been involved with Brighter Futures for well over ten years now, six of these as a Board member. Starr has

given freely of her time and talents, and has shown how



### Continued from front page... Board News

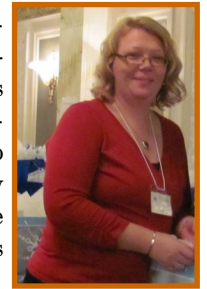
helping others can positively impact the health of your community. Starr's volunteerism includes being involved in the Town of Marystown Recreation Committee, minor softball, Come Home Year, community fundraisers, and endless other community activities in Marystown. As she comes to the end of her term as a Board member, we would like to take this opportunity to thank her for her generous heart and sharing it with Brighter Futures.

### Lamaline Family Resource Center

Our Lamaline FRC now has a new look. The Town of Lamaline has graciously included the Family Resource Center in their renovation plans earlier this year, when it received a government grant to repair what was known as the G.L.A.D.A building. The Center has been completely renovated with a new roof, windows, doors, flooring, a fresh coat of paint and storage area. Thank you for providing this wonderful, welcoming space for our families.

### Happy 20th Anniversary Amanda!

Wow! Amanda's been working as the Family Support Facilitator in Grand Le Pierre Family Resource Center for almost as long as Brighter Futures has existed! Anyone who knows her will tell you that she is a very dedicated and caring person, with a great sense of humour and contagious positive attitude. Congratulations and thank you for giving of yourself to make your community a better place for the children and families of Grand Le Pierre.



### World Breastfeeding Week

October 1-7, 2016



We were very pleased to partner with Eastern Health this year to promote "The Bay Breastfeeds" Selfie Contest. Participation and support for this initiative was great. Several local restaurants also helped us promote World Breastfeeding Week by using our breastfeeding promotion placemats the entire week. Again, thank you for your support.

## What's New

### Marystown Family Resource Center & Healthy Baby Club

With the help of volunteers, the Family Resource Center and Healthy Baby Club in Marystown have settled into their new space at #133 Smallwood Crescent. We would like to thank Aylwards Home Hardware for their kind donation of supplies to help us spruce up the place for our families, and NL Housing for once again providing us with a home. Come check it out !

### Healthy Together Program

Healthy Together is a education program that brings families together to learn to make health choices and build healthy relationships. Topics include • eating a healthy diet • engaging in family meals • increasing physical activity • decreasing inactivity. The sessions are designed to include play-based fun physical activity, group discussion and cooking and eating together. Inquire about this program at your Center.

## Brighter Futures In Action



# Nobody's Perfect

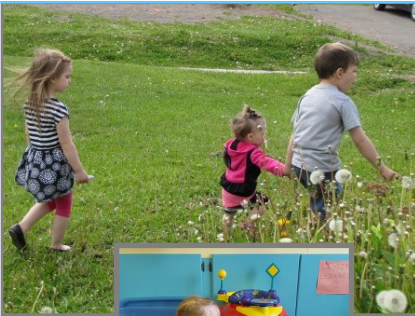


*Nobody's Perfect* is a parenting program offered in communities by facilitators to help support parents and young children.

At *Nobody's Perfect* sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent. Sessions are based on what you and other parents want to learn about, not step by step from a book.

**Nobody's Perfect is a place where parents can:**

- **MEET** with other parents of young children (ages 0-5)
- **SHARE** questions or concerns and ideas about being a parent
- **LEARN** about child development, safety, health and behaviour
- **TALK** about real-life parenting experiences
- **WORK** together with the support of a trained facilitator
- **DISCOVER** ways of positive parenting



## Family Drop In - Playgroup

Open to all families with children to 6 years of age. Children are exposed to a variety of activities such as games, creative art, active/ imaginative play, & special events.

## Small Wonders

Children to 2 years of age can explore their world in a safe play environment with age appropriate toys and activities.

## Healthy Baby Club

Provides support and information to pregnant women to help them improve nutrition and lifestyle during pregnancy. The club offers such things as Food Supplements, Home Visits, Prenatal Information Sessions, Breastfeeding Information, Resource Library, Baby Clothes, and follow-up activities after birth.

## Baby & Me

For parents with infants and babies up to the age of 12 months. An opportunity for socialization and sharing of information presented in an informal, interactive manner.

## Preschool

A school readiness program for children ages 4-5 years.

## Parent Programs

Designed to help parents develop positive parenting skills and a greater understanding of child development.

## Lending Library

Parents and children can borrow from a large selection of quality, educational and age appropriate toys, books, games and resources.

## Basic Shelf

Teaches parents how to cook nutritional meals at low cost using a list of 36 basic ingredients.

## Little Chefs

A cooking program for children 3-6 years of age. Teaches the basics of cooking simple and healthy foods.

## Parent Information Sessions

Provides parents with opportunities to gain information and new skills from professionals and other guest speakers.

## Clothing Exchange Program

Donated clothing and small household items are made available free of charge to people who need them.



# Burin Peninsula Brighter Futures

## How to Contact Us:

Phone: (709) 279-2922

Toll Free: 1-877-777-2723

Fax: (709) 279-2902

Email: [bpbf@BPBrighterFutures.ca](mailto:bpbf@BPBrighterFutures.ca)



We're on the Web!  
[www.BPBrighterFutures.ca](http://www.BPBrighterFutures.ca)



Burin Peninsula Brighter Futures is a non-profit organization with Family Resource Centers and Healthy Baby Clubs located in the following communities:

### Grand Le Pierre

Town Hall (709) 662-2444

### Bay L'Argent

Town Hall (709) 461-2807

### Marystown-Burin

Smallwood Crescent Community Center  
Burin/Black Duck Cove Community Center  
(709) 279-2922 (main office)

### St. Lawrence-Lawn

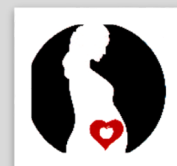
St. Lawrence Academy  
Holy Name of Mary Academy  
(709) 873-3339

### Lamaline

GLADA Building (709) 857-2922

### Grand Bank-Fortune

Grand Bank Public Library (709) 832-1221  
Fortune- 11 Confederation St (709) 832-1177



## Volunteers Needed!

Looking to volunteer in your community? We have some options. Our needs are great and diverse so whether you are a student, grandparent, or someone looking to share a bit of your time, we can find something to match your skills. Let us know you are interested by contacting the main office or message our Facebook page.



# I Am A Child



## I AM NOT BUILT TO SIT STILL.

keep my hands to myself,

take turns, stand in line, be patient,



or keep quiet.



I need motion, I need novelty

I need adventure,

and I need to engage the  
world with my whole body



# LET ME PLAY

Trust me, I am learning!



Author Unknown, Shared by [Herdina Kats in Kindergarten](#), Graphics from [My Cute Graphics](#)

Burin Peninsula Brighter Futures is funded by:



Public Health  
Agency of Canada

Agence de santé  
publique du Canada

