



107 Albro Lake Rd, Dartmouth, NS, B3A 3Y7  
 Phone: (902)464-8234 Fax: (902)464-8232  
 Website: www.dartmouthfamilycentre.ca  
 E-mail: info@dartmouthfamilycentre.ca

We offer:

- Programs for parents and children together
- Parenting programs and support
- Community drop-in room
- Quality childcare



## Playroom post - Winter Art Ideas

## February 2017

Creative activities are a great way to encourage your child to explore. Through creative activities children can learn how things work and move, how things can be put together, and how things feel, smell and look. Here are a few winter art ideas to do at home:

- Fill a spray bottle with water and a few drops of food colouring. Encourage your child to spray on the snow to "paint" an outdoor canvass.
- Let your child try painting with pine boughs as a natural paintbrush. Large pine cones can be rolled in paint then rolled across paper to make interesting designs. Pine cones are also fun to decorate by gluing on bits of felt and ribbon. Encourage your child to help you tell a story with the finished creations.
- Freeze water in an ice cube tray or in Dixie cups adding food colouring to the water. Place popsicle sticks in each compartment or cup. When they are frozen remove from tray (or cups). Provide your child with paper and ice cubes to paint with. Ask your child to predict what will happen to the ice if you leave it on the table?



If you try out any of these ideas share some pictures with us, or post them to our facebook page!

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**Centre Hours:**  
**Monday to Friday**  
**9am-4pm**  
**Closed:**  
**12 pm-1 pm daily**  
**& Thursday**  
**afternoons**

# Making the most of Winter - Outdoor Ice Safety

Just because the weather is cold enough doesn't mean that ice is thick enough to safely skate or walk on. Ice thickness can change as quickly as the weather does, so always be sure to check, even if ice was safe the day before.

## Many factors affect ice thickness including:

- Location & time of year
- Water depth and size
- Is it moving water?
- Logs, rocks and docks absorbing heat from the sun
- Changing air temperature



## Ice Colour

The colour of the ice may be an indication of its strength:

- White/snow ice is half as strong as blue ice;
- Grey ice is unsafe - the grayness indicates the presence of water

Did you know ice thickness should be:  
**15 cm for walking or skating and  
20 cm for skating parties or games**

Random ice thickness testing is done on ponds & lakes in HRM. Check the website at [https:// apps.halifax.ca/icethickness](https://apps.halifax.ca/icethickness) for the most current thickness report before you head out!

## FREE Community Activities



**Emera Oval** FREE Helmet, Hockey Skates, Figure Skates, Speed Skates, Sledges and Snowshoe Loan. A valid photo ID is required to borrow these items. All children 12 and under, must wear a CSA multi-impact helmet. Indoor warming room is onsite as well!.

### **Open Gym for Youth and Family**

Harbourview Elementary Gym will be open for school-aged children and youth, along with their parents, to come build an obstacle course, dance, shoot some hoops, or anything fun and active.

**Saturday's from 1:30 - 3:30 pm**

### **Gray Arena - 15 Monique Ave**

**Free Family Public Skate**

Sunday | 4:00 - 4:45 pm

**Free Parent & Tot Skate**

Tuesday | 10:00 am-11:50 am



# What's been happening at the Centre?



## In case of snowy weather.....

The Centre will be closed when HRM schools are cancelled due to bad weather. If the weather is poor please check the Halifax Regional School Board Website, listen to the radio for a list of cancellations, or call ahead to make sure we are open before you venture out. You can also check the Centre's Facebook page and we will post closure information there.



## Family Meals at the Dartmouth North Community Food Centre



Join us **Mondays from 5:30-6:30** for a family /children's supper. If you have children who are school-aged or younger, this is a great time to enjoy a night out with the kids and not have to cook. Be sure to check the Centre's Facebook page as the meal being served will be posted there!

## Dartmouth Family Centre Outreach Support

**Stairs Memorial Food Bank** (44 Hester Street) Staff members from the Centre are available to share resource information and provide childcare on Wednesday mornings starting at 8:30am.

## Clinics available at the DFC

### Joan-Registered Nurse - Tuesday, February 14th & 28th

Come see Joan for Pap tests, breast exams, family planning, STI screening, bone health, general health counseling

### Jessica-Social Worker - Friday, February 10th & 24th

Come talk to Jessica to get support with stressful life events & accessing support in the community

### Well Baby Clinic - Wednesday, February 1st & 15th

The public health nurse is available during baby & me to answer questions you may have about your baby's growth and development, feeding, weight gain or post partum concerns.



### Dal Legal Aid - Thursday, February 16th

A community legal worker is available to discuss issues around tenancy, income assistance or family law.