



Dartmouth
FAMILY CENTRE

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 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



Pretend Play from the Community Home Visiting Staff

April 2017

Pretend play is important for young children as it is how they begin to work out for themselves what real life is all about. Children learn about real life by trying things out in a safe place where they can let themselves come up with many ideas and solutions to things they see around them every day. As well as trying out ideas and solutions, children also develop social skills and new ways to communicate, all in a way that is great fun.

Household chores may bore you, but they are among the few adult activities that young children can easily understand and share or imitate. At first your child will simply want to be given a cloth like yours to wipe things clean. Later children like to play mom, grandma, doctor, etc. Although your toddler will want your cleaning tools, many may be too big for her or him to use successfully. You can cut down old towels, cut the broom handle to make it smaller or buy household items for your child's play at yard sales. The dollar store can be a good source of inexpensive items. Look for replicas of real household equipment as these are more likely to expand your child's imaginative play.

Things that are cheap or free have great play value. A big cardboard box can become a bus, a hiding place or a cave; a sheet over a table can be a tent; an old hat and bag, a pair of old gloves or a vest can become grown up clothes; an old night dress can be a wedding dress or a ball gown. Your child's imagination is limitless. **Have fun and enjoy!**



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

Jump Start and KidSport Funding

Research has proven that participation in sports and physical activity increases a child's chance of overall success through a healthier lifestyle; developing life skills, such as increased self-esteem, confidence, teamwork and leadership and improved school performance. Sports and recreation activities can be expensive, however, these two funding assistance programs are available for families to help get their children "into the game".

Jumpstart helps children aged 4-18 become involved in sports and physical activity. Applications for assistance can be submitted from **January 15 to November 1**; with funding to be distributed over Spring/Summer and Fall/Winter activities. Jump Start can also help with transit to activities. Funding can be provided for a maximum of \$300 per activity with an annual maximum of \$600. To find out more or apply on line, visit <http://jumpstart.canadiantire.ca/en>



KidSport is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sports. KidSport Nova Scotia provides funding of up to **\$300/year/child** for sport registration and/or equipment. The deadline for the **next round** of KidSport funding is **May 1st and July 4th**. To find out more or apply on line, www.kidsportcanada.ca/nova-scotia/

Did you know....

Funds from Jump Start and KidSport can be combined.

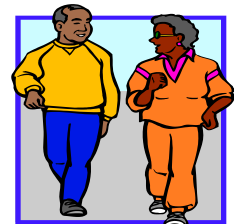


Walking Group with the DNCFC & Community Health Team

Tuesday mornings at 10:00 starting April 11th. Meet inside the Dartmouth North Community Food Centre. The first four walks will start with learning sessions from a Dartmouth Community Health Team Physiotherapist.

Learn About:

- Exercise safety, and how to monitor your level of exertion.
- Benefits of Walking.
- How to progress your walking program.
- How to stay motivated. (Includes pedometer loan, and tracking sheet)



Walk...

- In a safe environment around the DNCFC
- Plenty of rest stops
- Log your steps with pedometers available on site.

Walk will end with a snack back at the food Centre.

What's been happening at the Centre?



Beautiful pictures created at February's Arts Night Out!



Our newest DFC babies from our Fall prenatal program.

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, April 11th

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

Jessica-Social Worker - Friday, April 7th & 28th

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

Well Baby Clinic - Wednesday, April 12th & 26th

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 - Wednesday, April 12th

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