



Dartmouth
FAMILY CENTRE

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



Getting ready for an outing with your kids

August 2017

Summer can be full of trips to playgrounds, parks & beaches, and having a bag ready for last minute trips helps you make the most of your trip and helps your child play safe! Try packing a backpack with these items and keep by the front door to grab as you head out. With your just-for-the-park bag, you'll never be caught off guard at the playground — and you'll be ready to make the most of the time you're outdoors.

- Wipes or wet naps
- Snacks
- Water & Refillable water bottles
- Change of clothes
- Hand sanitizer
- Sunscreen
- Small travel first aid kits (or bandaids)
- Bug spray
- Toys to play with at the park like bubbles, small balls or dinkies. Try to avoid bringing special toys that could get lost or left behind.
- Blanket to sit in the shade on or enjoy a picnic on



Remember to know your bus route and double check before heading out as routes change with construction in the summer months!

Try packing your trip bag and join us on our family trip to the Westmount splash pad on **Friday, August 19th!**

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

Summer parenting hacks

Bring along some baby powder and sprinkle on your skin to get rid of extra sand.



Lay out a fitted sheet on the sand and anchor it with heavier items on each end. This will help keep some sand out!



To avoid getting your phone wet or filled with sand, place inside a resealable ziploc bag. Keep in mind that this is not 100% waterproof though!



Disguise your valuables by placing them in an empty Pringles can or wrap in a clean disposable diaper to keep valuables out of sight!



Make edible ice packs with frozen grapes, juice boxes, and bottled water to save room in the cooler.



Use cupcake liners to catch melting popsicles!



Make a sponge lei and wet it to keep you cool on walks!

Freeze ice cubes of aloe vera and when needed rub on skin to soothe and cool!



What's been happening at the Centre?



Splash around in Halifax!

Splash pads are an easy and fun way to cool off during the warm summer months. There are 4 splash pads in Halifax that are maintained and open for the summer months.

Halifax Commons - 5730 Cogswell Street

Isleville Street - 3479 Sebastian Ave

Westmount - 6700 Edward Arab Ave

George Dixon - 2520 Brunswick Street



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.

Don't forget to check out the Dartmouth North Community Food Centre's calendar for programs taking place there. You can also follow our Facebook pages for updates!



Clinics available at the DFC

Joan-Registered Nurse - Tuesday, August 15th from 9am - noon

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

Jessica-Social Worker - Friday, August 18th & 25th

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

Well Baby Clinic - Wednesday August 16th

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.

