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We offer:

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



## National Family Week

October 2017

**NATIONAL FAMILY WEEK** is **October 2 - 6, 2017** and the theme this year is **“The power of play”**

Children need time to play. Through play they are able to learn about the world around them while they are having fun. You can be an important part of their play by taking time each day to connect with your child. By observing where your child’s interest lies and following his lead, you can make interactions more enjoyable. As you play, your child learns to communicate, solve problems, and relate to others. Playing with your child for a few minutes each day, can help you develop that important, loving connection that children need to thrive. Many skills are developed through play:

- **Language** skills are developed when children sing songs, play with puppets, and use toy telephones.
- **Thinking** skills are developed when children count and sort beads, or follow directions to a game.
- Small muscle** skills are developed when children use crayons or put pegs in a peg board.
- **Large muscle** skills are developed when children draw or paint at the art easel, pull a wagon or chase a ball.
- **Creative** skills are developed when children play doctor’s office, construct a collage or make up their own rules to a game.
- **Social** skills are developed when children are supported to work through sharing a toy, taking turns or showing concern for others.

Sign up for one of our Family Playgroups this month and come and “play” with your child!



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

# Healthy Halloween Snacks

Making snacks look fun is one way to encourage healthy eating at home. Children will be drawn to things that look appealing, or that they have helped make themselves.

Halloween often includes chips and mini chocolate bars, but it can also include lots of fun healthy snacks that children will enjoy getting....and eating!

Sometimes it's good to play with your food!



## HALLOWEEN Safety Tips

Halloween is one of the most anticipated nights of the year for young children. Follow these tips to help make your Halloween safe:

1. Children under 12 should trick or treat with an adult in the group.
2. Pick brightly coloured costumes that can be clearly seen by motorists. Try adding reflective tape.
3. All candy should be inspected by an adult to make sure that no one has tampered with it.
4. Wear masks that do not interfere with vision. Better yet, avoid masks and wear makeup instead!
5. Walk on sidewalks and cross at crosswalks. Watch for moving vehicles when crossing streets.
6. Make sure costumes are short enough that your child will not trip.
7. Choose costumes that fit well and can be worn over warm clothing to protect your child against cold and wet weather.



# What's been happening at the Centre?



## Annual Walk Against Violence

The 18th Annual Walk Against Violence is taking place in Dartmouth North on Wednesday, October 18th. If you are interested in attending with the Family Centre, please register and then join us outside the Centre at 6 pm. We will walk together to the Boys & Girls Club and join the walk through the community.



## Family Suppers at the Community Food Centre

The Dartmouth North Community Food Centre site offers a family supper every **Monday** from **5:30 - 6:30 p.m.** If you have young or school-aged children, come and enjoy a dinner out as a family. Staff and volunteers will serve and clean up afterwards! Look for some familiar family centre faces there too!

## 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, October 10th**

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

### **Jessica-Social Worker - Friday, October 13 & 27th**

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

### **Well Baby Clinic - Wednesday, October 11th & 25th**

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, October 25th**

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

