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We offer:

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



' The Importance of Play' from the Child Development Staff

March 2018

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 this activity by taking time each day to really 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.

I tried to teach my child with books, He gave me only puzzled looks.
 I tried to teach my child with words, They passed him by, often unheard.
 "How shall I teach this child?" I cried, Into my hands he put the key...
 "Come. " He said, "Play with me!
 - Anonymous



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

Sick Policy

Did you know the Centre has a sick policy to help keep you and your family safe while attending the Centre?

We have developed a policy to control the spread of illnesses among children and families at the Centre.

Parents/caregivers should keep sick children at home if they have experienced any of the following symptoms within the past 24 hours:

1. A temperature of over 37.8°C (100°F) orally or 37.2°C (99°F) under the arm.
2. Signs of a newly developing cold or severe coughing.
3. Diarrhea (3 consecutive loose bowels within 24 hours).
4. Vomited within 24 hour period.
5. Unusual or unexplained loss of appetite, fatigue, irritability or headache.
6. Eyes/ears that have any kind of discharge.
7. Visible rashes that have not been diagnosed by a physician.
8. Any communicable disease including: Impetigo , Coxsackie Virus, Fifth Disease, German Measles, Hepatitis A or B, Meningitis, measles, mumps, Whooping cough, ringworm, Scabies, Scarlet Fever, strep throat, Tuberculosis. Children will be allowed back at the centre following a doctor's examination indicating the child is free of disease.
9. Bronchitis or pneumonia.

This policy is intended to ensure the overall health and safety of all the children and families attending Centre programs.

When a condition such as pink-eye, scabies or head lice is present, children will be sent home and asked to not return until they have received treatment and/or are no longer contagious.

If parents/caregivers have any questions about whether or not their children should attend programming, they should call the Centre before bringing their children to the Centre and we'd be happy to talk to you about it!



What's been happening at the Centre?



In case of snowy weather.....

The Centre will be closed when HRM schools are delayed or 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 - No clinics this month

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

Jessica-Social Worker - Friday, March 2nd & 16th

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

Well Baby Clinic - Wednesday, March 28th

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 - No clinics this month

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