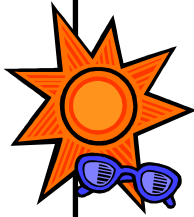




News & Views

A Newsletter for Families at the University of Victoria



June 2010

Issue 153

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NEWSLETTER

KRISTINE MANNION

Family Centre Hours

Mondays

Conversation Club
8:00-9:00pm

Tuesdays

9am-3pm

Playgroup
10:00am-12pm

Wednesdays

10am-2pm

Playgroup
10:00-12 noon

Thursdays

Out and About

(see back pg for schedule)

After School Club
3:30pm-5:00pm

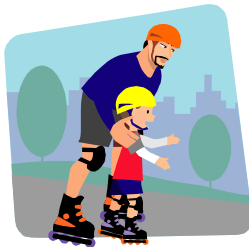
Fridays

Playgroup
10am-12 noon

SOME THOUGHTS ON DADS

By: Kristine Mannion

"OH!" I heard Steve, my husband say and felt more than saw him make a dash for the area our son Connor was playing behind me. His exclamation was immediately followed by some loud thumps, and then our boys unmistakable screams. Connor had fallen about 6 feet down the 3 big concrete steps on the back side of the fountain in front of the MacLaurin library. He had come to a stop on the concrete ground landing on his face on "something metal with spikes" he said, which we later discovered was a bottle cap. OUCH! Our little guy, normally so cautious was not accustomed to such a fall, and was so upset and scared by it. Steve checked him out, lifted him up and proceeded to say "it's okay sweet boy, I'll carry you all the way home" And there Connor stayed, in his arms, crying and whimpering all the way home, but relaxed and at ease too - he was with his dad, and everything was okay.



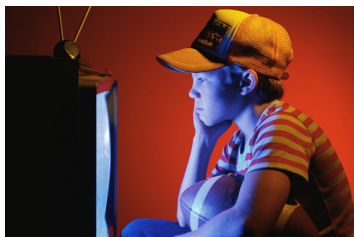
Not being a dad, I don't know much about fatherhood. My perspective comes just from being a daughter and a partner in parenthood. My father's quiet acceptance and appreciation of me exactly as I am has always been a great source of comfort for me. His way of parenting, however, always seemed in many ways the opposite of my mothers. She was the one who always made sure we were clean, well dressed and fed, well educated, and always had the best of all available opportunities. My father could not have cared less if I sang in this play, danced here, took these lessons, got this grade or that. He just noticed when I was happy, sat quietly with me, walked with me holding my hand, and somehow, though I don't know if he ever really said it, just exuded love for me. The fact that he wasn't involved in all the areas of parenting that my mom so excelled at was actually a great joy and balance for me. Though, I do know that my mother does not feel the same way about this!

Now I have had the joy of seeing the man I love become a father, and well... I'm not sure I can adequately put into words my feelings about this. I do know that on that day last month when he comforted and carried our boy back from the fountain, and on so many other occasions in our journey as parents, I have been struck to the core the feelings it brings. There is something so *beautiful* and inherently *right* about a mans strength so gently given to the shelter and caring of a small child. It is felt by all. And I know from our time here that there are many dads among you reading this right now who give your strength, patience and guidance everyday to your children in just the right way. Thank you for this, it is seen and will never be forgotten.

Happy Father's Day!



维多利亚大学家庭中心是为所有住校和非住校的学生家庭服务的。这里为0岁至15岁的小孩提供一些便利的活动（请参考每月简报上的日程表），同时也提供可以外借的图书与玩具，衣物交换，和一些家长们可以参加的活动。这是一个方便学生家庭交流，学习，娱乐的好去处，我们真诚期待您随时踊跃参与。



TODDLERS AND TV - too much, too soon?

Want kids who are smarter and thinner? Keep them away from the television set as toddlers.


That's the message from researchers at the Université de Montréal, the Sainte-Justine University Hospital Research Center and the University of Michigan, who found in a recent study that television exposure at age two forecasts negative consequences for kids, ranging from poor school adjustment to unhealthy habits. A total of 1,314 kids took part in the investigation, part of the Quebec

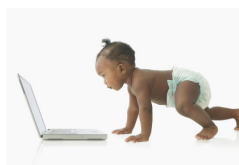
Longitudinal Study of Child Development, which was published this month in the [Archives of Pediatric and Adolescent Medicine](#). "We found every additional hour of TV exposure among toddlers corresponded to a future decrease in classroom engagement and success at math, increased victimization by classmates, having a more sedentary lifestyle, higher consumption of junk food and, ultimately, higher body mass index," says lead author Dr. Linda S. Pagani. "Between the ages of two and four, even incremental exposure to television delayed development."

Some helpful tips for limiting your child's TV time are:

- Limit daily TV watching to less than 1 to 2 hours a day. Remember less is best when it comes to screen time. Use your free time for other family activities
- Turn off the TV during meals, when visitors arrive and during study time. Don't use the TV as background noise.
- Have your child play with friends! There's nothing like having a few friends over to make the TV obsolete - this can be especially helpful in the winter months when TV use is often higher.

.....

 **NOTICE:** Weather permitting, Kathleen's Music and Movement Group will now be held outside - so apply sunscreen or bring a hat



Best Chance Now Online

Just announced by BC's Ministry of Healthy Living and Sport is the launch of a comprehensive new website full of information for both new and expectant parents. The [Best Chance](#) website features information on healthy pregnancy, early child care and self care for parents.

The site was designed as an interactive, online alternative to the popular **Baby's Best Chance** books, which offer practical and easy-to-understand information on nutrition, safety, child development, and parenting. In addition the Ministry has announced that a newly-revised version of *Baby's Best Chance: Parent's Handbook of Pregnancy and Baby Care*, which will be available through local health authorities to accompany information found on the Best Chance website.

For more information, visit the Best Chance website at www.bestchance.gov.bc.ca.



Kristine Mannion has been such an important part of the Family Centre in so many ways it will be hard to say "Goodbye". We have benefited from her skill as Newsletter Editor, her thoughtful

musings in articles, the warm and caring way that she reaches out to student families, her ability to see what might be done and just do it (the original Friday Drop-in) or just help sing when we forget the words!

Thank you, Kristine, for all—and we wish you and Connor and Maeve and Steve a wonderful new adventure in Ontario! Your new community will be so lucky to have you all.



Family Centre Newsletter Switches Hands

by Kathleen Bortolin

As some of you may know, Kristine and her family are moving on this summer and this means the Family Housing newsletter is getting a new editor—me! I'm excited about working on the newsletter because it brings together a number of my interests including research, writing, desktop publishing, and community involvement. As a graduate student researching community-university partnerships, I'm excited by the community-university perspective that the Family Housing newsletter provides.

I'm hoping to use the newsletter to give a voice to our Family Housing community, and will be actively encouraging submissions, ideas and feedback from our readers. I'm even hoping to get the ESL conversation class (Mondays at 8pm at the Family Centre) to work on their writing skills by creating short articles for the newsletter.

If anyone is interested in contributing, either through ideas, feedback or actual submissions, please feel free to contact me, Kathleen Bortolin, at kborto@uvic.ca.

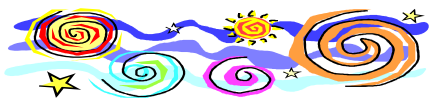


A new/old face at the Family Centre!

Hi there, my name is Joe Chalifour. I am excited to be joining the Family Centre team as the new co-ordinator of the After School program. The Family Centre played a significant role in my family during my time as a student. I graduated from the education program last summer. I am married to Emma and have two sons Ethan (4) and Callum (2); who have enjoyed the different playgroups and activities the Family Centre has to offer.

I plan on doing many different sports and craft activities with the group. I would like to utilize the summer weather by doing lots of outdoor activities. We will also do some crafts and cooking.

Please note that we will be changing the day of the program to **Thursday's at 3:30** I look forward to seeing you there!



Famous last words...

I am totally abusing a privilege here as the editor of this little newsletter. Feel free to exercise your right and stop reading! That's right - here we go...even more thoughts from Kristine on parenting, life, love, fruit flies...

By the time this newsletter is delivered to your doorstep, we will have moved out of family housing. We are going back to Ontario to continue the work of school and raising a family. These past two years living here have been so formative for me. I have learned so much, grown older, a little wiser I think, and a little wider, for sure. As I reflect on my time here, I am so grateful for the wonderful people we've met and the great friendships formed. My only regret is that I didn't invite you into our home here more often and that when I did invite you in that my thoughts (and words) first flew to "don't look at the mess!"

How silly to have limited the chances to more deeply form friendships here because of worry about a messy kitchen ...

Having said that, we did make a community here, I know my boy feels it keenly, as do I. What an incredible gift to feel so at home in a place...to look out the door and know the people walking by - to be able to knock on any number of doors to ask to borrow an egg... to know my children were safe with any one of you.

Thank you thank you thank you

You have made these last two years some of the best of my life, and for that I will always remember, and always be grateful. This is a strange and special place. When we arrive, we know we'll be leaving again soon. Just never let that stop you from forging the best of community and friendship this place makes so wonderfully possible!

As always, Kristine



CONVERSATION CAFÉS

The IESS office is offering three Conversation Cafés during the summer session. A trained ESL instructor and native English speaking volunteers will be available at each Conversation Café to help international students work on improving their English language skills. Topics discussed may include current events, pronunciation, making sense of strange Canadian slang and idioms, Canadian culture and cross-cultural differences. Tea and cookies will be served too!

Dates: May 11, June 15 and July 13

Time: 3:00pm - 4:30pm

Location: David Strong Building, Room C114

Contact ieess@uvic.ca to register. Please note that registration is limited, so register as soon as possible if you wish to attend. You are welcome to register for as many of the Conversation Cafés as you like.

Miki's Corner

I wish to thank all the parents for the Get Well card and their many kind words. It truly meant a lot to me.

For the month of June, we will talk about Farm Animals. Many different kinds of animals may live on a farm. Including tiny little creatures that may live in the barn or in a farmer's field. Have you guessed who these little bewhiskered animals are? Yes, mice! I have many mice activities and stories to share. Don't worry parents I won't bring real mice to the Centre!

As the warm weather continues we will try and spend more time outside, and get out



Annual Kid's Safety Day ~ June 27th 11am-2pm.

Please join the staff of Campus Security Services at their annual Kid's Safety Day in parking lot 3 near Gabriola Road. There will be a bike rodeo for kids to learn bike safety skills (come with your helmet and bike!), a bouncy castle, free pizza and snacks, and displays by police, fire and ambulance services. No pre-registration is required, call the Personal Safety Coordinator with any questions.

Allison Eddy and Fiona Puszka
(250) 721-8981 psc@uvic.ca

Programs and Events

A great way to get connected!



Playgroups:

On Tuesday, Wednesday and Friday mornings the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:00-12:00 features a popular music and movement program with Kathleen. Wednesday and Friday mornings from 10:00-12:00 are with Miki, doing arts and crafts, playing with toys, games, and friends.

After School Club: Thursdays from 3:30 – 5:00pm.

Every Thursday we will do something different. Sometimes we cook, or do crafts, or learn history. We also play sports or get help for our homework. Come meet some friends and get to know other people your age while having a great time.

June 3: Hike to the Mystic Vale

June 10: Hollydene Beach (weather permitting)

June 17: Father's Day activity

June 24: Sports Day

Out and About in Victoria:

If you are new to Victoria and would like to explore some of the surrounding family friendly places this is for you!

We will meet at the Family Centre at 10am.

Thursday June 3rd – Fun In The Park: We will walk to Maynard Street Park (about 10 minutes away). The children can have some free play time and then we bring out the parachute!

Thursday June 17th – Lake Day! Meet at Hamsterly Park, Elk Lake. This is about a 15 minute drive, if you need a ride please email the Family Centre and we will see what we can arrange (familyc@uvic.ca). Bring swimming stuff, beach toys, food... If the weather is cooler we can play at Hamsterly Park and take a walk around the lake.

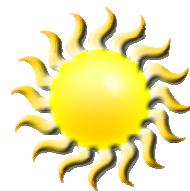
Conversation Club: Mondays 8:00-9:00 pm

Want to practice your English conversation skills, learn new vocabulary, and meet with friends? Come out to the family centre to meet with Kathy for some good conversation!

Womens' Social Night:

Once a month is women's social night. We get together at the Family Centre to have some fun. Sometimes we watch a movie, sometimes we swap clothes or play games. Other times we simple get together drink tea and enjoy getting to know one another. This month we will be getting together on **Thursday June 24th 7-9pm.**

Community Events



Touch a Truck - Saturday June 5, 9am-12pm

Western Speedway: 2207 Millstream Rd.

Calling all truck lovers! Come out to the first annual touch-a-truck fundraiser for the Sooke Co-op Preschool. Fire and police vehicles, concrete mixers, dump trucks and buses will be among the many trucks on display. Families will have the opportunity to examine these super machines up close, touching, asking questions, even getting in the cab! Fun, food and games will be part of the day as well!

\$10 -family of 4, \$15- family of 5+, babies under one - free

For info: email: sookepreschool@gmail.com or phone 250 642-6364

Dad's Drop In - every Saturday 9am-11am FREE

Saanich Neighbourhood Place - 3100 Tillicum Rd.

The Dad's Drop-in program provides a unique opportunity for male caregivers and their children to grow in a safe supportive environment. There are a variety of free-play activities for children aged 0-5 and parents to explore. Also provided are monthly activities such as a pancake breakfast, nursery rhymes, kindergym, arts and crafts, BBQ's and more

For info: email: dadsdropin@gmail.com or phone: 250 360-1148

Home Alone Program Preparing Youth - Sat. June 5 9am-12pm

Gordon Head Recreation Centre - 4100 Lambrick Way - \$30

The before and after school times or occasional outings for parents are easily dealt with when your child is prepared!. This program focuses on home and personal safety and emergency procedures. Booklet and parent/guardian handout included.

For 10-14 year olds

Contact: Chris Fuller 250 475-7107

World Oceans Day Celebration - Sunday June 6 - 12-3 pm

Esquimalt Gorge Park - 1070 Tillicum Rd - by donation

World Oceans' Day is an international day set aside to celebrate our shared oceans, and personal connection to the sea. Event activities will include canoe tours on the gorge, face painting and crafts, games, interpretive walks, environmental monitoring, live music by "Children of Celebrities", a community raffle and food. There will also be special ocean crafts for sale. All proceeds for the day will go towards program development and implementation at the Gorge Waterway Education Centre

For info: Lia Chalifour 250 380-7585

Heritage Day Dancefest - Saturday June 19 noon-7pm FREE

The Bandshell in Beacon Hill Park

Come celebrate Victoria's ethnic diversity as over 350 dancers take to the stage with vibrant costumes, traditional music and exquisite choreography!.. With 16 groups participating (Chinese to Norwegian, Punjabi to Ukrainian, Irish to Flamenco) it is a feast for the senses and a celebration of the multicultural communities in Victoria! A parade through the park leads to the Welcome Ceremony which begins at noon with a First Nations blessing, VIP speakers, and a traditional dance of welcome from the Veselka Ukrainian Dancers. Pack a lunch and bring a picnic basket!

