

News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



DIRECTOR

ELIZABETH QUONG

STAFF

EMMA CHALIFOUR

MIKI McMECHAN

JOE CHALIFOUR

FACULTY COORDINATOR

LAURENE SHEILDS

NEWSLETTER

KATHLEEN BORTOLIN

Address

UVIC Family Centre
39208- 2375 Lam Circle
Victoria, BC V8W 2Y2

Mailing Address:

P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

Phone: 250-472-4062

E-Mail:

familyc@uvic.ca

Check out our complete listing of programs at:

<http://web.uvic.ca/family-centre/>

Self Care: Taking care of ourselves in the midst of our busy lives

By Natalie Watson

Self Care: For some parents, these two words may spark a chuckle. When we look at the various roles we play—parent, student, spouse, friend, employee, volunteer—how does one find the time for the 'self'? We expend a tremendous amount of energy into our growing families that we often overlook the need to recharge. Adopting self care routines and collaborating with support systems that are available to us can help address these needs. Taking time for oneself and engaging in activities that we enjoy can have a positive effect on energy levels, mental health, and in turn, on everyone in our lives. Furthermore, by adopting self care practices, families see us caring for ourselves, inspiring their own healthy attitudes towards taking care of themselves in the future. Self care can often help caregivers appreciate themselves, their busy lives, and the relationships they work at nurturing everyday.

What are some families in our community doing for self care? I spoke with several families regarding their self care practices. Here's what I heard:

"My husband and I plan a night together when we make a special dinner. We do this once the kids are asleep and it helps us reconnect."

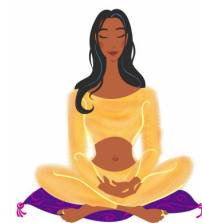
"Everyday I have my gym bag packed waiting at the door. When my husband comes in from work, I go to the gym for an hour or so. After being in the house all day with the baby it's nice to get out. When I return, I feel refreshed and enjoy spending time in the evening with my husband and son"

"A group of us have exchanged phone numbers to spell each other off for free babysitting, enabling a date night out with spouse"

"A couple times a week, a friend comes by while my daughter naps and I take this opportunity to go for a 20 min walk with just me. When I return my friend and I enjoy catching up"

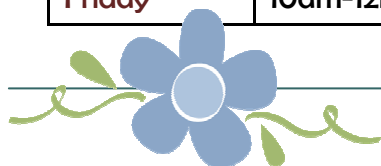
"After the children go to bed, I close the bathroom door, enjoy a bath and a facial—well deserved me time at the end of the day."

I would like to thank all of you for sharing your self care practices with me and encourage you to continue to share the small ways you escape to take care of yourselves. If you would like to find out more about self care practices, I invite you to speak the staff at the Family Centre.



Family Centre Weekly Hours and Programs

Monday	3:30-5:00pm	For Girls Program: 3:30-5:00pm
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon



Early Childhood Education and the Importance of Family

Adapted from *Healthy Families*

A recent article from *Healthy Families*, an electronic newsletter of the BC Council for Families, draws attention to the importance of a family-centred approach to early childcare initiatives, such as full-day kindergarten. The article cites two recent discussion papers that highlight the importance of this family-oriented approach:

"Since the foundation that supports children's lifelong learning is established very early, services and programs for families during the period from conception to school entry are vitally important. Child outcomes will be enhanced if all families have access to an adequate array of supports during this critical time. A comprehensive, multi-faceted policy that benefits from the expertise of community-based organizations and service providers is critically important if children in Canada are to receive the best possible start."

The article explains that both discussion papers urge governments to "take an ecological approach seriously, investigating how to change the child-rearing context for the families rather than focusing primarily on changing the child". FRP Canada's recommendations include:

- Acknowledge the primary influence of the family and support parents and families to promote optimal child development;
- Build an integrated system through partnerships between schools, community organizations and parents;
- Retain and expand family support programs in the community.

Finally, the article recommends that in order to build a cost effective continuum of support services for BC families with young children, particularly those with vulnerabilities, a link needs to be established between Family Resource Programs and StrongStart Early Learning Centres and other family development services.

Local Childcare Resources

Student families, like many families, have a variety of childcare needs. One community-based resource that exists to help families navigate the complex world of childcare possibilities is the **Victoria Childcare Resource and Referral (CCRR)**. This program provides a variety of information to families and caregivers about childcare related inquiries. The Victoria Child Care Resource and Referral offers the following services to families:

- Referrals to licensed and registered license-not-required child care providers. The CCRR can discuss with you a variety of childcare options based on your needs, interests, and locations.
- Information about child development and quality child care, including some brochures in multiple languages.
- Phone consultations with early childhood professionals.
- Information about and assistance with child care subsidy.
- Information about community resources

If you are a family interested in understanding your childcare options, or if you are a childcare provider interested in how the CCRR can help you become licensed, please contact the CCRR: **Telephone:** 250.382.7000 or 1.800.750.1868, or visit their website at <http://www.childcarevictoria.org/index.php>



The Family Centre Says Goodbye to Much Appreciated Friends



April is the month that we say "Good Bye" and "Many Thank You's" to the UVic students who have supported the Family Centre as volunteers, practicum students and work study students. Their abilities, energy and enthusiasm for connecting with children and families helps all our programs. Best Wishes to Sarah, Natalie, Melissa, Ciara, Anna, Chelsea, Rachael, Michelle, Bobby, and Sara!!

UVic SafeWalk — 721-7599

Campus Security Services provides a safe walk service, which is available to members of the university community 24 hours a day, 7 days a week. The service is provided from building to building, building to vehicle, and vice versa within the boundaries of the campus. **To use this service, phone 721-7599 at any time of the day or night, and an escort will accompany you to your destination. Stay safe!**

Free Tax Clinics for International Students



International students who work in Canada must complete and file a Canadian income tax return. Even if you never earn any Canadian income, you still benefit from filing a Canadian income tax return for each calendar year that you study in Canada. Trained volunteers are available to help UVic international students complete Canadian income tax returns for 2010 and previous years.

The IESS Income Tax Clinics will all take place at the IESS office in University Centre A205 on the following days:

Thursday, April 7: 9:30am - 12:30pm
Tuesday, April 12: 9:30am - 12:30pm
Thursday, April 14: 9:30am - 12:30pm
Tuesday, April 19: 4:00pm - 7:00pm
Thursday, April 21: 4:00pm - 7:00pm
Tuesday, April 26: 9:30am - 12:30pm

Registration is not required for the IESS Income Tax Clinics. Students will be helped in order of arrival. Please be sure to arrive at least one hour before the end of the session. For more information, call **250-472-5422**.

Miki's Corner: This Month at our Playgroups

There is a cute little ditty that goes "Spring is sprung the grass is ris, I wonder where the birdies is?" Well spring has sprung which happens to be the perfect theme for April. Everything is starting to grow in April - grass, leaves on the trees, flowers, etc. Baby animals are often born in the spring, including baby birds. Some birds are flying back to Victoria after vacationing down south. So much is happening in the spring we may have to continue a spring theme into May - you never know. Come and join us at the Family Centre for our creative fling into SPRING!



Japan Earthquake Recovery

Japan continues to recover from the recent earthquake and tsunami. Many members of our community have friends and family in Japan, and our thoughts go out to everyone affected by this disaster.

The following organizations are accepting donations to assist in the recovery effort in Japan:

CARE Canada: www.care.ca

UNICEF: www.unicef.ca

Canadian Red Cross: www.redcross.ca

Doctors Without Borders:

www.doctorswithoutborders.org

Check out upcoming fund-raising events and activities at <http://www.vncs.ca>.

Also, the UVic Support Japan Committee has set up a donation booth at the Student Union Building. Show your support by visiting the booth and making a donation to help the victims of this terrible natural disaster.

Emergency Preparedness Workshops Learn How To Be Emergency Prepared

Each year, the Victoria Emergency Management Agency offers a number of free workshops to educate individuals and families on how to prepare for emergencies such as power outages and winter storms, as well as disasters such as earthquakes and tsunamis.

In the event of an emergency, you and your family will need to be able to cope on your own for up to three days. Depending on the nature of the emergency, you may need to look after you and your family for up to one week or longer before outside help can arrive.

What will it take for you to be prepared for an emergency?

Learn what hazards can affect us in Victoria, what you need to do to be prepared for an emergency, and how to build your own emergency preparedness kit at our Emergency Preparedness Workshop offered throughout the year.

Next Free Workshop: Wednesday, April 6, 7 p.m. to 9 p.m. Fairfield Gonzales Community Place, 1335 Thurlow Road. **To register for a free workshop, contact the Victoria Emergency Management Agency at 250.920.3373.**



Programs and Events

A great way to get connected!

Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. Kathleen's energetic Music and Movement Playgroup meets on Tuesday mornings. On Wednesday and Friday mornings, Miki hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

After School Club: Thursday afternoons, 3:30pm-5:00 pm.

Well winter is finally over and it is officially spring; hopefully, it will bring warmer weather and some more outdoor time. Because of the success of the last movie time, and a request to do it again, we will be starting April off with a yet-to-be-determined movie. April will also bring an end to the enormous help that we have had from our practicum students, Sarah and Rachel. You both have been a pleasure to work with and will be missed. Thanks to both of you.

April 7	Movie Day
April 14	Outdoor Games
April 21	Spring Egg Hunt
April 28	Baking

FOR-GIRLS Program at the Family Centre!

The after school drop-in program for girls runs on **Monday** from **3:30-5:00pm**. All girls **ages 6-12** are welcome to come and partake in a variety of activities including crafts, games, and unique projects.

Note: Make and Take will not run in April

Community Events

Mandarin Preschool Storytime, Friday, April 8th, 10:30-11:00am, Nellie McClung Library, FREE

Preschoolers with Mandarin-speaking families are invited to a fun and interactive storytime in Mandarin. We'll share enriching stories, sing songs, learn rhymes, and have fun playing with language. Parents and caregivers are welcome to participate. For ages 3-5. Register online or call for more information. Phone: 250-477-7111

Community Events Continued...

Early Learning Conference Saturday, April 9, 9am-

3:45pm, St. Margaret's School (1080 Lucas Ave.) Free

The goal of this one-day conference is to bring parents and educators together to make sense of and apply the wide range of research and knowledge that is developing in the early years of child development.

Morning Session: Early Learning: Developmental Biology to Social Policy

Afternoon Session: Understanding Ourselves And Our Children, Using that Knowledge for Full Advantage

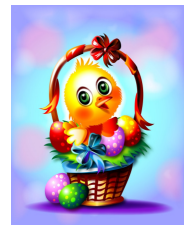
There is no fee to participate in the conference but registration is required by April 5, 2011. Lunch will be provided for participants registered in the full day conference courtesy of St. Margaret's School. To register please contact Kelly Holman: 250 479 7171

Victoria Children's Choir Talent Search, Friday, April 15th, 2011 - Saturday, April 16th, 2011, by reservation

It's time for a Talent Search with the Victoria Children's Choir! Kids and teens (ages 8-15) who love to sing shouldn't miss the 2011-2012 season. Come prepared with a song to perform for our musical directors; a head shot or photograph; and your enthusiasm! During your audition, you will meet our Musical Directors, put your talents on display, and find out how you can discover a world of music with the Victoria Children's Choir! We look forward to meeting you. **Call 250-721-0856** to reserve an audition on April 15 or 16, May 27, June 18, or August 26, 2011.

Earth Walk & Environmental Fair, Saturday, April, 16, 12 noon, Legislature Lawn and Centennial Square, Free

Walk, bus or ride their bike to the Legislature and join this year's Earth Walk. Assemble at noon and start walking at 12:30pm. In Centennial Square, there will be musicians and information tables. For more information, contact Steve Filipovic: 250-888-2588



Community Easter Egg Hunts

- **Saturday, April 23, 10:00am at Windsor Park (FREE)**
- **Sunday, April 24, 10:00am-1pm, Beckwith Park (Under 13: \$5, adults: FREE): Bouncy castle, face painting, games, clowns, and more!**