

NEWS & VIEWS

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC



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Calming Anxiety in Kids

For some kids going back to school causes a stress and anxiety instead of excitement. Whatever the reasons for the anxiety, according to an article on the blog Lemon Lime Adventures, phrases such as “You will be fine,” or “Don’t worry,” do not offer the reassurance we hope for as parents. Instead, the article offers a series phrases and ways to help guide a child towards resolving their anxiety. Here is an excerpt of some of my favourites:

- **“Tell me about it.”** Give your child room to talk about their fears without interrupting. Do not offer solutions or try to fix it.
- **“How big is your worry?”** Help your child verbalize the size of their worry and give you an accurate picture of how it feels to them. They can represent their worry by using arm length or by drawing three circles on a paper (small, medium and large) and choosing the one that applies.
- **“Let’s change the ending.”** Anxious children often feel stuck in the same pattern without a way out. Help them see different options by telling their story, but leaving off the ending. Then, create a few new endings. Some can be silly, but at least one should be realistic for your child. Focus on your child conquering their fears with confidence!
- **“What do you need from me?”** Instead of assuming that you know what your child needs, give them an opportunity to tell you what would help.

For more information and tips for helping your child with anxiety read the article at <http://lemonlimeadventures.com/what-to-say-to-calm-an-anxious-child/>.

Family Centre Weekly Programs

Monday – Family Learn and Share	10:00am-12noon
Monday – Mom’s Time Out	7:00-9:00pm (Starting September 21st)
Wednesday – Early Learning Program	10:00am-12noon
Friday – Early Learning Program	10:00am-12noon

In addition to weekly programs, the Family Centre is open Monday (9:30-12), Tuesday (11-3), Wednesday (9:30-3:00) and Friday (9:30-12). For more information contact the Family Centre through Facebook or by email at familyc@uvic.ca.





Welcome Potluck

When: Wednesday September 16th

Time: 4:30-6:30pm

Where: UVic Family Centre



Call:
250-472-4062
for more information.

Come and meet other UVic families from both inside and outside Lam Circle. Experience the diversity of our community.

Bring a dish to share: salad, main course or dessert. The Family Centre will provide drinks.

To help lessen the impact on the environment, please bring your own plates and cutlery. We look forward to seeing you.



Public Health Nurse Available at the Family Centre

Jane Wismer, Public Health Nurse with Vancouver Island Health Authority, will be at the Family Centre from 10am –12 noon on **September 14th**. While at the Family Centre, she answers health related questions, weighs and measures babies and checks immunization records. Jane is also able to give immunizations but they have to be scheduled ahead of time by emailing Jane.Wismer@viha.ca. Come with your questions about food, sleep or child development. Look forward to seeing you!

**BACK
TO
SCHOOL**



The Federal Elections as an Opportunity

According to the Toronto Star, academics and not-for-profits are banding together to advocate for better federal government support for early childhood education (ECE) regardless of who wins the upcoming federal election. Their argument is that “universal early childhood education is one of the smartest investments Canada can make.” The article states that improved government support to ECE leads to several positive impacts for society including: improved language, literacy and math skills; greater likelihood of school success; increased opportunities for parents and caregivers in the labour force; and narrowing the achievement gap for children in low-income communities.

The upcoming federal election provides an opportunity for voters to explore the proposed policies of the federal parties. If you happen to go to a candidates’ debate or are looking through the party platforms, ask questions about the issues that matter to you. Voting is an opportunity to determine and express not only what works for you, but also for your family.

Toronto Star Article: <http://www.thestar.com/opinion/commentary/2015/07/17/a-smarter-way-to-invest-in-children.html>

Tips for Studying as a Parent

On Friday September 4th the Family Centre and Childcare Centre are hosting a workshop during Graduate Student Orientation that is specific to new graduate students that have children. The session will feature a panel discussion and will include lots of great tips. If you are a new graduate student and want to participate please contact uvograd@uvic.ca for more information. In preparation for the workshop the Family Centre collected tips from seasoned graduate students who have been studying while raising kids. Here are some of their words of advice:

- Ask others for help, advice, or support if needed.
- Talk openly about your situation and don't make it sound easier than it is to your supervisors. They might have had children, but they may not remember how busy it is unless their kids are under 5. Talk to your professors about possible strategies to help you juggle commitments. For example, perhaps your professor might provide you with assignment descriptions or required readings early, so that you can get started right away?
- Try to find time during the day to work if you are able. Working after the kids are in bed every night will burn you out if done for an extended period of time.
- Let go of writing the perfect paper/exam/report. Just do whatever you can with the time you have.
- Create a good time management system. Set aside a reasonable amount of time to complete tasks. Schedule in possible catch-up days/sick days too. It is likely that you will have to work late at night or in the wee hours of the morning every once and awhile.
- Try to spread your course load out evenly and make use of summer and night courses.
- Look into scholarships, fellowships and bursaries to cover the cost of childcare.
- If you do not have relatives in town who can support you or you cannot afford childcare, try to set up childcare exchanges with other student families. Arrange your schedules so that you can set up play dates.
- Simplify life in general: pare down outside commitments to focus on main priorities.
- Schedule time to your self. Recognize when you are working too hard and give yourself a break. Often the most productive thing you can do is do nothing at all. Don't burn yourself out - grad school is a marathon not a sprint, so you might as well have some fun along the way! Victoria is a wonderful city for outdoor adventures - make time for you and your family to explore the huge number of beaches and parks around the region.
- Practice saying no. Don't be afraid to say no and stay focused on what matters: your family and your degree.
- Have a good sense of humour about how hectic life is right now!

And finally the Family Centre's word of advice – join in our programs and community events. The Family Centre provides a nurturing and supportive environment with excellent early childhood education programming. Spending time at the Family Centre is a great way to meet fellow parents that are in the same boat.

Graduate Student Society Childcare Bursary

When the Graduate Student Society (GSS) was founded, the first campaign the society undertook was to establish a campus childcare centre. Subsequently, funds were raised for an endowment to support a childcare bursary for graduate students. The GSS created a childcare bursary to help students with children cover their childcare costs. The needs-based bursary can be used to pay for childcare through private or non-profit childcare, babysitting, or the UVic Childcare Centre. Apply through the Student Awards and Financial Aid office. The deadline to apply is **October 15**. For more info visit www.gss.uvic.ca/services/childcare-bursary.

Programs and Events

Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please contact us by email, phone or Facebook if you have any questions or suggestions.

September 14th – Public Health Nurse

September 21st - Storytime with Vicki Neilson, Children's Librarian from GVPL

Watch Facebook for the upcoming date with representatives from Campus Security.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday** mornings from **10:00 am to 12:00 pm**. Learning through play is encouraged by providing an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

Mom's Time Out! – Restarting September 21st.

Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm** for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You are more than welcome. (Note: Nursing infants are welcome.)

Book Club:

The Family Centre has a book club that meets on **the third Thursday of each month** to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

After School Club

The After School Club will start again in **October**. Please keep an eye on the Facebook page for more information regarding times and the start date.

Keep an eye on our Facebook page for updates and news. www.facebook.com/UVicFamilyCentre

Community Events



One Day

Topaz Park

September 12th, 10-3pm

One Day is an outdoor community event for all ages which provides free musical entertainment; low-cost BBQ lunch and refreshments; organized games and activities that anyone can participate in (fully accessible!); a free Children's Fun Zone which features inflatable castles, face painting, mini-golf, and a bumper ball arena; special guests; and much more.

Conservatory of Music Open House

September 12, 10-3pm, Free concert 1:30

The Victoria Conservatory of Music invites your entire family into our school for an entertaining day filled with live musical performances, tasty treats, musical goody bags, bouncy castles, an instrument petting zoo and a free concert by winner of three West Coast Family Magazine Readers Choice Gold Awards, Music With Marnie!

Picnic in the Park

Gordon Head Middle School

September 16th, 5-8pm

Join other families in our community for an evening in the park between Gordon Head Rec Center, Lambrick Secondary and Gordon Head Middle Schools. Enjoy live music from local bands. Bring your blanket, chairs and picnic basket or purchase dinner from some food truck offerings including desserts! Both schools will be hosting Open Houses to come and explore our properties.

Coast Capital Free Swims

Gordon Head Rec Centre

Friday September 25, 7:00-8:30pm