



### Upcoming Events:

- September 10, 23  
Fair Start – Sherbrooke Playroom  
Closed
- September 19  
Preschool Play and Learn begins -  
Sherbrooke
- October 1, 29  
Fair Start - Sherbrooke Playroom Closed
- October 12  
Developing Capable People Series  
begins - Sherbrooke
- October 15 – Saturday Drop Ins begin -  
Sherbrooke
- November 5, 26  
Fair Start – Sherbrooke Playroom  
Closed
- December 3  
Fair Start – Sherbrooke Playroom  
Closed

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## Best Start Northwood Hub Sherbrooke, Kingsway, MacGregor, Hyde Park locations

Supporting Families with Children From Birth  
Through to the Transition into School with a Free  
Place to Meet, to Learn and to Grow Together.

### Northwood Hub Closures

September 5	Labour Day
October 10	Thanksgiving
November 1	No Drop In at Northwood Hub
December 24	
December 25	
December 26	
December 27	
December 28	<b>Closed for Christmas Break</b>
December 29	
December 30	
December 31	
January 1	
January 2	

# POLICIES

## **Illness**

We use the same exclusion criteria for illness that schools and child care programs use. The Thunder Bay District Health Unit recommends that a child with the following symptoms should not be in the program:

1. Fever
2. Lethargy
3. Flushed appearance
4. Heavy congestion
5. Vomiting
6. Diarrhea

If your child has contracted a contagious disease like chicken pox or RSV after attending the centre, please let us know so we can inform other parents.

## **Accidents**

The recording of accidents assists the Centre to track furniture, equipment or activities that may be unsuitable or unsafe. Our goal is to prevent accidents, please let us know if you notice anything that is unsafe.

## **Beverages**

Beverages such as tea and coffee are available for the adults. We ask that you use mugs with lids to provide a safer environment for the children.

## **Videotaping and Photographs**

Pictures and videos of the children and families will be taken by staff in the Hub and will be used in the program. For pictures and videos to be used in the media, a separate authorization form will be used.

Parents may take pictures or videos of their child with other children in the program. If you do not want this to happen for your child, please let staff know. We request that any pictures taken at the Hub not be posted on social web sites like Facebook.

## **Guidance**

Our goal for every child is self-discipline or internal control. We encourage respect for each other with 3 basic limits. We discourage any activity that:

1. Hurts another person – adult or child
2. Hurts oneself
3. Damages the environment or equipment

Best Start Hubs and Sites have staff who are responsible for planning the program and environment for you and your child.

## **Parents are responsible for their child(ren) in the program.**

If you need to be away from your child for a period of time, please ask another participant to support your child to follow the basic limits.

## **Footwear**

We ask that all participants wear socks or indoor shoes while in the program. We have clean socks available for you and your child while at the centre.

## **Emergency Evacuation**

Please sign in each time you attend the program. In the event of an emergency evacuation, this provides staff with a record of who is in the building. The evacuation procedure is posted so please familiarize yourself with it.

## **Snacks and Food Allergies**

You are welcome to bring a piece of fruit, vegetable or **nut free** item for the snack.

The Hub will also contribute, so do not feel you must bring something each time you drop in.

**To ensure the safety of children, please inform staff of any allergies.**



**BestStart**

Helping Children Grow

**Partner With US!**

Best Start Northwood Hub is looking for interested participants to be members of the

**Best Start Northwood Hub Advisory Committee.**

By Sharing your suggestions and feedback you can make an important contribution to the future of Best Start Northwood Hub programs and the community! We will be having our first Hub Advisory meeting beginning of October – Pick up a Hub Advisory Brochure for more information or contact Lori Easton at **624-2379** or talk to one of the staff at the Hub. All interested participants are welcome.

**THE DEVELOPING CAPABLE PEOPLE® PROGRAM**

This unique workshop opportunity is available to all interested families. It will take place

Wednesday evenings 6 pm-8 pm starting October 12, 2011 at the Sherbrooke location.

To register please talk to one of the staff or call **624-5690**

**Limited Child care available**

**DEVELOPING CAPABLE PEOPLE®** is a powerful, ten session educational program for parents, teachers and other concerned adults who are committed to making a positive difference in the lives of children and teens. Each session provides participants with practical information and the specific skills needed to empower youth with the Seven Life Principles.



## The Good Food Box

The Good Food Box is a non-profit program for families and individuals who want to purchase high-quality, fresh, local produce at a lower price than shopping at grocery stores.

You can purchase a family box for \$20 or an individual box for \$12.

Boxes are ordered and paid for by the first Thursday of each month. Food is packed and distributed from a main site to local host sites for pick up the second last Thursday of each month. This means food is accessible at a time when some have less money available for buying food.

**Drop off payment for your Good Food Box:**  
The first Thursday of each month

**Pick up your Good Food Box:**  
The third Thursday of each month

## Important Dates for Good Food Box

Month	Drop Money off by:	Pick Up Good Food Box on:
September	Thursday, September 1	Thursday, September 22
October	Thursday, October 6	Thursday, October 20
November	Thursday, November 3	Thursday, November 17
December	Thursday, December 1	Thursday, December 22

Payments & delivery of boxes will take place at the Sherbrooke location only.



## FAIR START

Research shows that over 75% of a child's brain actually develops after his/her birth, and with most taking place in the first five years of life. These years are most critical in shaping each child's ability to think, love, trust, and build a strong and positive sense of themselves.

Fair Start is for every child from 18 months to JK entry.

Visit the Fair Start web site at <http://www.fairstart.ca/>  
Call 625-8817 to book an appointment.

**FAIR START DATES at Best Start Northwood Hub at the Sherbrooke location:**

**September 10, 23**  
**October 1, 29**  
**November 5, 25, 26**  
**December 3**

## TRIPLE P POSITIVE PARENTING PROGRAM

*Support for every parent and every family*

The **Triple P Positive Parenting Program** helps you give your child the best start in life. Every child and family has unique needs. The great thing is Triple P has different ways of helping. For example you might just want to attend a public seminar, or maybe you like the idea of a parenting group. Perhaps you would rather talk to a Triple P Practitioner on an individual basis. Whatever your parenting needs may be, Triple P is there to help.

### ***What is Triple P?***

Triple P is a parenting program for parents and is supported by 30 years of research. It follows a helpful, positive approach to raising children. The goal of Triple P is to help you create a positive, caring relationship with your children and family.

### ***Why Triple P?***

Triple P is for every parent, whether you have a specific problem or are just looking for advice on common, everyday issues. It provides easy to use tips and new ideas that will help you build confidence and new skills.

### ***What does Triple P Teach?***

The Triple P program is built on five principles of positive parenting:

1. Ensuring a safe, interesting environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

Triple P offers information and tips on the following main parenting skills:

- Developing positive relationships
- Encouraging desirable behaviour
- Teaching children new behaviours and skills
- Managing misbehaviour

**For more information about Triple P in the Thunder Bay District,**

visit [www.triple-p.ca](http://www.triple-p.ca) or call 211. You can also find more detailed information about the Triple P approach to parenting by visiting the Triple P International website: [www.triplep.net](http://www.triplep.net) or the Triple P Ontario website: [www.triplepontario.ca](http://www.triplepontario.ca)





Roots of Empathy  
Racines de l'empathie

Are you a proud parent with a new baby?  
Will your baby be 2 - 4 months old in October?



You and your baby could be a Roots of Empathy family

Roots of Empathy is a program for children in kindergarten to grade 8. The program's aim is to increase empathy - the ability to understand another person's feelings.

Children learn to care and respect each other and there is less bullying and aggression.

A Roots of Empathy family:

- A mother and/or father visits a classroom in a local school with a Roots of Empathy Instructor.
- The visits are about 30 minutes long, once a month from October until June.
- The program helps children to learn about a baby's needs and how babies develop and lets children observe the loving relationship between a parent and baby.
- Babies must be 2 to 4 months old in October.

*"Roots of Empathy is about changing the world classroom by classroom"*

Mary Gordon, Founder/President

For more information please contact:

Nadine Turcotte

623-0292 ext.23

[nadine@ourkidscount.ca](mailto:nadine@ourkidscount.ca)

[www.ourkidscount.ca](http://www.ourkidscount.ca)



Roots of Empathy  
Racines de l'empathie

[mail@rootsofempathy.org](mailto:mail@rootsofempathy.org)  
[www.rootsofempathy.org](http://www.rootsofempathy.org)

## Communities Together for Children/Best Start

...providing families, caregivers and professionals with supports and resources.

# Library Services

Resources for the whole family!



### PARENT AND CHILDREN'S RESOURCES

Parent & Children's Books  
Magazines  
Parent & Children's Videos  
Games  
Puzzles  
Age Appropriate Toys

Early Learning Kits  
CD's  
Shape Cutters / Cricut  
Book Binder  
Button Machine  
Laminating

*Free*  
**Adult Memberships &  
Children's Membership**  
(every 5th visit grants a gift  
from the treasure box)

Monday, Tuesday, Thursday, Friday  
8:30 am to 4:30 pm  
Wednesdays  
8:30 am to 7:30 pm

425 Edward Street N. (Northwood Park Plaza)

Phone: 624-2378 Fax: 622-3980 Email: [library\\_sevices@ctctbay.org](mailto:library_sevices@ctctbay.org) Website: [www.ctctbay.org](http://www.ctctbay.org)

## Is there value in reading to children who can't sit still?

 **Answer: Yes!**

Story time doesn't always have to be quiet time. Children benefit from stories that encourage them to move or interact with the book. Children experience reading through seeing pictures, hearing the story and moving their muscles. Actions relevant to a story strengthen learning and memory.



### Books for children on the Go

**Barnyard Dance** by Sandra Boynton  
**Clap your hands** by Lorinda Bryon Cauley  
**The Cheerios Play Book** by Lee Wade  
**From Head to Toe** by Eric Carle  
**I Can Blink** by Kids Can Press  
**Peekaboo Kisses** by Barney Saltzberg



For more information about Early Literacy  
please call Michelle Wojciechowski (807) 624-2371



## Programs Offered

### Together Time Drop In

Together Time Drop In is for children aged newborn to 6 years and the people who care for them. This free, non-registered drop in provides parents and children the opportunity to play and learn together; Early Childhood Development Workers are on site to help provide activities, information and resources to participants. Come and share in the songs, stories, fun activities and learning.

### Babies Day Out

Public Health Nurses (PHN) and Early Childhood Development Workers (ECDW) will be available to share information, resources and supports to parents and caregivers of infants from newborn to 12 months. Please join us in a comfortable and inviting atmosphere filled with fun and stimulating activities for infants and parents. There is no fee and no registration.

### Preschool Play and Learn

Preschool Play and Learn is a fun and free registered program for the preschool aged child (3.5 to 6 years) that is ready to experience a kindergarten atmosphere. This program will feature many of the routines and activities found in our junior and senior kindergarten settings. Please contact 624-2376 to register.

### Caregiver Stay and Play

Caregiver Stay and Play is a time for Caregivers who look after other people's children to meet and explore a variety of activities with the children in their care. An Early Childhood Development Worker will be on site to assist caregivers with the environment and activities. No registration required.

The **Breastfeeding Friends Group & Clinic** is a no charge drop-in mother to mother support group for moms and babies of all ages. A Lactation Consultant from the Thunder Bay District Health Unit is available to see moms on a first come basis. This group meets on Tuesday afternoons from 1-3pm at Best Start Northwood Hub, located at Sherbrooke School – meet in the playroom.

**Autism Play Skills Playgroup** – Realize Community Potential and Best Start Northwood Hub are pleased to work in partnership to offer the Autism Play Skills Playgroup. If you have a family member affected by Autism who is between the ages of birth and 8 years old – join us on Monday evenings from 6 pm to 8 pm for an informal playgroup at the Sherbrooke location. Sing songs, play together, join in activities and meet other families! For more information call **624-2379 or 624-2376**.

**September 19, 26 \*October 17, 24, 31 \*November 7, 14, 21, 28 \*December 12, 19**