

FAMILY AND CHILDREN'S NEWSLETTER



IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

TABLE OF CONTENTS

IN FLANDERS FIELDS POEM | PAGE 1

RECIPE | PAGE 2

OCCUPATIONAL THERAPISTS | PAGE 2

FAMILY SUPPORT GROUPS | PAGE 3

CHILDREN'S GROUPS | PAGE 3

FAMILY & CHILDREN'S GROUPS | PAGE 3

MAZE PUZZLE | PAGE 3

BEHAVIOUR STRATEGIES | PAGE 4

DAYS OF NOTE IN CANADA | PAGE 5

RESOURCES | PAGE 6

UNSCRAMBLE PUZZLE | PAGE 6

UPCOMING CITY EVENTS | PAGE 6

Taste of Home

Crunchy Granola Pretzel Sticks

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⌚ **TOTAL TIME:** Prep: 25 min. + standing🍴 **YIELD:** 2 dozen.

“I love this healthier portable snack that's sweet, crunchy and fun to make. If you don't have granola, use other cereals or nuts. You can even do bacon bits.—Kelly Silvers, Edmond, Oklahoma



Ingredients

1 package (12 ounces) dark chocolate chips

24 pretzel rods

1 cup granola without raisins

Directions

1. In a microwave, melt chocolate chips in a 2-cup glass measuring cup; stir until smooth. Pour into 1 side of a large shallow dish.

2. Roll each pretzel halfway into chocolate. Allow excess coating to drip off, then sprinkle pretzels with granola. Place on waxed paper until set. Store in an airtight container.

1. If a child refuses to sleep during nap time, are they guilty of resisting a rest?
2. I'm reading a book about anti-gravity. It's impossible to put down!
3. What do you call someone with no body and no nose? Nobody knows.
4. I ordered a chicken and an egg from Amazon. I'll let you know
5. What is the least spoken language in the world? Sign language.
6. Want to hear a joke about a piece of paper? Never mind... it's tearable.
7. I just watched a documentary about beavers. It was the best dam show I ever saw!
8. Did you hear about the restaurant on the moon? Great food, no atmosphere.
9. How many apples grow on a tree? All of them.
10. How does a penguin build its house? Igloos it together.
11. Dad, did you get a haircut? No, I got them all cut.
12. Why did the scarecrow win an award? Because he was outstanding in his field.
13. Why don't skeletons ever go trick or treating? Because they have no body to go with.
14. Want to hear a joke about construction? I'm still working on it.
15. What did the grape do when he got stepped on? He let out a little wine.
16. I wouldn't buy anything with velcro. It's a total rip-off.
17. The shovel was a ground-breaking invention.
18. What do you call a mac 'n' cheese that gets all up in your face? Too close for comfort food!
19. What concert costs just 45 cents? 50 Cent featuring Nickelback!
20. Why did the scarecrow win an award? Because he was outstanding in his field!
21. What do sprinters eat before a race? Nothing, they fast!
22. Why couldn't the bicycle stand up by itself? It was two tired!
23. Did you hear about the restaurant on the moon? Great food, no atmosphere!
24. What do you call a fish with two knees? A two-knee fish!
25. Why do melons have weddings? Because they cantaloupe!

OCCUPATIONAL THERAPISTS

Occupational therapy is a type of health care that helps to solve the problems that interfere with a person's ability to accomplish daily living tasks like:

- getting dressed, eating, moving, going to work or/and school, participating in the community, fine motor skills, eye-hand coordination, as well as social and leisure activities.

Occupational therapists can help children and youth who have:

- birth injuries or birth defects, sensory processing disorders, traumatic injuries to the brain or spinal cord, learning problems, autism, juvenile rheumatoid arthritis, mental health or behavioral problems, broken bones or other orthopedic injuries, developmental delays, post-surgical conditions, burns, spina bifida, traumatic amputations, cancer, severe hand injuries, multiple sclerosis, cerebral palsy, and other chronic illnesses

Occupational therapists, often called OTs, are the primary providers of occupational therapy services. Occupational therapists help kids play, improve their school performance, and aid their daily activities. They can also help in getting special equipment to help build independence.

Occupational Therapists in Prince George:

Greg Halliday – Creative Therapy Consultants

- (236) 422-4778
- <https://www.creativetherapyconsultants.ca/team/Greg-Halliday>

Alison Chik – CBI Health

- 250-562-3547
- <https://www.cbihealth.ca/locations/prince-george>

Child Development Center

- (250) 563-7168
- <https://cdcp.org/cdc-services/occupational-therapy/>

Creative Therapy Consultants (Multiple BC Locations)

- 1-888-880-3222
- <https://www.creativetherapyconsultants.ca/contact>



UPCOMING FAMILY SUPPORT GROUPS

November & December

Monthly Tea Meet

Every Second Thursday of the Month:

4:00pm – 5:00pm

with Ellen and Maureen @ AiMHi

RSVP to maureen.hoff@aimhi.ca

UPCOMING CHILDREN'S GROUPS

November & December

Science Group (ages 5-12)

Every Wednesday Until Dec 15th:

4:00pm – 5:00pm

with Sam and Faith @ AiMHi

RSVP to samantha.faser@aimhi.ca

Teen Boys Group

Every Thursday Until Dec 16th:

5:00pm – 8:00pm

with Wayne @ AiMHi

RSVP to wayne.beatch@aimhi.ca

DnD Group

Every Saturday: 3:00pm – 5:00pm

with Fiona @ AiMHi

RSVP to fiona.raine@aimhi.ca

UPCOMING FAMILY AND CHILDREN'S GROUPS

November & December & January

Introduction to PECs

November 18th: 7:00pm – 8:00pm

with Maureen and Fiona @ AiMHi

RSVP to maureen.hoff@aimhi.ca

PWD Pt. 1

(Persons with Disability Funding)

November 23rd: 6:30pm – 7:30pm

with Ellen and Marisa @ AiMHi

RSVP to ellen.wookey@aimhi.ca

Sensory Bin and Vision Board Night

January 4th: 6:30pm – 7:30pm

with Marisa and Ellen @ AiMHi

RSVP to marisa.shamroukh@aimhi.ca

Introduction to PECs

January 13th: 7:00pm – 8:00pm

with Maureen and Fiona @ AiMHi

RSVP to maureen.hoff@aimhi.ca

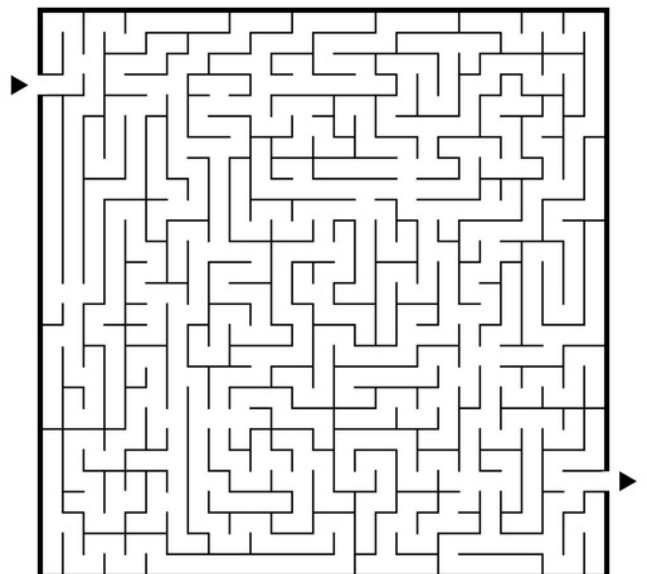
PWD Pt. 2

(Persons with Disability Funding)

January 18th: 6:30pm – 7:30pm

with Ellen and Marisa @ AiMHi

RSVP to ellen.wookey@aimhi.ca



BEHAVIOUR STRATEGIES

Children experience a range of emotions and express themselves in many different ways. It's normal for school-aged children to show defiance or sometimes lose control of their emotions while their social and emotional skills are developing.

The most effective strategies for addressing challenging behaviour are primarily focused on prevention of challenging behavior and promotion of appropriate social behaviors. These strategies include environmental adjustments, providing positive attention and feedback to children, and teaching social skills and emotional competencies.

Your relationship with the children is the most powerful tool you have. As you care for them, you come to learn all about them — their temperaments, developmental levels, play skills, families, cultures. You know what they enjoy, what frightens and frustrates them. Even when these practices are in place, some young children will engage in challenging behavior. It's important that you and other caregivers provide support while your child is developing and learning to manage their own emotions.

Listed below are some strategies you can try next time you are faced with a behaviour:

1.The physical environment: Depending on how it's arranged, the physical environment can elicit either aggressive or prosocial behaviour.

- Too many people in a space leads to frustration.
- Too much open space inspires running, chasing and chaos.
- Too much noise or loud music, bright lights or smells make it hard to concentrate.
- Too many choices and/or too many toys create confusion — but too few create conflict.
- Competitive games, violent toys and playing violent roles incite aggressive behaviour.

2.Change the approach: Changing your approach to the children presents the biggest challenge of all, but it is also essential.

- Use your body language — touch, hug (during COVID – smile, nod, give a thumbs up) .
- Listen attentively — “who,” “what,” “where” and “when” questions help the child to tell you what's on her mind.
- Ask “Can I help?” “Can Miranda play with you?” “Do you want to sit with me for a while?” (If the child doesn't want to respond verbally, respect her wishes.)
- Show empathy by validating and paraphrasing what the child is telling you.
- Reframe any statements in a positive light if you can do this honestly (“You're learning something brand new”).
- Respond to the need within the child's message.

3.Positive reinforcement: The best way to guide your child's behaviour is to use a positive and constructive approach. Reward good behaviours often and focus on positive aspects of your child's behaviour, rather than directing attention to negative behaviours.

- Reinforce positive behaviours before they become negative (e.g. “I think you're doing a great job at playing gently with your brother”). This encourages your child by giving attention to their positive behaviour, rather than waiting until they become too rough and having to focus on the negative behaviour. Make sure you are specific about what behaviours you really like and want to encourage.
- Consider implementing a positive behaviour system in your home. A reward chart for younger children can add incentive for your child to increase desirable behaviours. This strategy can also help you focus on the times when your child is behaving well. For older children, incentives can be things like letting them choose an activity you can do together.
- Be a role model for your child. Children pick up clues from watching others about how to behave, so it's important to act and talk in a way that you'd like to see your child behave.



DAYS OF NOTE IN CANADA: NOVEMBER

November 5 - 11 Veterans' Week: This week we think about the diverse experiences of war and conflict – those who fought, who continue to fight, who are forced to flee, and those who are left behind. These days are not to celebrate war and conflict, but to reflect on the many diverse lives impacted by all forms of conflict, at home and abroad.

November 8 Indigenous Veterans Day: This day we are honoured to celebrate the Indigenous Veterans who have served in missions across Canada and around the world in times of war, conflict and peace. Indigenous people were not allowed to join the Canadian Air Force until 1942 and the Canadian Navy until 1943. Both men and women enlisted, serving as soldiers, nurses and in other roles. Today, about 3.5 per cent of the Canadian Armed Forces is of Indigenous descent, representing many distinct cultures.

November 11 Remembrance Day: Remembrance Day is a memorial day observed since the end of the First World War in order to remember all those who have fought and died in the line of duty to keep us free. By remembering the service and sacrifice of Canadians who served, we recognize the freedom that they fought to preserve.

November 20 National Child Day: Also known as World Children's Day, is a special day dedicated to shining a light on the rights of children and youth and ensuring we hear their voices.

In Canada National Child Day started in 1993. With that, the Government of Canada promised to ensure that all children in Canada their rights (listed in the Convention on the Rights of the Child) – including the right to access healthcare, to be protected from harm, to have a voice

November 20 Transgender Day of Remembrance: This day raises public awareness of hate crimes against transgender people and publicly mourns and honors the lives of transgender people who might otherwise be forgotten. Day of Remembrance gives transgender people and their allies a chance to step forward and stand in vigil, memorializing those who've died by anti-transgender violence and to help raise awareness about the persistent stigma and discrimination experienced by this community.

Nov 25 - Dec 10 16 Days of Activism Against Gender Violence: The 16 Days of Activism against Gender-Based Violence is an annual international campaign. According to the United Nations, "some women and girls are particularly vulnerable – for instance, young girls and older women, women who identify as lesbian, bisexual, transgender or intersex, migrants and refugees, Indigenous women and ethnic minorities, or women and girls living with HIV and disabilities, and those living through humanitarian crises." If you have not experienced gender-based violence yourself, you likely know someone who has.

CHILDREN'S LIFE SKILLS WORKER FIONA RAINE



Children are a blessing and a joy. I enjoy spending time with each child I work with learning what makes each of them unique. Children are just as much a teacher as I am. I keep learning something new along with the children every day that I work.

“Even the smallest person can change the course of the future.” J.R.R. Tolkien

Remembrance Day

Unscramble the letters to reveal words associated with Remembrance Day.

1. PPYOP _____
2. MRMEBREE _____
3. TBTAL E _____
4. ENETEV L H _____
5. ROHON _____
6. AECEP _____
7. ILERSDO _____
8. ROENMVBE _____
9. IRI CASTME _____
10. RSEEOH _____
11. CNSLEE I _____
12. AVBRE _____
13. SPEERCT _____
14. PEIDR _____
15. CVERSEI _____
16. REDFEOM _____
17. HEWRAT _____
18. EMNOUNTM _____



RESOURCES WORTH CHECKING OUT

KidSport:

A community based sport-funding program which provides grants for children 18 and under to participate in a sport season of their choice. Grants of a maximum of \$100 are to be used for payment towards sport participation/registration fee. For more information call **250-561-7640**

Soliloquy Solutions- Barbara Kayter:

Local Speech Therapist. Barbara has helped many families get set up with the PECs system on electronic devices. For more information e-mail **bkayter@telus.net** or call **250-563-4080**.

UPCOMING CITY EVENTS

November

- Nov 1st:** Steve O Bucket List Tour
- Nov 4th – 5th:** Soul Care Conference
- Nov 4th – 6th:** Studio Fair Arts Festival
- Nov 5th:** Bunk #7 – A Play by Larry Guno
- Nov 10th:** Avalanche Awareness Seminar (Free)
- Nov 12th:** Norma Rae's Book Signing
- Nov 18th:** Alex Mackenzie Hungry for Laughs Tour
- Nov 18th:** Chris Goodwin at The Oakroom Grill
- Nov 19th:** Recycle Toy Drive
- Nov 23rd:** YMCA Illuminating Care
- Nov 25th:** The Comic Strippers

