

CONNECT

Waz Up in April?!?!

- Mondays 9:00-4:00 **Community Roots Garden** with Anna
- Tuesday Evening **Yoga** @ Barsby
- Wednesdays 4:00-6:00—**Youth Empowerment Program** @ Barsby
- 1st—30th: **Nanaimo Arts Council Gallery**, Spring Showcase
- 4th—10th: **Walk for Wildlife Celebration**, more info at www.nationalwildlifeweek.com
- 6th—6:00-8:00 **The Other Side of Diabetes** @ NAC
- 6th & 15th—Capable Competent Children (**Triple P**)
- 8th (for 8 weeks) **SCRATCH Program** \$20 @ Barsby 3:15-5pm
- 9th: **Lifeline Harewood** Presents Manafest Concert! Dinner's included at John Barsby Community School 6-9pm
- 9th—18th: "Soothing the Storm" **Women's Anger Management** Group 250-802-5362
- 9th—Power of Positive Parenting (**Triple P**) 250-755-6265
- 20th at 3:30pm: Franklin The Turtle—The Adventures of Noble Night, at The **Port Theatre**
- 22nd: Voices Of Nature 2010 at The **Port Theatre**
- 26th—Raising Resilient Children (**Triple P**)
- 27th—June 1st: Raising Resilient Teens (**Discovery Youth and Family Addictions**)
- 29th-May 1st **Drama Production** @ Barsby
- 30th from 2:30 to 7pm: Gradtastic Fun Fair at **Nanaimo Christian School**

Who's Taking Out The Garbage?

We are a society of have tos. We have to go to work, have to pay the bills, have to take out the garbage, have to eat our vegetables, have to say please and thank-you, and have to take care of our family. How can we shift our have tos to *want tos*? How can we create our lives to be filled with love, belonging, and shared responsibility?...The answer is staring us all in the face—*Be a person who loves, belongs, and shares responsibility*. **Start small, start with your biggest pay-off, start with your family!** Create a team in which every player has a role to play and everyone shares the responsibility of the team. Shift viewpoints from desired contribution to **expected contribution**.

Be brave, be bold, go forth and **ask for help**. The **focus** is on **effort** and not results. Find small tasks, that everyone can do, like holding open doors, setting the table, taking laundry into the laundry room and keep asking for help!! Once the little tasks are taken care of, up the ante, and ask for bigger things like meal preparation, grocery list making, laundry folding, or picking up a sibling from school. No matter the task or it's degree of difficulty—**ALWAYS GIVE BIG PRAISE**—hugs, kisses and cuddles—*even for the grown ups!* **Are you really brave?** Try this: Hold regular family meetings, over ice cream, when everyone in the house can be present. Discuss real family topics like schedules, chores, conflict, money



vacations, car/house maintenance, sick family members, and successes at work or school. Allow for each member of the family to express their feelings and ask questions. Families who develop their own patterns and work together as a team are more likely to resolve conflicts, heal after tragedy, laugh more often, and can rely on each other at all times. Make your have to's, *want to's* and you will build a loving family in which each member feels that they belong and hold a sense of responsibility to the "team".

Cheap and Easy Pizza:

- 1 Whole grain pita pocket per person
- Sandwich meat, pepperoni, left over chicken
- Marbled cheddar and mozzarella cheese shredded
- Olives, tomatoes, peppers, onions, corn, left over veggies
- Put sandwich meat, shredded cheese and veggies as on top of pita
- Each family member make their own pizza to taste
- Bake at 350 for 15 mins or until cheese bubbles.
- Eat & enjoy together!

Alone we can do so little; together we can do so much
~ Helen Keller

*Do all that you can with your family, the results are staggering!



Inspirational Kids

Way to go Nanaimo School District students! You gave your pennies, babysitting money, and allowances to help feed the hungry children of Haiti. We are so proud of you all. You are a credit to your generation!

Who's The Boss?

A few years ago my (then), eight year old daughter was overheard by her teacher talking to a classmate. Her teacher rushed over to tell me about what happened when I arrived to pick her up: my daughter's classmate was intently curious and in her mini interview asked, "Who is the boss in your house?" My daughter quite casually answered, "Well, my Mommy thinks up all the ideas and my Daddy does them."

Chore Fishing

Have your family cut out different coloured fish from construction paper, glue a magnet to the back of each one. Write a chore on each fish. Put them all in a glass bowl or vase. Make your fishing rod by tying string to the end of Bamboo sticks and glue a magnet to the end of the string. This method helps with fairness, breaks in monotony, and laughter! Have your family fish for chores on a daily or weekly basis and turn chores into a game!

A Little Bit about Family Time Connections

Family Time Connections is a community project funded by the Ministry of Housing and Social Development. The project is sponsored by **Shore Counselling Society** and has been created for the sole purpose of bringing families closer by learning, playing, eating, and growing together. Until August 2010 we will be working out of John Barsby Community School in order to create awareness of community services and resources in the City of Nanaimo. Most recently we held our premier family event, The Roots—A Family Reconnect Experience, which was quite successful in creating partnerships among businesses and service providers in our community. Some other projects on our list of "Things To Do"

includes creating a community service directory, conducting a family survey, providing a toolkit which helps facilitate healthy families, workshops that supports family learning and fun, and a newsletter combining community information, events, and resources. We have recently invited the community businesses and service providers to participate in partnerships in order to accomplish this list. By creating partnerships with like minded community members we hope to connect the families of our community with all the helpful information and services in a way that benefits us all. If you would like to join us in this endeavour, please see our contact information below.

Why Giving Kids Chores Can Be Good for Them:

- *Children who are active participants in their household will be more likely active participants in their communities. *Teaches the importance of completing an assigned job. *Builds self-esteem and responsibility.
- *Creates patterns of helping around the house. *Builds a sense of being part of the household "team." *Small acts will later become bigger ones.

Connect Challenge!

Organize the household chores for the week so that every member can participate
 Example: Making dinner—Adults work the stove, children prep (mixing, breaking veggies, setting table)

Email us! Tell us how your family did for the Connect Challenge! and WIN A PRIZE!
DEADLINE: April 23, 2010

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Email us if you would like to receive this Newsletter once a month

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