

# **Building Better Futures For Our Children**

Coasters Association Inc.

Early Childhood Development

Prepared by Kimberly Organ, ECD Coordinator

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*Kimberly Organ*

ECD Project Coordinator



## Introduction

What is Early Childhood Development and why is it important?

Early Childhood Development (ECD) is an umbrella term referring to the first developmental stage in a child's life. Between the ages of 0-5, children experience a rush of accelerated growth...physically, mentally, emotionally, morally, and socially. A child's brain development in the first six years of life sets the foundation for lifelong learning, behaviour, and health. The education, care and attention children receive from their parents and other caregivers during this crucial period have a decisive effect on their personal futures as well as on the economy and society in general.<sup>1</sup>

The following is a report that outlines the activities that were carried out throughout the project for Early Childhood Development. The main goal of this project was to identify the resources, programs, services, and the needs of each community on the Lower North Shore in regards to youth aged 0-5 and as a result increase the resources available to support early childhood programs on the Coast.

The Early Childhood Development project summarizes the resources, programs, and services that are available to the small rural communities. Through various surveys (ex: surveys administered by telephone to the parents on the Coast, surveys sent by fax and e-mail, person to person, and administered by telephone to organizations on the Coast) the priorities and needs of the children, their families, and the communities have been identified for each of the Lower North Shore communities.

The completed project resulted in a database of information that is the first step necessary to begin building and developing sustainable programs that meet the needs of the regions.

<sup>1</sup> Erickson, Martha Farrell and Kurz-Riemer, Karen. Infants, Toddlers and Families: A Framework for Support and Intervention. New York: The Guilford Press, 1999.



## Overview of Project

The Health and Social Services Networking and Partnership Initiative (HSSNPI) distributed a health survey along the Lower North Shore. The Lower North Shore Coalition for Health identified youth and children to be an area of concern from the information gathered by the surveys. Focus group sessions for the community members were held in the 5 municipalities. The people attending the sessions identified Early Childhood Development and Parental workshops as priorities. The Coasters Association embarked on to a project with funding from Canadian Heritage for a coordinator to be hired from September 29, 2008 -March 27, 2009. The Coasters Association Inc. worked in partnership with Commission Scolaire du Littoral and CSSSBCN.

The main goal of the project was to identify the resources, programs, services, and needs within each community on the Lower North Shore.

The following is a list of the objectives for the project:

- 1) Identify the current services, programs, and resources on the LNS
- 2) Identify the demand for the programs, services, and resources within each community on the LNS
- 3) Research to identify the most appropriate type of program for each community
- 4) Assist in setting up breastfeeding support groups
- 5) Develop a model for each community to encourage and support parental involvement
- 6) Prepare an implementation plan for future projects.



# Research

## Methodology

Outlined below is the process that was followed throughout the project to identify the resources, programs, services, and the needs of each community on the Lower North Shore in regards to youth aged 0-5 and as a result increase in resources available to support early childhood programs on the Coast.

- A steering committee was created with members from the CSSSBCN, CSL, CPE, and the Coasters. Individual meetings along with 5 meetings with the steering committee were held and minutes were produced.
- Research to identify resources, programs and services was done by:
  - Reviewing in-office documents, reports and other materials.
  - Programs /services available to the community on the LNS were identified by contacting various resource people and residents of the communities.
  - Research via the internet was carried out on various topics such as programs, parent support, breastfeeding, pre-natal, healthy baby clubs, literacy and different types of government programs.
  - Workshops and information sessions were also attended by the coordinator to gather information.
- An action plan and a schedule of activities were created.
- Several surveys conducted. A database of 15 resource people and 25 regional organizations was produced. Questionnaires were produced and forwarded to regional organizations and resource people. A database of 167 parents with children 0-5 was produced. A telephone survey was designed and administered to the parents. A database of 21 off-coast organizations was produced. Questionnaires were prepared and forwarded to the off-coast organizations.
- Various tools were purchased within the budget from the Early Childhood Development project. The First Five Years program has been ordered from Invest in Kids. The First Five Years program was launched in Lourdes de Blanc Sablon, St. Paul's, La Tabatière and Chevery by an information session presented by CSSSBCN by videoconference. The remainder of the material will be distributed to the parents by the local clinics. The program Entraide Parent was also translated within the budget.
- Several initiatives were initiated in collaboration with other partners. The CSSSBCN helped to develop a base of information for the Healthy Baby Clubs. An inter-

generational reading group was formed with the Mecatina Community Learning Centre. Names for the breastfeeding support group were collected and forwarded on to the CSSSBCN. Also with partners from the steering committee it was discussed that maybe a mascot could be created to promote reading and writing for 0-5 year olds.

- The social workers have been identified for the training of Discipline to Love. The parents that showed interest in attending workshops such as those in Discipline to Love have also been identified.
- The population of the Lower North Shore was informed of the project. Articles were published in newsletters and radio capsules were aired on the local radio stations. Interviews were also done with the local radio stations.
- Models were created for each community based on the results gathered from the on-coast organizations questionnaire and the parent surveys. An implementation plan was also produced addressing the priorities for the Lower North Shore.

## **Building Skills Workshops**

Throughout this project the coordinator attended many workshops and information sessions. The workshops informed the coordinator about several services that were offered to the population of the Lower North Shore. The majority of the sessions were offered by the CLC in La Tabatière through the VCN but were also available to the CLC's in St Paul's and Chevery. (It should be noted that few parents participated in the workshops.)

### **PALS Plus-Parenting With Confidence**

**Presented by Pat Waters by VCN (Quebec Home and School Federation)**

The workshop explained why there is a need for parent workshops. The workshops main goals are to experience new solutions, share with friends, acquire parenting information, and to increase parent's confidence. The following are the topics for parent workshops:

- Parenting Styles
- Building your Child's Self-esteem
- Communication: Listening with both ears
- Social Skills: Setting a good example through role modeling
- Positive Discipline
- Homework + Responsibility
- Parents + Teachers = School Success
- Adolescents: Celebrating who they are
- Conflict & Power Struggles
- Getting Angry Doesn't Work

- Victims, Bullies and Violence
- Hurried Children - Stressed Children
- Learning Styles
- Balancing Work & Family

### **Born to Read Workshop**

**Presented by Marion Daigle by VCN (Quebec Home and School Federation)**

The program has to do with literacy for children. The program points out how important the influence of the home is on language development. The Born to Read program reaches out to districts that don't have libraries, don't have book stores, don't have daycares etc. The personal membership is \$16.00/year, and the group membership is \$125.00/year. The program is geared for ages 0-5.

### **Encouraging Better Behaviour**

**Presented by Raymonde Jones (CSSSBCN)**

The workshop is designed to be a parent support group. The workshop provided information on positive parenting and positive discipline. The atmosphere of the group was calm and the parents who attended felt good to be able to express themselves, to get different ideas, and to know that they were not alone with all the struggles and triumphs of parenting. This workshop went very well, however, as always the problem seems to be getting the parents to attend these sessions.

### **Fundraising Workshop**

**Presented by Kim Klein by VCN (Quebec Home and School Federation)**

This workshop showed the different strategies that can be used for fundraising within rural communities. Some of the strategies that were suggested are donations in place of presents, open house friend raiser, using mail at year-end, major donors, year end thank-a-thon, and clean up clear out and start fresh.

### **Homework and Responsibilities**

**Presented by Pat Waters by VCN (Quebec Home and School Federation)**

The workshop is designed as a parenting workshop. The workshop showed how to resolve issues, whether it be homework or others. Then the public was given the chance to solve different issues or problems that arise with homework. It is very eye-opening that as a team the problems or issues seem less stressful, for the fact that you receive different perspectives on the situation.

### **Communities Achieving Responsive Workshop (January 15, 2009)**

**Presented by Jane Wilson and Carol Gott by VCN and Telephone (Rural Voices)**

CARS is a training, support and a concrete/realistic process for community members that will help broaden the leadership base for child/community development. CARS is geared for rural

communities. The workshops are to provide a means for rural communities "to benefit from knowledge, learning, and the best practices in early childhood education and care."

### **How to Read to Children Workshop (January 20, 2009)**

**Presented by Elizabeth MacDonnel by VCN (Quebec Home and School Federation)**

Mrs. MacDonnel described many different types of books that would interest a wide variety of children. There were also tips on how to capture the audience. Mrs. MacDonnel described the best type of environment and the timing to read to children. This workshop helped with many ideas for initiating Reading Circles.

### **Clear Writing and Design (January, 28, 2009)**

**Presented by Melanie Cutting and Jan Draper by VCN (Literacy in Action)**

The workshop was very interesting and updating. It refreshed writing skills and it had a lot of useful ideas on writing to the public. This workshop because it was promoted as being useful to people involved in creating newsletters, flyers, pamphlets, and any type of promotional material, etc....all in which might be beneficial to this project.

### **Learning Styles: Help Your Child be a Successful Learner (January, 28, 2009)**

**Presented by Pat Waters by VCN (Quebec Home and School Federation)**

This workshop made us aware of the different learning styles. Also the workshop touched on the Fraser Mustard Study (1999). This study stressed that early childhood development is the key. Up to 3 years old- stimuli has a major impact on the wiring of the neurons and neural pathways (or synapses of the brain). From 3 years old to 6 years old, there is a decrease in the activity in the brain. Up to 6 years old -good nurturing and stimulation affects a child's ability to learn and behave. If there is no stimulation, neural pathways are eliminated which shows us the importance of early childhood activities and programs.

## **Research Findings**

Identifying the programs and resources that are available in each of the communities on the Lower North Shore was done through several phone calls to organizations and through the contact with the parents. The following is a list of some of the programs and services that are currently available in the different communities:

- Community Action Program for Children (PACE): -St Augustine, La Tabatière, St. Paul's
- Pre-K: Kegaska, Chevery, Harrington Harbour, Tête-à-la-Baleine, La Tabatière, St. Augustine, Old Fort, Lourdes de Blanc Sablon, Blanc Sablon
- Daycare centre-Lourdes-de-Blanc Sablon
- Home daycares-Chevery, St Augustine (2), Old Fort(1), St. Paul's(2), Lourdes(1), Blanc Sablon(2)

- Sleepy Time Story hour (CLC in Chevery)
- Cozy Corner (CLC in Chevery)

The following are programs and services that are available on the Lower North Shore

- Parenting Education Program (Adult Education Services CSL)
- EMO-Eggs, Milk, Orange juice ( C S S S B C N)
- PSJP-Personne Soutien Jeunes Parents ( C S S S B C N)
- Speech Therapy ( C S S S B C N)

Research via the internet was carried out on various topics such as programs, parent support, breastfeeding, pre-natal, healthy baby clubs, literacy and different types of government programs. There are many programs available in Canada for children that are between 0-5 years old. Some of the programs can be easily adapted to the communities on the Lower North Shore. Following are three examples of programs that may be suitable models to use in the communities:

Playgroups A playgroup is a small gathering of parents/caregivers and their pre-school aged children, who get together on a regular basis for play and interaction. They can meet in a public place such as a designated play area or a home. During this time, the children play together and learn invaluable social skills while the parents can talk and provide much needed support for one another. At the same time there can be other beneficial activities (such as parenting skills, introducing to reading and writing activities, etc.)

Parent Support Circles Help parents learn positive parenting by providing them with a safe atmosphere in which to vent their stress, learn new skills and receive emotional support. The circles strengthen the first link in a chain that connects positive parenting with healthy children, and help healthy families build strong communities.

Reading Circles A Reading Circle is a place where children and volunteers read together for enjoyment. Once a week for an hour, children and volunteers get together to enjoy books and stories. Reading Circles are organized in low income housing communities, community centres, after-school programs, aboriginal communities- anywhere families and children gather. Reading Circles are easy to run.

For more information on various programs see Annex 2

Also for information on links for theme activities see Annex 3



## **Programs and Activities**

While the main goal of the project was to identify the needs, programs, services, and resources there were other activities that were initiated. The activities were anticipated in the proposal for the project and followed in the action plan. Following is a brief description of the activities and what was achieved for each in the duration of the project:

### Entraide Parent

Entraide Parent is a program that was translated within the budget of the Early Childhood Development project. Entraide Parent is a parent support program that provides parents with a tool for methods of prevention. The program has three primary goals:

- 1) Support parents in the education role with respect to their family reality,
- 2) To promote confidence in their parent roles, and
- 3) To equip parents so that they can maintain a healthy communication with their children and to resolve conflicts.

The program is given over 9 workshops with each workshop consisting of 3 hours.

### Discipline to Love

The program consists of 7 parent workshops. The main goal of the program aims to guide the parents in the supervision of their children by a healthy discipline. The workshops have various topics that help parent's self-perception such as:

- "In my family, I am first a person"
- "The anger management"
- "To recognize the needs of my child and my parental role"
- "The discipline to the heart of my family"
- "The educational responsibilities of the parents"
- "The communication and tame the rivalry"
- " I am a parent with qualities and forces"

This program was supposed to be delivered to the population of the Lower North Shore but due to the fact the facilitator was not available until June it was postponed. The social workers who will participate have been identified. The parents who showed interest in these types of workshops have also been identified.

### Breastfeeding Support Groups

Throughout the parent surveys names were collected of parents who were interested in being part of a Breastfeeding Support Group. The names were forwarded to the CSSSBCN because this initiative had already started. The people who showed interest to offer their support to other nursing mothers will be trained in the next few months.

### Mascot

Some base information was recorded to create a mascot that would promote reading and writing for 0-5 year olds. It was suggested by the members of the steering committee that maybe a contest could be opened to the public to find a winning design.

### Invest In Kids

Invest in Kids has a program called the First Five Years. This program deals with the developmental stages for children 0-5 years old. The material was purchased by the budget of the project for Early Childhood Development. An information session by VCN was organized by the coordinator of the project to give parents knowledge of how to use the material. Members of the CSSSBCN team presented the information session. The remainder of the material will be distributed at the clinics on the Lower North Shore.

### Reading Group

The coordinator for the project on Early Childhood Development worked in collaboration with the Mecatina Community Learning Centre to form an inter-generational reading group in La Tabatière. This initiative was inspired by the Netagamiou Community Learning Centre in Chevery. The Reading Group that was formed consists of 8 senior volunteers and 5 youth volunteers that will read bedtime stories to 0-4 year olds. A Reading Circle is a place where children and volunteers read together for enjoyment. Once a month for an hour, children and volunteers get together to enjoy books and stories. This initiative can easily be established in other communities on the Lower North Shore as well.

### Healthy Baby Clubs

The main goal of the Healthy Baby Clubs is to support the development of social skills in early childhood development. (It should be noted that only a few parents suggested they would be interested in Healthy Baby Clubs.) In collaboration with the CSSSBCN team it was suggested that other areas could be covered as well, such as are Pre-natal, Breastfeeding, Post-natal and Playgroups. (It should be noted, many parents showed interest in 'Playgroup' activities from the information obtained by the telephone survey with the parents.)

## Summary of Survey Results

### On-coast Organizations

Questionnaires were designed for the local organizations (25 groups). The surveys were sent by e-mail and fax with the follow-up done by phone or person-to-person. The response was 100%. The questionnaire was also sent to fifteen (15) resource people and twelve (12) responded (80%). Listed below are the responses received from the various on-coast organization and resource people.

#### **Does your organization have an Early Childhood Development program(s)?**

66% of the organizations did not have Early Childhood Development programs, and the remainder 35% did.

#### **Are there any Early Childhood Development activities for children 0-5 currently being developed by your organization?**

62% of the responses did not have any activities currently being developed, while 38% did. 64% had activities on fine & gross motor skills, cognitive, language, hygiene and social. 14% were doing activities on early literacy. 14% were carrying out activities on Healthy Baby Clubs, breastfeeding support groups, parent workshops, and Invest in Kids.

#### **What activities for Early Childhood Development for children 0-5 would your developed organization like to see on the Lower North Shore?**

14% did not reply or felt that this did not apply to them, while 86% responded. Daycare was an issue that was addressed in 50% of the responses. 44% requested programs like PACE. Parent support groups were also requested 44%. 28% requested parental workshops. There were two requests (25% each) for reading circles and recreational activities. 16% wanted to see playgroups being offered. Listed below are additional activities that were requested:

Literacy-13%

Intergenerational activities-9%

Kids summer camp for 4-5 year olds-9%

Healthy living/nutrition-6%

Healthy baby clubs- 6%

Activities on everyday life-such as fire safety-3%

Bullying issues-3%

Paediatrician-3%

Travel expense to and from activities offered in other villages-3%

Respite for single parents-3%

Walk-a- long groups- 3%

Proper training for human resources-3%

Pre-natal-3%

## **What are your organization's priorities for educational, health and social service for children 0-5?**

30% did not reply, while 70% responded. 38% responded that the well being of children is a priority for them, with the next response being the protection and healthy development of the children at 34%. Education had a 34% response. Two responses (30% each) were for social development of the children and for more infrastructures for this age group and programs. Parent education was 8% and to improve programs was 4%

### **Any additional comments?**

57% did not respond, with the remainder 43% that did respond. 50% of the additional comments were to offer their support for any programs or activities pertaining to the 0-5 age group. 2% would like to see activities such as Scrap booking, Craft day, and Playgroups. 3% would like to see improvements on programs and services.

## **Off-coast Organizations**

Questionnaires were prepared and forwarded to 21 off-coast resource people and organizations to obtain more information on the types of programs, services and resources that are available in other regions of Quebec and Canada. We have received 13 responses providing valuable information that is listed in the tables below.

### **Does your organization offer any Early Childhood Development programs or services?**

46% said no or did not answer. 54% gave the following responses:

- Various parenting programs (Parents as Teachers, Parent/Caregiver Training & Workshops)
- Prenatal education (Canada Prenatal Nutrition Program) and support and postnatal education and support (Healthy Baby & Me, Watch Me Grow, Well Baby/Child Drop-in, Healthy Babies/ Children, Developmental Check-ups)
- Early Years Outreach Programs, Family Home Visiting, Family Resource Programs, Breastfeeding Drop-In
- Early learning and care programs (Mother Goose Program Me & My Buddy, Rhymes, Songs & Story Time, Rhymes That Bind, Stay & Play, Pat-A-Cake Kids, Community Action Program for Children, Better Beginnings Better Futures Program)
- Early Literacy (Born To Read Program)
- Preschool Speech & Language Services. A number of SLPS and audiologists offer SLP and audiologist services to children under 5.

### **Does your organization offer educational opportunities?**

54% said no or did not answer. 46% gave the following responses:

Educational opportunities for licensed child care programs and other community organizations:

- Supporting Neighbourhood Caregivers Training Programs
- Resiliency Training
- First Aid/CPR Training
- Teacher Training Workshops
- Breastfeeding in-services are offered regularly to in house staff
- Speech language sessions for professionals
- Early Literacy Training

Various workshops with topics related to Child Development & Parenting, speech & language workshops for parents and providers.

- Nobody's Perfect
- Everyday Learning with Children
- Parenting Young Children in Canada
- Early Literacy Training
- Parent Education Groups

**Does your organization have any resources kits, promotional tools, or other publications available to assist in carrying out our initiatives?**

62% said no or did not answer. 38% gave the following responses:

- Baby change mat
- Growth chart
- NIPISSING District Development kit
- Invest In Kids kits
- Post-partum kit
- Home safety DVD's-
- Injury prevention booklets
- Various health facts, pamphlets, etc
- Facilitator's Guide for postnatal programming
- Quarterly newspaper it contains parenting information, section on literacy & reading.
- Children's Resource Guide available as a book or on CD.
- Kits and manuals for various groups and workshops
- Rhyme books, storybooks, and CD's, cassettes, and videos

**Does your organization provide financial assistance that would help us in developing Early Childhood Development programs?**

90% said no or did not answer. 10% answered yes.

**Are you aware of any financial programs that would assist us in developing Early Childhood Development programs (i.e. provincial, federal, foundations, agencies, etc.)?**

62% said no or did not answer. 38% gave the following responses:

- Programs that are federally funded through Public Health Agency of Canada (Canadian Prenatal Nutrition Program, Community Action Program for Children)
- Provincial and federal literacy organizations as they have excellent program ideas and may be able to fund some programs
- Ontario Art council gives grants maybe check with Quebec to see if they have any art grants.
- Community Foundations Canada
- MNA
- Ministry of Health, Ministry of Child & Youth Services
- Trillium Foundation

**Are there other programs (outside of your organization) you are aware of that would assist in developing Early Childhood Development programs and services on the Lower North Shore?**

92% said no or did not answer. 8% gave the following responses:

- Aboriginal Literacy Summer Camp
- B.C. public library in Early Family Literacy

**Do you have any other comments or suggestions concerning Early Childhood Development programs/services that could benefit the communities of the Lower North Shore of Quebec?**

46% said no or did not answer. 54% gave the following responses:

- 3 organizations said good luck with your worthwhile endeavour.
- Early childhood development is one of Quebec's main public health concerns
- There also have resources in French and 1 bilingual facilitator that can train in French.
- There are various groups doing interesting things but somehow you would have to find funds to pay their transportation costs.
- The following web site were suggested:

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

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

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

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

[www.cps.ca/english/publications/bookstore/WellBeings](http://www.cps.ca/english/publications/bookstore/WellBeings)

[www.caringforkids.cps.ca/wellbeings/index.htm](http://www.caringforkids.cps.ca/wellbeings/index.htm)

## **Parents**

A telephone survey was designed for the parents of 0-5 year olds. 149 parents were reached out of the 167 (only 18 parents did not take part in the survey), an excellent turn out. The following results are only from the amount of people surveyed. 76% use the services and programs that are available within their community (i.e. pre-school, daycare, PACE, etc). 94%

said that they would use the services and programs if available (i.e. reading circles, playgroups, daycares, etc). 36% of the population surveyed were not aware of the programs and services that the CSSSBCN offered. 79% would be interested in a group such as parent circle. The majority would like to see it offered once in a while such as every second month while others preferred more frequent. 97% was interested in receiving a resource card with important help lines. Overall, the majority of parents would like to have more activities implemented for parent/child, more parental workshops, and more child-care services. For the complete results of the parent survey see Annex 1.



## Community Models

The statistics presented here were collected by the coordinator who administered a questionnaire by telephone to the parents of each village (The raw data has not been reviewed by the CSSSBCN or the Commission Scolaire due to confidentiality issues.)

The following are brief descriptions of the programs that the parents would like to see in their community and are rated in the following charts by preference of each community:

Mom's and Tots: Structured activities for the age of the child.

Playgroup: Drop-in group where parents and children ages birth to 5 years, meet and socialize.

Walk-a-long: A scheduled time for parents to walk with their child and other parents. FREE

Yoga and Baby: Yoga exercises for parents and children.

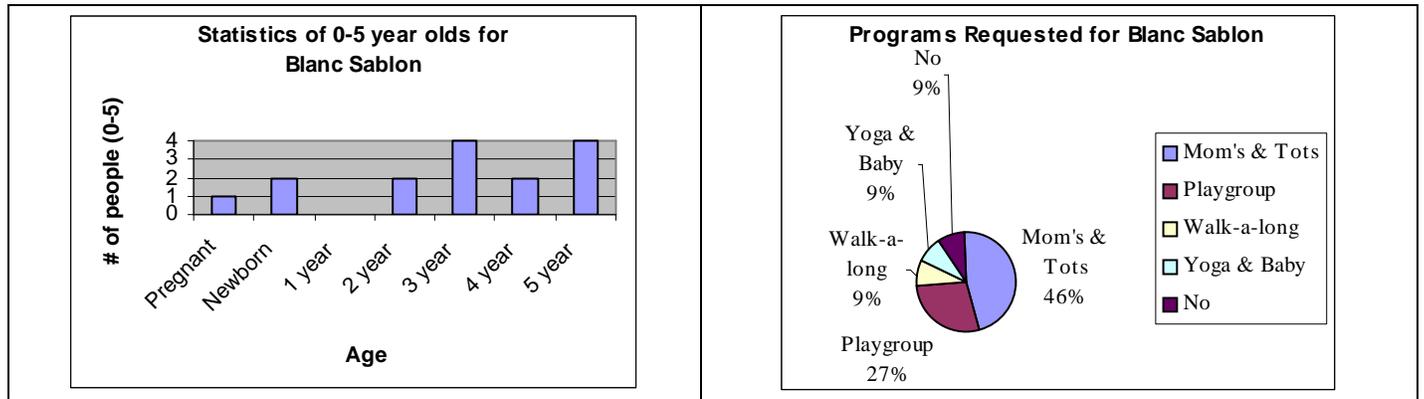
Reading Circle: A story shared to the children and their parents to increase literacy.

Parent Circle: Informal drop-in for parent support and offer different workshops.

The suggested calendar was designed by the coordinator through feedback from the parents interviewed about the timing and frequency of the activities that the parents requested for their community.

The parent circle was not listed in the chart of requested programs but was included in the suggested calendar because of the high percentage (79% of the parents) of interest in this program.

## Blanc Sablon



The statistics show that there is a total of 14 children aged 5 and under in the community of Blanc Sablon (two under the age 1, two aged 2, four 3 year olds, two 4 year olds and four children that are 5 years old). There is also 1 woman who is expecting a child this year. The majority of parents (46%) requested Moms and Tots activities, with the next highest percentage (27%) of parents requesting Playgroups. The remaining 2 requests (9% each) were for a scheduled Walk-a-long and Yoga and Baby exercises. 9% of parents did not make a request for any program.

### Suggested Calendar

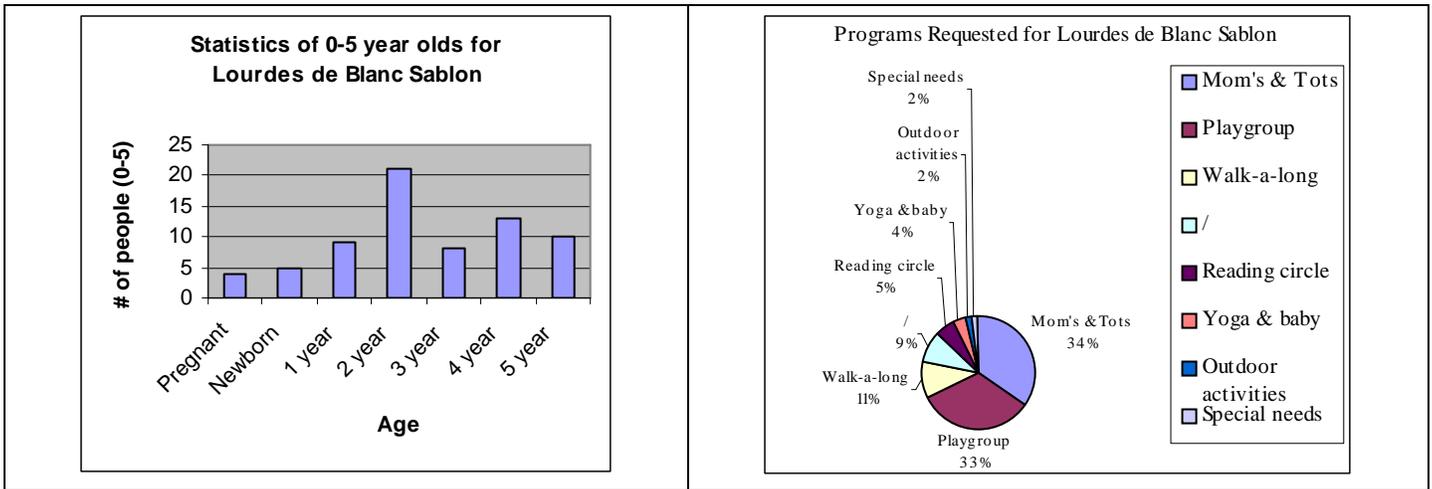
#### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Mom's & tots (3-5) 1:00-2:00					
Week 2		Playgroup 9:00-10:00		Parent Circle 7:30-8:30			
Week 3		Mom's & tots (Newborn -2) 1:00-2:00					
Week 4			Reading circle 6:30-7:00				

#### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Mom's & tots (3-5) 1:00-2:00					
Week 2		Playgroup 9:00-10:00					
Week 3		Mom's & tots (Newborn-2) 1:00-2:00					
Week 4				Reading circle 6:30-7:00			

# Lourdes de Blanc Sablon



The statistics show that there is a total of 67 children aged 5 and under in Lourdes de Blanc Sablon (five are under the age of 1, nine aged 1, twenty-one 2 year olds, seven 3 year olds, twelve 4 year olds, and ten children that are 5 years old). There are also 4 women who are expecting. The majority of parents (34%) requested Moms and Tots programs, with the next highest percentage (33%) of parents requesting Playgroups. 11% of parents requested Walk-a-longs, 9% did not request any programs, 5% requested Reading Circles, and 4% requested Yoga and Baby. The remaining 2 requests (2% each) were for Outdoor Activities and Special Needs.

## Suggested Calendar

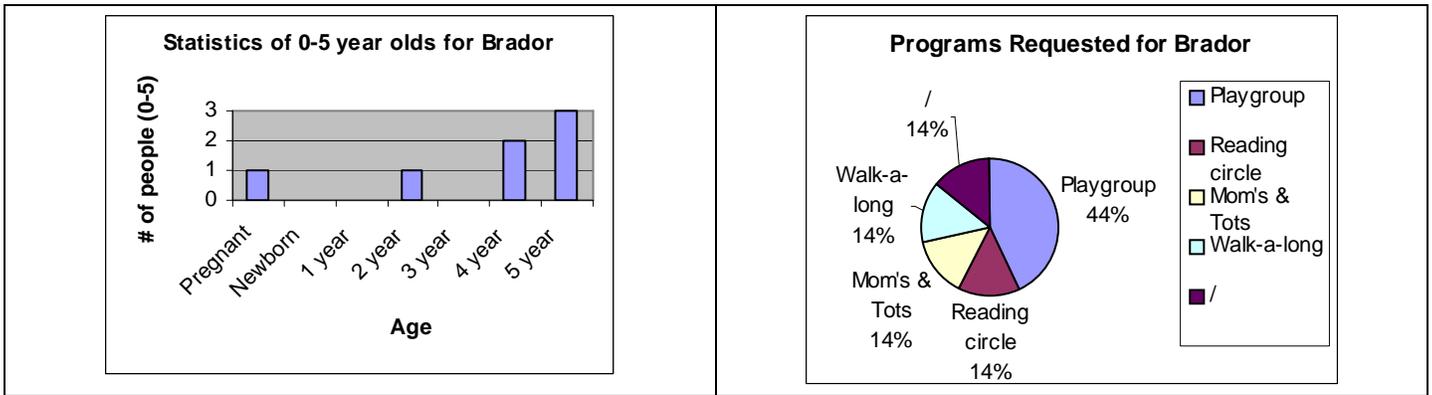
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Walk-a-long 10:00-10:30			Playgroup 9:30-10:30		Mom's & tots (2-5 year) 1:00-2:00
Week 2		Walk-a-long 10:00-10:30	Mom's & tots (Newborn -2) 1:00-2:00				
Week 3		Walk-a-long 10:00-10:30		Parent Circle 6:30-7:30	Playgroup 9:30-10:30		Mom's & tots (2-5 year) 1:00-2:00
Week 4		Walk-a-long 10:00-10:30	Mom's & tots (Newborn -2) 1:00-2:00				

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Walk-a-long 10:00-10:30			Playgroup 9:30-10:30		Mom's & tots (2-5 year) 1:00-2:00
Week 2		Walk-a-long 10:00-10:30	Mom's & tots (Newborn -2) 1:00-2:00				
Week 3		Walk-a-long 10:00-10:30			Playgroup 9:30-10:30		Mom's & tots (2-5 year) 1:00-2:00
Week 4		Walk-a-long 10:00-10:30	Mom's & tots (Newborn -2) 1:00-2:00				

# Brador



The statistics show that there is a total of 6 children aged 5 and under in Brador (one 2 year old, two 4 year olds, and three children that are 5 years old). There is also 1 woman who is expecting. The majority of parents (44%) requested Playgroup activities. Three groups requested (14% each) Reading Circles, Moms and Tots, and Walk-a-long. 14% of parents did not request any programs.

## Suggested Calendar

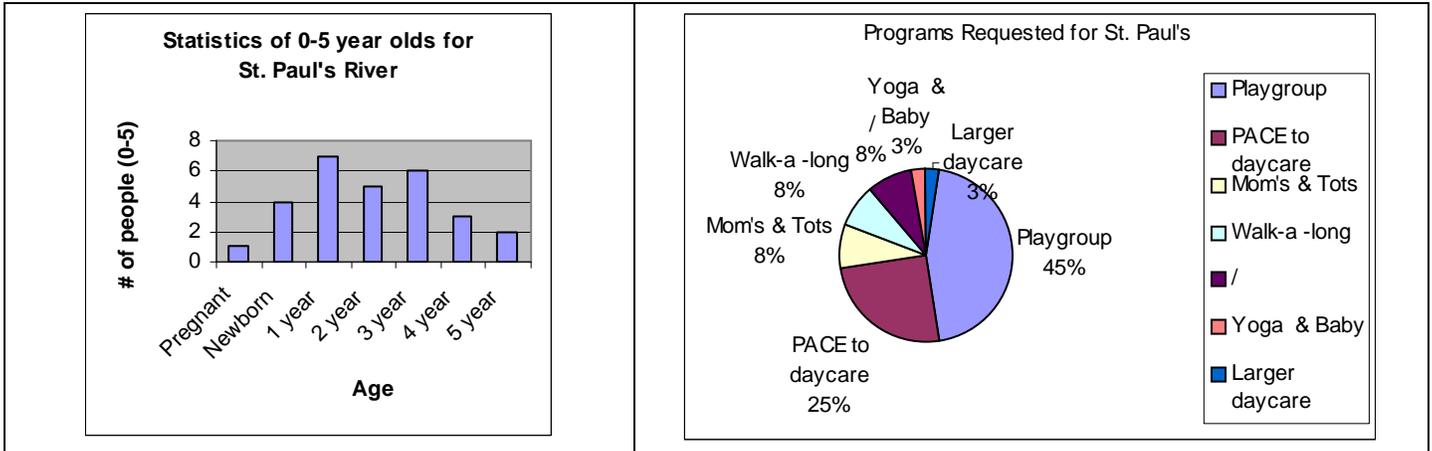
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2		Reading circle 6:30-7:00					
Week 3							Playgroup 1:00-2:00
Week 4				Parent Circle 7:30-8:30			

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2		Reading circle 6:30-7:00					
Week 3							Playgroup 1:00-2:00
Week 4							

# St. Paul's River



The statistics show that there is a total of 24 children aged 5 and under in St. Paul's River (four are under the age of 1, seven aged 1, five 2 year olds, six 3 year olds, three 4 year olds, and two children that are 5 years old). There is also 1 woman who is expecting. The majority of parents (45%) requested Playgroup activities, with the next highest percentage (25%) of parents requesting PACE to daycare. Two request (8% each) for Moms and Tots, and Walk-a-longs. 8% did not request any programs. The remaining 2 requests (3% each) were for Yoga and Baby and Larger daycare.

## Suggested Calendar

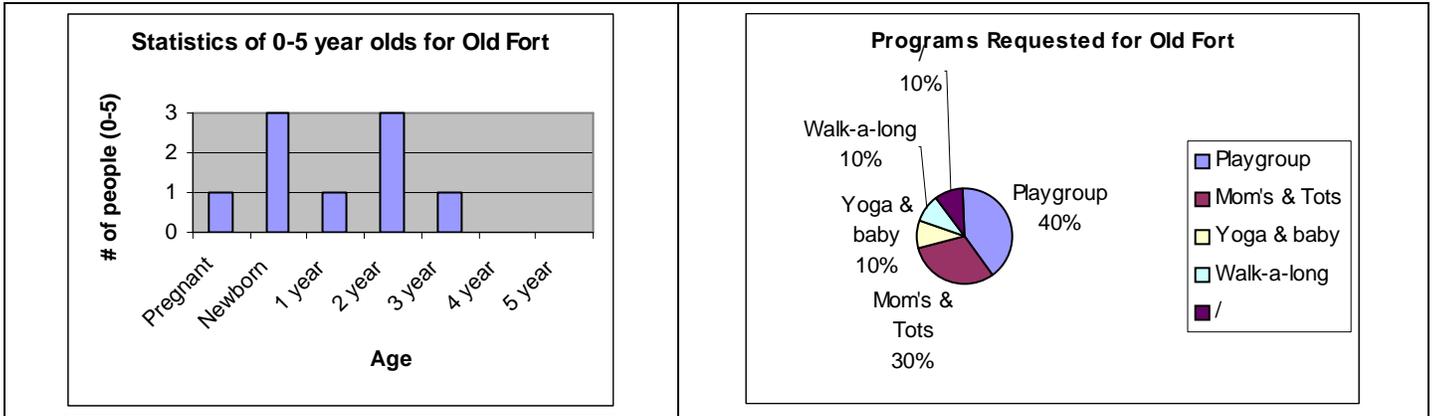
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			Playgroup 9:30-10:30				
Week 2							PACE 1 year old 9:00-10:30
Week 3	Playgroup 1:00-2:00						
Week 4					Parent Circle 7:30-8:30		PACE 3 year old 1:00-3:00

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			Playgroup 9:30-10:30				
Week 2							PACE 1 year old 9:00-10:30
Week 3	Playgroup 1:00-2:00						
Week 4					Reading circle 6:30-7:00		PACE 3 year old 1:00-3:00

# Old Fort



The statistics show that there is a total of 8 children aged 5 and under in Old Fort (three are under the age of 1, one aged 1, three 2 year olds, and one 3 year old. There is also 1 woman who is expecting. The majority of parents (40%) requested Playgroup activities, with the next highest percentage (30%) of parents requesting Moms and Tots. Two requests (10% each) were for Yoga and Baby and Walk-a-longs. 10% did not request any programs.

## Suggested Calendar

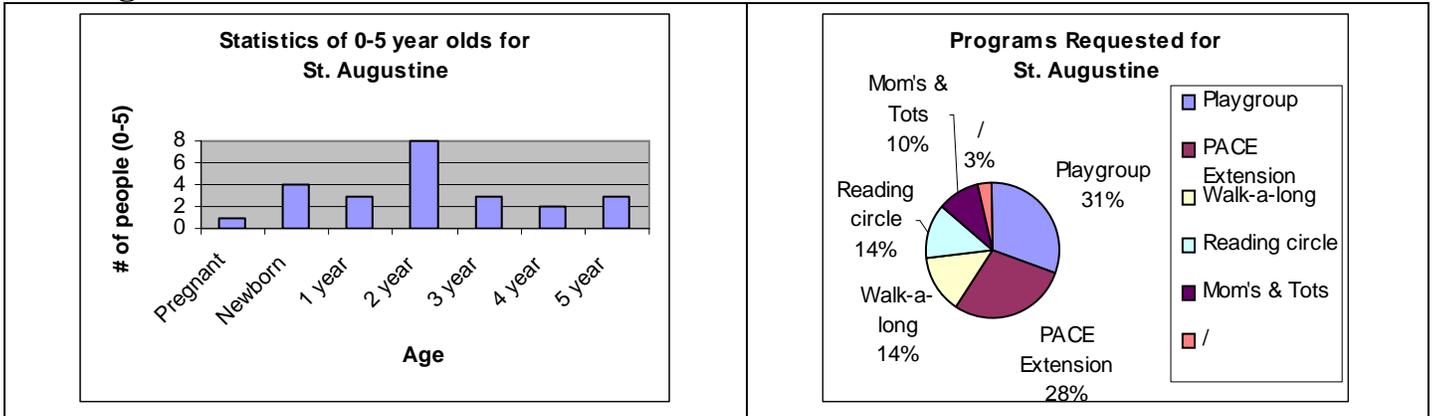
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1					Playgroup 9:00-10:00		
Week 2					Playgroup 9:00-10:00		
Week 3							
Week 4				Reading circle 6:30-7:00	Walk-a-long 9:00-10:00		

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1					Playgroup 9:00-10:00		
Week 2					Playgroup 9:00-10:00		
Week 3							
Week 4				Reading circle 6:30-7:00	Walk-a-long 9:00-10:00		

# St. Augustine



The statistics show that there is a total of 25 children aged 5 and under in St. Augustine (four are under the age of 1, three aged 1, eight 2 year olds, three 3 year olds, two 4 year olds, and three children that are 5 years old). There is also 1 woman who is expecting. The majority of parents (31%) requested Playgroup activities, with the next highest percentage (28%) of parents requesting PACE extension. 2 request (14% each) were for Walk-a-longs, and Reading Circle. 10% requested Moms and Tots. 3% did not request any programs.

## Suggested Calendar

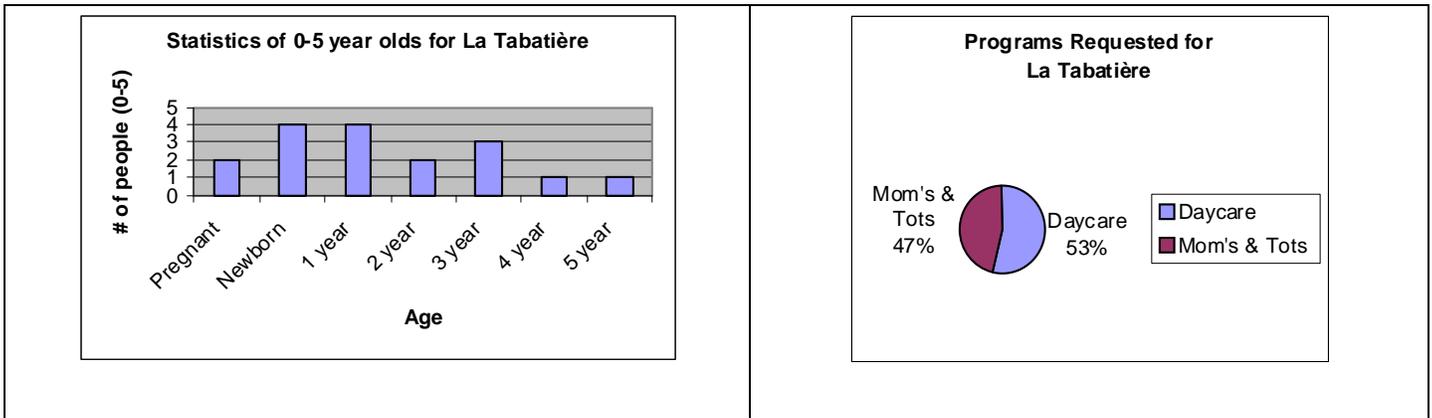
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Playgroup 9:30-10:30					
Week 2				Parent Circle 7:30-8:30			
Week 3		Playgroup 1:30-2:30					
Week 4				Reading circle 6:30-7:00			

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Playgroup 9:30-10:30					
Week 2							
Week 3		Playgroup 1:30-2:30		Reading circle 6:30-7:00			
Week 4							

# La Tabatière



The statistics show that there is a total of 15 children aged 5 and under in La Tabatière (four are under the age of 1, four aged 1, two 2 year olds, three 3 year olds, one 4 year old, and one child that is 5 years old). There are also 2 women who are expecting. The majority of parents (53%) requested Daycare, with the next highest percentage (47%) of parents requesting Moms and Tots.

## Suggested Calendar

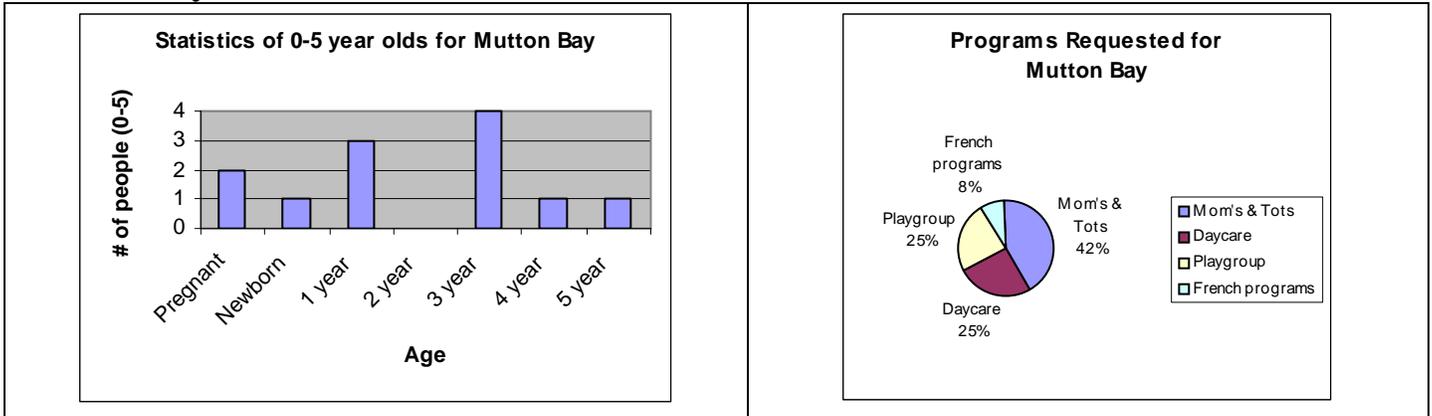
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			Parent Circle 7:30-8:30				
Week 2							Playgroup 1:00-2:00
Week 3			Reading circle 6:30-7:00				
Week 4							Playgroup 1:00-2:00

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							Playgroup 1:00-2:00
Week 3			Reading circle 6:30-7:00				
Week 4							Playgroup 1:00-2:00

# Mutton Bay



The statistics show that there is a total of 10 children aged 5 and under in Mutton Bay (one is under the age of 1, three aged 1, four 3 year olds, one 4 year old, and one child that is 5 years old). There are also 2 women who are expecting. The majority of parents (42%) requested Moms and Tot activities. The next highest percentage (25%each) of parents requesting Daycare and Playgroups. 8% of parents requested French programs.

## Suggested Calendar

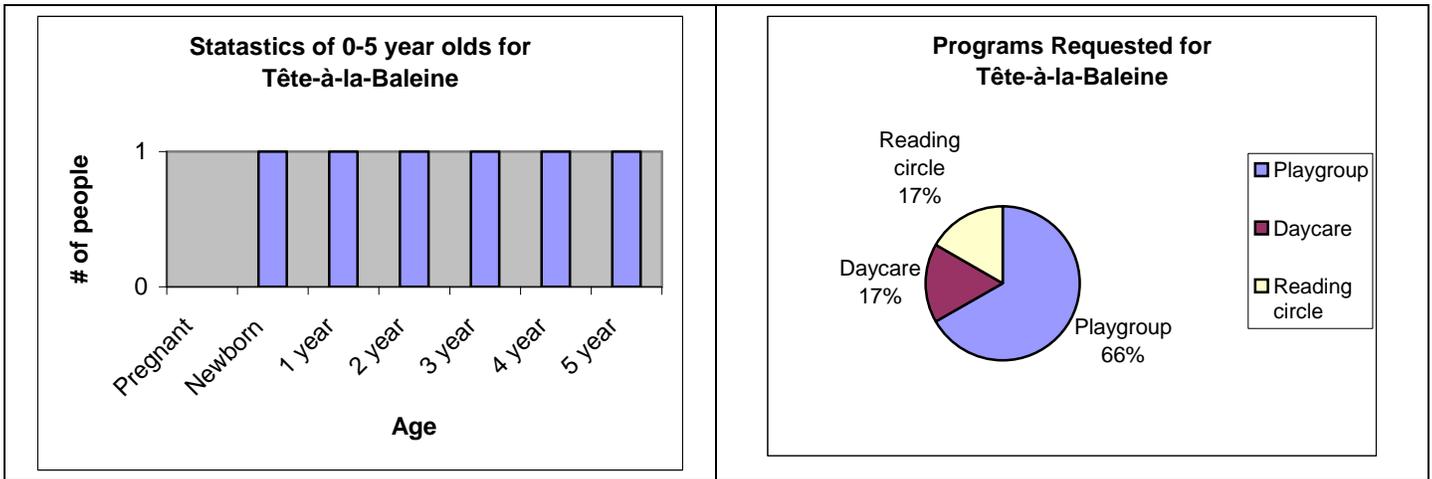
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							Mom's & tots (Newborn -2) 9:00-10:00
Week 2					Playgroup 1:00-2:00		
Week 3			Parent Circle 7:30-8:30				Mom's & tots (3-5) 1:00-2:00
Week 4							

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							Mom's & tots (Newborn -2) 9:00-10:00
Week 2					Playgroup 1:00-2:00		
Week 3			Reading circle 6:30-7:00				Mom's & tots (3-5) 1:00-2:00
Week 4							

# Tête-à-la-Baleine



The statistics show that there is a total of 5 children aged 5 and under in Tête-à-la-Baleine (one is under the age of 1, one aged 1, one 2 year old, one 3 year old, one 4 year old, and one child that is 5 years old). The majority of parents (66%) requested Playgroup activities, with the next highest percentage (17% each) of parents requesting Daycare and Reading Circle.

## Suggested Calendar

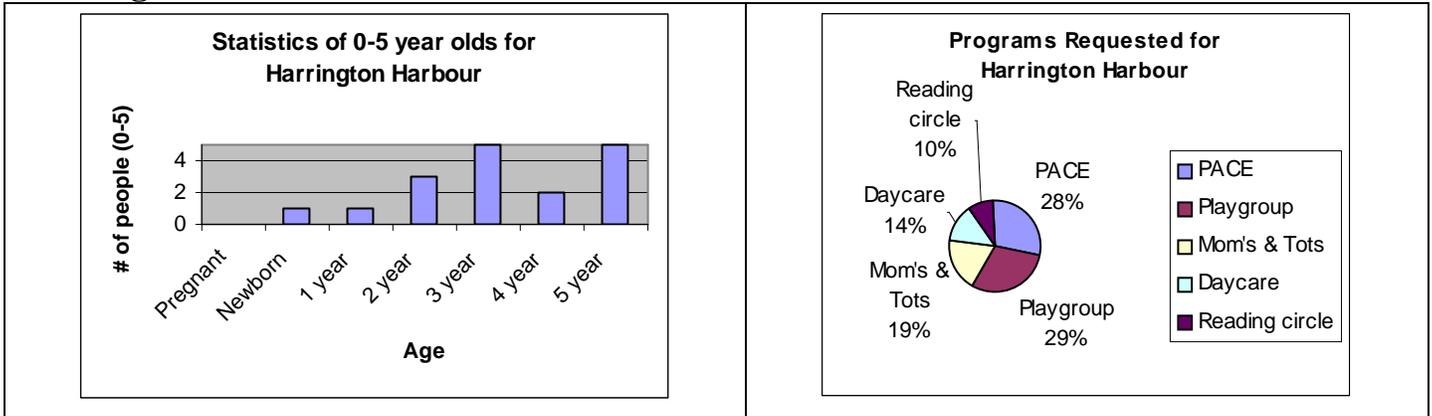
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							Playgroup 1:00-2:00
Week 2							
Week 3		Reading circle 6:30-7:00					
Week 4				Parent Circle 7:30-8:30			

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							Reading circle 6:30-7:00
Week 2							
Week 3		Reading circle 6:30-7:00					
Week 4							

# Harrington Harbour



The statistics show that there is a total of 17 children aged 5 and under in Harrington Harbour (one is under the age of 1, one aged 1, three 2 year olds, five 3 year olds, two 4 year olds, and five children that are 5 years old). The majority of parents (29%) requested Playgroup activities, with the next highest percentage (28%) of parents requesting PACE. 19% of parents requested Moms and Tots, 14% requested Daycare and 10% requested Reading Circles.

## Suggested Calendar

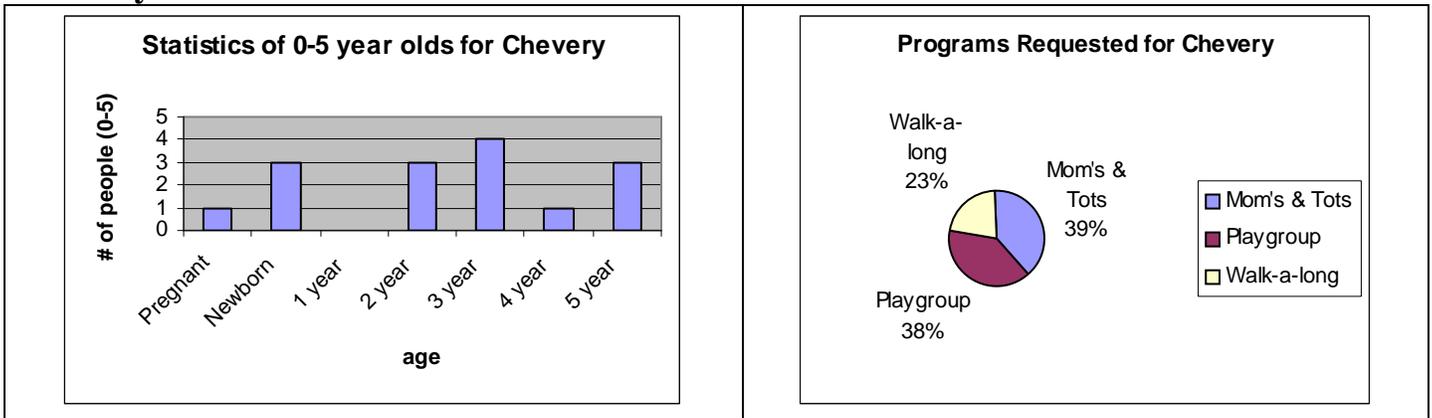
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Playgroup 1:00-2:00					
Week 2			Playgroup 9:00-10:00				
Week 3				Reading circle 6:30-7:00	Playgroup 9:00-10:00		
Week 4							Playgroup 1:00-2:00

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Playgroup 1:00-2:00					
Week 2			Playgroup 9:00-10:00				
Week 3				Reading circle 6:30-7:00	Playgroup 9:00-10:00		
Week 4			Parent circle 7:30-8:30				Playgroup 1:00-2:00

# Chevery



The statistics show that there is a total of 14 children aged 5 and under in Chevery (three are under the age of 1, three 2 year olds, four 3 year olds, one 4 year old, and three children that are 5 years old). There is also 1 woman who is expecting. The majority of parents (39%) requested Moms and Tots activities, with the next highest percentage (38%) of parents requesting Playgroups. 23% of parents requested Walk-a-longs.

## Suggested Calendar

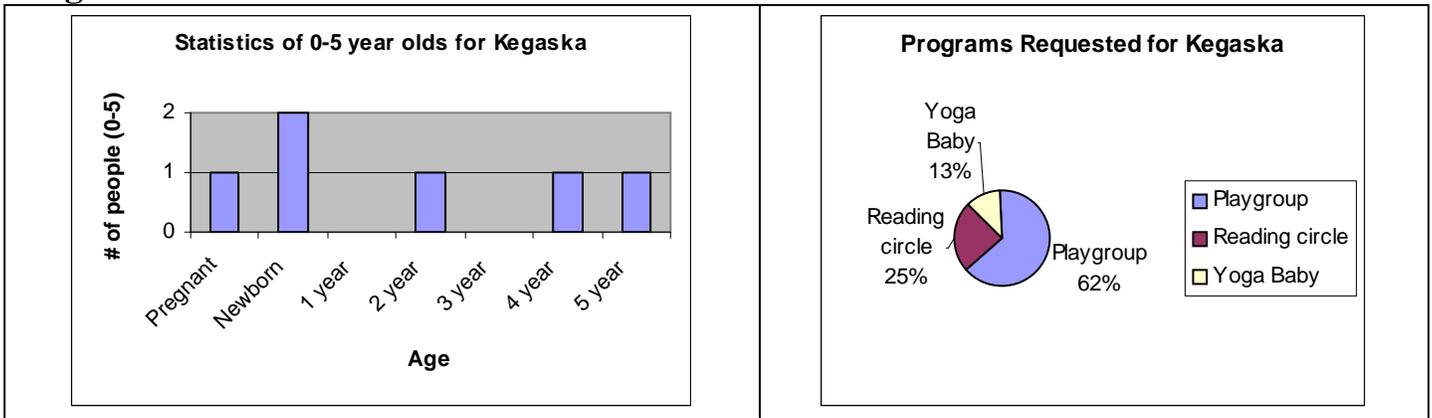
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Mom's & tots (3-5) 1:00-2:00			Playgroup 9:00-10:00		
Week 2		Mom's & tots (Newborn -2) 1:00-2:00		Parent Circle 7:30-8:30			
Week 3		Mom's & tots (3-5) 1:00-2:00			Playgroup 1:30-2:30		
Week 4		Mom's & tots (Newborn -2) 1:00-2:00					

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Mom's & tots (3-5) 1:00-2:00			Playgroup 9:00-10:00		
Week 2		Mom's & tots (Newborn -2) 1:00-2:00					
Week 3		Mom's & tots (3-5) 1:00-2:00			Playgroup 1:30-2:30		
Week 4		Mom's & tots (Newborn -2) 1:00-2:00					

# Kegaska



The statistics show that there is a total of 5 children aged 5 and under in Kegaska (two are under the age of 1, one 2 year old, one 4 year old, and one child that is 5 years old). There is also 1 woman who is expecting. The majority of parents (62%) requested Playgroup activities, with the next highest percentage (25%) of parents requesting Reading Circle. 13% of parents requested Yoga and Baby.

## Suggested Calendar

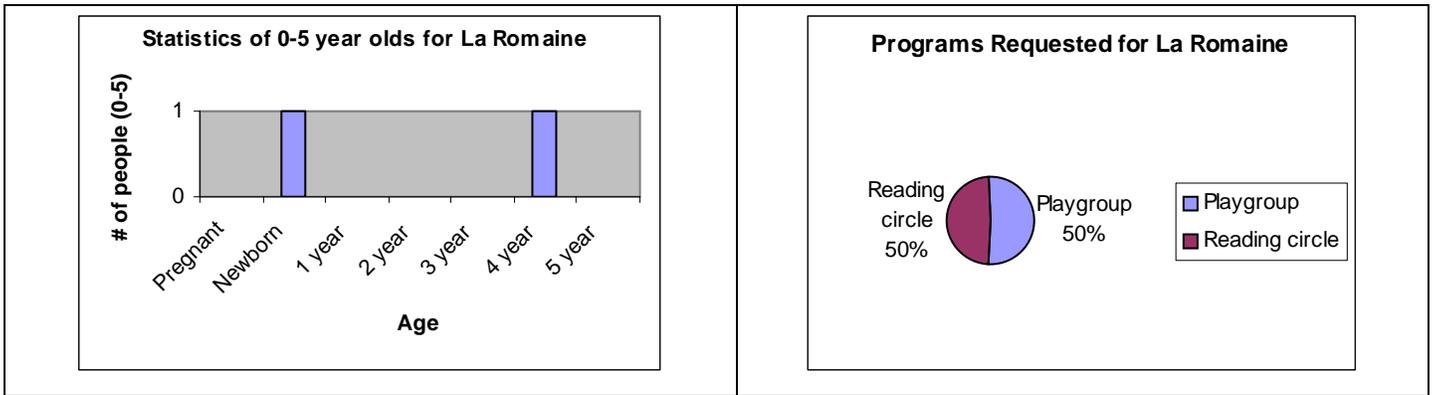
### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1					Playgroup 1:30-2:30		
Week 2			Reading circle 6:30-7:00				
Week 3				Parent Circle 7:30-8:30			
Week 4					Playgroup 1:30-2:30		

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1					Playgroup 1:30-2:30		
Week 2			Reading circle 6:30-7:00				
Week 3							
Week 4					Playgroup 1:30-2:30		

# La Romaine



The statistics show that there is a total of 2 children aged 5 and under in La Romaine (one is under the age of 1, and one 4 year old). The 2 requests (50%each) were Playgroup and Reading Circle.

## Suggested Calendar

### Month 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2		Playgroup 9:00-10:00					
Week 3				Reading circle 6:30-7:00			
Week 4							

### Month 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2		Playgroup 9:00-10:00					
Week 3				Reading circle 6:30-7:00			
Week 4							

## Implementation Plan Phase II

Goal: To create a community environment to support and develop the health and well being (present and future) of the children (0-5 year olds) on the Lower North Shore.

Objectives (Direct results of the project)	Planned Activities	Performance Measurements (Indicators)	Schedule	Resources required
1.1 Mobilize communities to ensure the well-being of 0-5 years.	Creation of steering committee	Steering committee created	Sept. 2009	<b>Salary:</b> Animator Coordinator – Administrative support ie: supervision/coordination finance/bookkeeping/financial reporting) <b>Travel</b> Coordinator will travel to 5 Municipalities <b>Publicity:</b>  Newsletters, pamphlets, resource cards, posters <b>Operational costs:</b> Office/equipment rental Communications (long distance calls, conference calls, fax, internet) Office supplies/stationary - Photocopies - Postage -
	Resource cards	Number produced	On-going	
	Pamphlets	Number produced	On-going	
	Posters	Number produced	On-going	
	Newsletter	Number produced	On-going	
	Local, t.v. , and radio stations	Number press releases	On-going	
	Facilitate exchanges between communities-deliver presentations to parents, and organizations	Number meetings	Mar. 2010-Dec 2010	
	Develop tool kits for communities to start programs (reading circle)	Number produced	Mar. 2010-Dec 2010	
2.1 Assist the parents and community organizations to develop an action plan for 0-5 year olds	Develop mascot	Mascot created		
	Review the models created with each community for sustainability	Number of action plan for communities	Sept-2009-mar 2010	
Collaborate with partners to ensure the programs are feasible	Sept-2009-mar 2010			

<p>2.2 a) To assure training for animators and facilitators of activities</p> <p>b) To ensure that there are qualified individuals to organize and provide activities in each community</p>	<p>Training sessions for animator</p> <p>Animators to implement activities</p> <p>Training for caregivers</p> <p>Promote &amp; educate program volunteers</p>	<p># animators trained</p> <p># of animators</p> <p># of caregivers</p> <p># of volunteers</p>	<p>Mar. 2010-Dec 2010</p> <p>Mar. 2010-Dec 2012</p> <p>Mar. 2010-Dec 2010</p> <p>Mar. 2010-Dec 2010</p>	<p><b>Others:</b></p> <p>Kids programs</p>
<p>2.3 Improve &amp; implement parent /child programs</p>	<p>Family based activities</p> <p>Activities for young children</p>	<p>Participation</p> <p>Participation</p>	<p>Mar. 2010-Dec 2012</p> <p>Mar. 2010-Dec 2012</p>	
<p>3.1 Provide the parents the opportunity to explore different styles of parenting</p>	<p>Parenting Education Program</p> <p>Playgroups</p> <p>Emergent Literacy Program</p> <p>Breastfeeding support groups</p>	<p>Provide workshops for parents</p> <p># of playgroups</p> <p># of participants</p> <p># of meetings</p>	<p>Sept 2009-2012</p> <p>Sept 2009-2012</p> <p>Sept 2009-2012</p> <p>Sept 2009-2012</p>	

## Recommendations

Outlined below are the recommendations that are relevant to building better futures for Early Childhood Development programs on the Lower North Shore.

### 1. Promotion

- a. Mobilize public by making them more aware of the programs, resources, and services that are available
- b. Prepare information kits for parents with all useful information
- c. Create mascot to promote reading and writing

### 2. Implementation

- a. Ensure that all resources are shared in all communities to facilitate the implementation of community-based programs.
- b. Create resource cards for Help Lines for parents.
- c. Establish means to coordinate activities for ECD along the Coast.
- d. Implement additional parent/child programs such as creating a pilot project for Playgroups
- e. Link activities with an Emergent Literacy Program

### 3. Training

- a. Improve parenting skills (educate and support parents with the Parenting Education Program)
- b. Develop the capacities of caregivers and animators

### 4. Development

- a. All program/project outcomes be designed to build capacity in the area of ECD at the community level.
- b. On going and collaborative efforts be made to establish new and innovative programs and resources for ECD.



## Conclusion

The Early Childhood Development project has achieved a remarkable level of base information.

Overall the Lower North Shore has access to a number of programs and services for the age group of 0-5 such as daycare service, PACE, speech therapy and OLO (Eggs, Milk, and Orange Juice), developmental screening, workshops for parents, and programs for vulnerable families.

Many of the organizations offered to support our initiatives in any way that they can, and are interested in implementing activities that would benefit the age group of 0-5.

The majority of parents would like to have more activities implemented for parent/child, more parental workshops, and more child-care services. Often parents are not aware of the programs that are available.

The method of reaching the targeted population has a gap. There were low attendance of the parents at workshops, and information sessions. Other alternatives must be considered such as a non-threatening approach like the 'playgroup' that will gain parents trust and support.

The programs that are recommended are Playgroups, Parent Circles and Reading Groups. Based on the recommendations in the previous section, an implementation plan has been formulated to support further work on Early Childhood Development services on the Lower North Shore over the next 3 years.

To make this FRAMEWORK a reality there is much to be done. To achieve the goal it will require a lot of support from the community organizations.

A vision:

- ❖ To create a community environment to support and develop the health and well being (present and future) of the children (0-5 year olds) on the Lower North Shore.



# Annexes



## Annex 1: Results from Parent Surveys

### Blanc Sablon

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children?	No	7				
b) Do you use these services?	N/A	7				
c) Are there any programs/ services that you would like to see available in your community?	Mom's & Tots	5	Playgroup	3	Yoga & Baby	1
	Walk-a-long	1	No	1		
d) If the services were available, would you attend?	Weekly	3	bi-weekly	3	1x2 weekends	1
	Monthly	1	No	1	1x4 weekend	1
2. a) Are you aware of any buildings/ structures in your community?	CH	5	Arena	2		
	School	7	Daycare	1		
b) What buildings/structures would you like to see established within your community?	Pool	5	Upgrade park	2	Summer activities	1
	Gym	1				
3. a) Do you have access to any daycare facilities?	Yes	5	No	2		
b) Would you like to receive this service?	/	5	Yes	1	No	1
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	6	Yes	1		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	6	Yes	1		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	EMO	4	Pre-natal	2	Breastfeeding	2
	Not aware	1				
b) Are there any programs that you would like to see offered by the CSSSBCN?	/	5	Parent workshops	1	Hygiene	1
6. a) Are there any parent support groups in your community?	No	7				
b) Do you use the service of the support groups?	N/A	7				
c) Would you use the service of the support groups if offered?	Parent circle	7				
d) Are you a member/ or would you be interested in joining a support group?	Monthly	4	2 month	1	Yes	2
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	6	Coasters	1	CSL	6
	No	1				
8. a) Have you previously attended any workshops pertaining to child development?	Yes	5	No	2		
b) Would you be interested in participating in parenting workshops?	Yes	7				
9. a) Have you received material/resources on child development?	Pamphlets	6	Tiny Tot...	5	Checklist	4
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	7				
10.a) Are you aware of any help lines for parents?	Info-Sante	7	Poison	3	811	1
b) Would you like to receive a parent resource card, if one was produced by the Coasters?	Yes	7				
11. How would you like to be contacted?	Phone	5	Mail	1	E-mail	2

## LOURDES DE BLANC SABLON

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	Daycare	17	Pre-K	3	No	20
b) Do you use these services?	Yes	14	No	3	N/A	21
c) Are there any programs/ services that you would like to see available in your community?	Yoga & baby	2	Playgroup	18	Reading circle	3
	/	5	Walk-a-long	6	Mom's & Tots	19
	Special needs	1				
d) If the services were available, would you attend?	Weekly	13	monthly	7	1x 4 weekend	7
	Bi-weekly	11	1x 2 weekend	8	Yes	4
	/	5				
2. a) Are you aware of any buildings/structures in your community?	Arena	38	Playground	36	School	19
	Daycare	31				
b) What buildings/structures would you like to see established within your community?	Upgrade park	7	Gym	6	Centre	2
	Pool	35	/	1		
3. a) Do you have access to any daycare facilities?	No	6	Yes	32		
b) Would you like to receive this service?	/	32	Yes	6		
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	34	Yes	4		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	33	No	3	Yes	2
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	EMO	20	Speech therapy	5	Pre-natal	1
	Breastfeeding	11	Workshops	1	NEGS	10
b) Are there any programs that you would like to see offered by the CSSSBCN?	Breastfeeding	6	Special needs	1	Pre-natal	14
	Info sessions	1	Nutrition	2	Post-natal	3
	Respite	2	Paediatrician	1	/	17
6. a) Are there any parent support groups in your community?	No	38				
b) Do you use the service of the support groups?	N/A	38				
c) Would you use the service of the support groups if offered?	No	5	Breastfeeding	2	Community kitchen	2
	Workshops	1	Parent circle	28		
d) Are you a member/ or would you be interested in joining a support group?	3 months	6	2 months	8	bi-weekly	1
	weekly	3	monthly	8		
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	33	Daycare	3	CSL	1
	No	5				
8. a) Have you previously attended any workshops pertaining to child development?	No	17	Yes	21		
b) Would you be interested in participating in parenting workshops?	No	3	Yes	35		
9. a) Have you received material/resources on child development?	Tiny Tot...	29	Checklist	27	Pamphlets	20
	Nothing	1				
b) Were you satisfied with the material, and did it correspond with your needs?	No	1				
	Yes	37				
10.a) Are you aware of any help lines for parents?	Info-Sante	33	Poison	28	Crisis	2
	811	11	No	2		
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	37				
	No	1				
11. How would you like to be contacted?	Phone	28	E-mail	18	Mail	6

## Brador

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	No	3	Pre-k	1		
b) Do you use these services?	N/A	3	Yes	1		
c) Are there any programs/ services that you would like to see available in your community?	Playgroup	3	Mom's & Tots	1	/	1
	Reading circle	1	Walk-a-long	1		
d) If the services were available, would you attend?	Bi-weekly	2	monthly	3		
	Weekend	1	/	1		
2. a) Are you aware of any buildings/structures in your community?	CH	4				
b) What buildings/structures would you like to see established within your community?	/	1	Park	3	Rink	1
3. a) Do you have access to any daycare facilities?	Yes	4				
b) Would you like to receive this service?	/	4				
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	3	Yes	1		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	3	No	1		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	Speech therapy	1	NEGS	1	EMO	3
	Not aware	1				
b) Are there any programs that you would like to see offered by the CSSSBCN?	Hygiene	1	Mental health	1	/	3
6. a) Are there any parent support groups in your community?	No	4				
b) Do you use the service of the support groups?	N/A	4				
c) Would you use the service of the support groups if offered?	Parent circle	2	No	2		
d) Are you a member/ or would you be interested in joining a support group?	2 months	2				
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	No	1	CSSSBCN	3	CSL	1
8. a) Have you previously attended any workshops pertaining to child development?	Yes	2	No	2		
b) Would you be interested in participating in parenting workshops?	Yes	4				
9. a) Have you received material/resources on child development?	Tiny Tot...	3	Pamphlets	3	Checklists	3
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	4				
10.a) Are you aware of any help lines for parents?	Info-Sante	4	Poison	2	811	1
b) Would you like to receive a parent resource card, if one was produced by the Coasters?	Yes	4				
11. How would you like to be contacted?	Phone	3	E-mail	2		

## St. Paul's River

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	Daycare	7	PACE	21	Pre-k	1
b) Do you use these services?	Not yet	2	Yes	14	No	6
c) Are there any programs/ services that you would like to see available in your community?	Playgroup	16	Larger daycare	1	PACE to daycare	9
	/	3	Walk-a -long	3	Yoga & Baby	1
	Mom's & Tots	3				
d) If the services were available, would you attend?	Yes	5	monthly	4	Weekend	2
	/	3	1x2 weekends	3	3x weekly	2
	bi-weekly	6				
2. a) Are you aware of any buildings/structures in your community?	Church	6	Daycare	15	Municipality	1
	School	21				
b) What buildings/structures would you like to see established within your community?	Finish pool	21	Arena	2	Upgrade park	10
	Centre	5				
3. a) Do you have access to any daycare facilities?	No	7	Yes	15		
b) Would you like to receive this service?	Yes	4	No	3	/	15
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	20	Yes	2		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	No	1	N/A	20	Yes	1
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	EMO	14	NEGS	4	Pre-natal	1
	Breastfeeding	7	Not aware	4	Speech therapy	5
b) Are there any programs that you would like to see offered by the CSSSBCN?	Breastfeeding	3	Workshops	1	Nutrition	2
	Dental hygiene	1	Pre-natal	5	Health	1
	/	10	Hygiene	3	Balance meals	1
	Post-natal	1				
6. a) Are there any parent support groups in your community?	No	22				
b) Do you use the service of the support groups?	N/A	22				
c) Would you use the service of the support groups if offered?	Parent circle	19	No	3		
d) Are you a member/ or would you be interested in joining a support group?	Bi-weekly	1	2 months	9	monthly	9
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	Coasters	6	CSL	1	CLC	4
	CSSSBCN	17	No	4		
8. a) Have you previously attended any workshops pertaining to child development?	Yes	9	No	13		
b) Would you be interested in participating in parenting workshops?	Yes	19	No	3		
9. a) Have you received material/resources on child development?	Tiny Tot...	21	Pamphlets	9	Checklists	17
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	22				
10.a) Are you aware of any help lines for parents?	811	5	Poison	12	No	7
	Info-Sante	12	Crisis	1		
b) Would you like to receive a parent resource card, if one was produced by the Coasters?	Yes	22				
11. How would you like to be contacted?	Phone	17	E-mail	7	Mail	1

## Old Fort

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	PACE	7	No	1		
b) Do you use these services?	Yes	3	Not yet	2	No	3
c) Are there any programs/ services that you would like to see available in your community?	Playgroup	4	Mom's & Tots	3	Yoga & baby	1
	/	1	Walk-a-long	1		
d) If the services were available, would you attend?	/	1	1x2 weekend	1	Yes	5
	Weekly	3				
2. a) Are you aware of any buildings/structures in your community?	CH	1	School	8	Daycare	4
b) What buildings/structures would you like to see established within your community?	Centre	2	Park	2	Pool	6
	/	1				
3. a) Do you have access to any daycare facilities?	No	8				
b) Would you like to receive this service?	No	5	Maybe	2	Yes	1
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	7	Yes	1		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	7	No	1		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	Not aware	2	EMO	6	NEGS	2
b) Are there any programs that you would like to see offered by the CSSSBCN?	Hygiene	2	/	5	Pre-natal	1
	Nutrition	2	\$ baby supplies	1		
6. a) Are there any parent support groups in your community?	No	8				
b) Do you use the service of the support groups?	N/A	8				
c) Would you use the service of the support groups if offered?	/	3	No	3	Parent circle	2
d) Are you a member/ or would you be interested in joining a support group?	2 month	1	monthly	1		
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	7	CSL	3	No	1
8. a) Have you previously attended any workshops pertaining to child development?	Yes	5	No	3		
b) Would you be interested in participating in parenting workshops?	Yes	6	No	2		
9. a) Have you received material/resources on child development?	Tiny Tot...	8	Checklist	3		
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	8				
10.a) Are you aware of any help lines for parents?	Info-Sante	7	Poison	4	811	4
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	6	No	2		
11. How would you like to be contacted?	Phone	7	E-mail	1	Mail	1

## St. Augustine

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	PACE	18	No	1	Daycare	3
	Pre-K	5				
b) Do you use these services?	Not yet	2	Yes	15	No	2
c) Are there any programs/ services that you would like to see available in your community?	Playgroup	9	Mom's & Tots	3	Reading circle	4
	/	1	Walk-a-long	4	PACE Extension	8
d) If the services were available, would you attend?	Yes	8	bi-weekly	10	weekend	1
	Weekly	4	1x2 weekend	1	1x4 weekend	1
2. a) Are you aware of any buildings/structures in your community?	Arena	19	School	18	Church	8
b) What buildings/structures would you like to see established within your community?	Pool	17	Daycare	1	Upgrade park	2
	Centre	5	Gym	1		
3. a) Do you have access to any daycare facilities?	No	9	Yes	10		
b) Would you like to receive this service?	/	10	Yes	3	No	6
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	19				
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	19				
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	Not aware	11	Speech therapy	2	Breastfeeding	5
	EMO	4	Pre-natal	1	NEGS	3
b) Are there any programs that you would like to see offered by the CSSSBCN?	Hygiene	1	Support groups	1	Breastfeeding	1
	Pre-natal	1	Nutrition	1	Family house	1
	/	15				
6. a) Are there any parent support groups in your community?	No	19				
b) Do you use the service of the support groups?	N/A	19				
c) Would you use the service of the support groups if offered?	Parent circle	15	/	4		
d) Are you a member/ or would you be interested in joining a support group?	3 months	1	1x 2 weekend	1	2 months	1
	Monthly	7	biweekly	1		
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	16	CSL	12		
	CLD	1	No	3		
8. a) Have you previously attended any workshops pertaining to child development?	No	14	Yes	5		
b) Would you be interested in participating in parenting workshops?	Yes	15	No	4		
9. a) Have you received material/resources on child development?	Tiny Tot...	10	Pamphlets	10	Checklist	5
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	15	Update	1	Okey	3
10.a) Are you aware of any help lines for parents?	No	4	Info-Sante	15	Crisis	2
	811	4	Poison	9		
b) Would you like to receive a parent resource card, if one was produced by the Coasters	No	2	Yes	17		
11. How would you like to be contacted?	Mail	1	Phone	14	E-mail	8

## La Tabatière

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	PACE	12	Born to Read	4		
b) Do you use these services?	Yes	10	N/A	2		
c) Are there any programs/ services that you would like to see available in your community?	Daycare	9	Mom's & Tots	8		
d) If the services were available, would you attend?	Yes	9	weekly	1	monthly	1
	bi-weekly	4	weekend	2		
2. a) Are you aware of any buildings/structures in your community?	School	12				
b) What buildings/structures would you like to see established within your community?	Daycare	11	Pool	10	Mini-put	1
3. a) Do you have access to any daycare facilities?	No	12				
b) Would you like to receive this service?	Yes	12				
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	10	Yes	2		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	Yes	2	N/A	10		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	Breastfeeding	1	Not aware	4	Speech therapy	2
	EMO	4	Parent workshops	2	PACE	1
b) Are there any programs that you would like to see offered by the CSSSBCN?	Paediatrician	1	Baby Clubs	2	Support groups	2
	Breastfeeding	1	Allergy support	1	Pre-natal	1
	Dental hygiene	1	/	6		
6. a) Are there any parent support groups in your community?	No	12				
b) Do you use the service of the support groups?	N/A	12				
c) Would you use the service of the support groups if offered?	Parent circle	12				
d) Are you a member/ or would you be interested in joining a support group?	Monthly	12				
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	11	Coasters	1		
	CSL	8	Not aware	1		
8. a) Have you previously attended any workshops pertaining to child development?	No	7	Yes	5		
b) Would you be interested in participating in parenting workshops?	Yes	12				
9. a) Have you received material/resources on child development?	Tiny Tot...	12	Pamphlets	1		
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	12				
10.a) Are you aware of any help lines for parents?	Poison	5	Info-Sante	11		
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	12				
11. How would you like to be contacted?	Phone	12	E-mail	2		

## Mutton Bay

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	PACE	8	Born to Read	1	Pre-K	2
b) Do you use these services?	N/A	1	Yes	6	Sometime	1
c) Are there any programs/ services that you would like to see available in your community?	Mom's & Tots	5	French programs	1		
	Daycare	3	Playgroup	3		
d) If the services were available, would you attend?	Yes	3	monthly	6		
2. a) Are you aware of any buildings/structures in your community?	School	8				
b) What buildings/structures would you like to see established within your community?	Pool	5	Daycare	4		
3. a) Do you have access to any daycare facilities?	No	8				
b) Would you like to receive this service?	No	1	Yes	4	Part time	3
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	7	Yes	1		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	7	No	1		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	Not aware	6	social workers	1		
	PACE	2	EMO	1		
b) Are there any programs that you would like to see offered by the CSSSBCN?	/	7	Parent support	1		
6. a) Are there any parent support groups in your community?	No	8				
b) Do you use the service of the support groups?	N/A	8				
c) Would you use the service of the support groups if offered?	Parent circle	8				
d) Are you a member/ or would you be interested in joining a support group?	Monthly	8				
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	7	CSL	5	No	1
8. a) Have you previously attended any workshops pertaining to child development?	No	8				
b) Would you be interested in participating in parenting workshops?	Yes	7	Maybe	1		
9. a) Have you received material/resources on child development?	Checklist	2	No	1		
	Pamphlets	2	Tiny tot...	6		
b) Were you satisfied with the material, and did it correspond with your needs?	N/A	1	Yes	4	Okey	3
10.a) Are you aware of any help lines for parents?	Info-Sante	6	Poison	3	No	2
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	8				
11. How would you like to be contacted?	Phone	8				

## Tête-à-la-Baleine

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	No	4				
b) Do you use these services?	N/A	4				
c) Are there any programs/ services that you would like to see available in your community?	Daycare	1	Playgroup	4	Reading circle	1
d) If the services were available, would you attend?	2 month	1	1x2 weekend	2		
	Weekend	1	monthly	1		
2. a) Are you aware of any buildings/structures in your community?	School	4	CH	4	Church	3
b) What buildings/structures would you like to see established within your community?	Daycare	2	Pool	3	Park	3
3. a) Do you have access to any daycare facilities?	No	4				
b) Would you like to receive this service?	Yes	3	No	1		
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	Yes	1	No	3		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	3	No	1		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	EMO	3	Breastfeeding	1	/	1
b) Are there any programs that you would like to see offered by the CSSSBCN?	/	4				
6. a) Are there any parent support groups in your community?	No	4				
b) Do you use the service of the support groups?	N/A	4				
c) Would you use the service of the support groups if offered?	Parent circle	3	No	1		
d) Are you a member/ or would you be interested in joining a support group?	2 months	1	monthly	1	bi-weekly	1
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	4	CSL	4		
8. a) Have you previously attended any workshops pertaining to child development?	No	4				
b) Would you be interested in participating in parenting workshops?	No	1	Yes	3		
9. a) Have you received material/resources on child development?	Pamphlets	4	Checklist	1	Tiny Tot...	1
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	4				
10.a) Are you aware of any help lines for parents?	Info-Sante	4	Poison	3		
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	4				
11. How would you like to be contacted?	Phone	4				

## Harrington Harbour

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	Pre-K	2	No	11		
b) Do you use these services?	Yes	2	N/A	11		
c) Are there any programs/ services that you would like to see available in your community?	PACE	6	Playgroup	6	Reading circle	2
	Daycare	3	Mom's & Tots	4		
d) If the services were available, would you attend?	Yes	9	weekly	1	bi-weekly	5
2. a) Are you aware of any buildings/structures in your community?	Pool	13	C.H.	6	Rink	5
	School	6	Church	2	Playground	9
b) What buildings/structures would you like to see established within your community?	Park-upgrade	5	/	1		
	Centre	2	Daycare	7		
3. a) Do you have access to any daycare facilities?	No	13				
b) Would you like to receive this service?	Yes	11	No	2		
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	11	Yes	2		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	No	2	N/A	11		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	EMO	5	Not aware	7	Breastfeeding	2
	Speech therapy	2	NEGS	1		
b) Are there any programs that you would like to see offered by the CSSSBCN?	Pre-natal	1	Nutrition	1	Daycare	1
	Baby Clubs	1	Rotate PACE	1	Health	1
	/	6	Hygiene	1		
6. a) Are there any parent support groups in your community?	No	9	Pals	4		
b) Do you use the service of the support groups?	N/A	8	Yes	2	No	3
c) Would you use the service of the support groups if offered?	Yes	8	No	3	Maybe	2
d) Are you a member/ or would you be interested in joining a support group?	No	3	Parent circle	10		
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	10	No	1		
	CSL	10	CLD	1		
8. a) Have you previously attended any workshops pertaining to child development?	Yes	12	No	1		
b) Would you be interested in participating in parenting workshops?	Yes	13				
9. a) Have you received material/resources on child development?	Tiny Tot...	12	Pamphlets	9	Checklist	6
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	13				
10.a) Are you aware of any help lines for parents?	Info-Sante	11	811	1		
	Poison	8	No	1		
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	13				
11. How would you like to be contacted?	Phone	9	E-Mail	4	Fax	1

## Chevery

Question:	Response:					
1. a) Are you aware of any programs/ services for parents and their children	Born to Read	2	Drop-in centre	2	Daycare	1
	Reading circle	8	Pre-K	2	Speech therapy	1
b) Do you use these services?	Not yet	1	Yes	7		
c) Are there any programs/ services that you would like to see available in your community?	Mom's & Tots	5	Playgroup	5	Walk-a-long	3
d) If the services were available, would you attend?	Weekly	4	monthly	6	bi weekly	3
2. a) Are you aware of any buildings/structures in your community?	Daycare	3	C.H.	7	School	8
	Church	1				
b) What buildings/structures would you like to see established within your community?	Pool	4	Covered rink	2	Upgrade playground	4
	Park	2	Family centre	1		
3. a) Do you have access to any daycare facilities?	No	4	Yes	4		
b) Would you like to receive this service?	Yes	3	/	4	No	1
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	6	Yes	2		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	No	2	N/A	6		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	EMO	2	Breastfeeding	4	Not aware	2
	NEGS	2	\$ support	2	Speech therapy	2
	Pre-natal	1				
b) Are there any programs that you would like to see offered by the CSSSBCN?	Hygiene	1	Lists of services	3	Paediatrician	1
	Pre-natal	2				
6. a) Are there any parent support groups in your community?	PALS	3	No	5		
b) Do you use the service of the support groups?	Sometime	1	N/A	5	Yes	2
c) Would you use the service of the support groups if offered?	Parent circle	6	workshops	1	No	1
d) Are you a member/ or would you be interested in joining a support group?	Monthly	3	2 month	3		
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	8	CSL	8	CLC	2
8. a) Have you previously attended any workshops pertaining to child development?	No	5	Yes	3		
b) Would you be interested in participating in parenting workshops?	Yes	4	Maybe	4		
9. a) Have you received material/resources on child development?	Tiny tot...	7	Pamphlets	4	Checklist	4
b) Were you satisfied with the material, and did it correspond with your needs?	Update	1	Okey	1	Yes	6
10.a) Are you aware of any help lines for parents?	Poison	5	Crisis	2	811	3
	Info-Sante	5				
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	8				
11. How would you like to be contacted?	E-mail	4	Phone	6		

## Kegaska

Question:	Response:			
1. a) Are you aware of any programs/ services for parents and their children	No	5		
b) Do you use these services?	N/A	5		
c) Are there any programs/ services that you would like to see available in your community?	Playgroup	5	Reading circle	2 Yoga Baby 1
d) If the services were available, would you attend?	Monthly	3	weekly	3
	1x2 weekend	1	weekend	1
2. a) Are you aware of any buildings/structures in your community?	School	5	Church	4 Rink 4
b) What buildings/structures would you like to see established within your community?	Ball field	1	Centre	3 Pool 4
3. a) Do you have access to any daycare facilities?	No	5		
b) Would you like to receive this service?	Yes	2	No	3
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	5		
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	5		
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	Not aware	3	NEGS	1
	EMO	2	Pre-natal	1
b) Are there any programs that you would like to see offered by the CSSSBCN?	/	5		
6. a) Are there any parent support groups in your community?	No	5		
b) Do you use the service of the support groups?	N/A	5		
c) Would you use the service of the support groups if offered?	Parent circle	5		
d) Are you a member/ or would you be interested in joining a support group?	2 month	4	monthly	1
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN	5	CSL	3
8. a) Have you previously attended any workshops pertaining to child development?	No	5		
b) Would you be interested in participating in parenting workshops?	Yes	4	Maybe	1
9. a) Have you received material/resources on child development?	Tiny Tot...	5		
	Pamphlets	5	Checklist	2
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	5		
10.a) Are you aware of any help lines for parents?	Info-Sante	3	latte	1
	poison	4	No	1
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	5		
11. How would you like to be contacted?	Phone	3	E-mail	3

## La Romaine

Question:	Response:	
1. a) Are you aware of any programs/ services for parents and their children	No	1
b) Do you use these services?	N/A	1
c) Are there any programs/ services that you would like to see available in your community?	Playgroup Reading circle	1 1
d) If the services were available, would you attend?	bi-weekly	2
2. a) Are you aware of any buildings/structures in your community?	School Park	1 1
b) What buildings/structures would you like to see established within your community?	Pool	1
3. a) Do you have access to any daycare facilities?	Yes	1
b) Would you like to receive this service?	/	1
4. a) Are there any problems, difficulties, or challenges that you face with your child/children?	No	1
b) Would you like to receive information/ or obtain resources regarding these problems, difficulties, or challenges?	N/A	1
5. a) Are you aware of any existing support programs offered to parents of young children by the CSSSBCN?	No	1
b) Are there any programs that you would like to see offered by the CSSSBCN?	/	1
6. a) Are there any parent support groups in your community?	No	1
b) Do you use the service of the support groups?	N/A	1
c) Would you use the service of the support groups if offered?	No	1
d) Are you a member/ or would you be interested in joining a support group?	No	1
7. Are you aware of any local organizations that are available to provide information and support to you and your child?	CSSSBCN CSL	1 1
8. a) Have you previously attended any workshops pertaining to child development?	Yes	1
b) Would you be interested in participating in parenting workshops?	Yes	1
9. a) Have you received material/resources on child development?	Tiny Tots... Pamphlets	1 1
b) Were you satisfied with the material, and did it correspond with your needs?	Yes	1
10.a) Are you aware of any help lines for parents?	No	1
b) Would you like to receive a parent resource card, if one was produced by the Coasters	Yes	1
11. How would you like to be contacted?	Phone	1



## **Annex 2: Description of Programs**

ME AND MY BUDDY Children ages birth to 5 years and their male role-model (dad, step-dad, grandpa, uncle, etc.) enjoy playing in the Indoor Playground at the Mill Woods Recreation Centre. This drop-in group includes rhymes, songs and free play. Children will have fun while enhancing their skills. It's a great time to bond with your Buddy! Sorry, no moms allowed.

RHYMES, SONGS AND STORY TIME is a drop-in group that has a structured and repetitive routine which helps children increase their memory and language skills. Join us in singing popular songs and rhymes. Children of all abilities welcome.

STAY & PLAY (birth- 5yrs) is a drop-in group where parents and children ages birth to 5 years, meet and socialize. Come & play with our wide variety of toys! Coffee & healthy snacks will be provided.

PAT-A-CAKE KIDS is a drop-in group that helps children ages birth to 5 years build language and social skills through rhymes, songs and activities. Children of all abilities welcome!

NOBODY'S PERFECT is an educational group that encourages parents to make connections while discussing relevant topics regarding their children (birth to 5 years).

PLAYGROUPS A playgroup is a small gathering of parents/caregivers and their pre-school aged children, who get together on a regular basis for play and interaction. They can meet in a public place such as a designated play area or a home. During this time, the children play together and learn invaluable social skills while the parents can talk and provide much needed support for one another. At the same time there can be other beneficial activities (such as parenting skills, introducing to reading and writing activities, etc.)

PARENT SUPPORT CIRCLES Help parents learn positive parenting by providing them with a safe atmosphere in which to vent their stress, learn new skills and receive emotional support. The circles strengthen the first link in a chain that connects positive parenting with healthy children, and help healthy families build strong communities.

READING CIRCLES A Reading Circle is a place where children and volunteers read together for enjoyment. Once a week for an hour, children and volunteers get together to enjoy books and stories. Reading Circles are organized in low income housing communities, community centres, after-school programs, aboriginal communities- anywhere families and children gather. Reading Circles are easy to run.



### Annex 3: Links for Themes

[www.perpetualpreschool.com](http://www.perpetualpreschool.com)

The Perpetual Preschool is a resource for kindergarten and preschool teachers including over 6000 free songs, crafts, games, snack ideas, and learning activities. Also provides thematic units, professional development resources and teacher forums.

[www.investinkids.org](http://www.investinkids.org)

Invest in Kids promotes the healthy social, emotional and intellectual development of children aged zero to five. The website provides good resources and information on current research, public education work, and professional education initiatives that focus on strengthening the parenting skills, knowledge and confidence of parents.

[www.atozkidsstuff.com](http://www.atozkidsstuff.com)

Provides lesson plan themes, monthly calendars, educational activities, and free downloads.

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

A place to find classroom management resources, children's songs and poetry, planning tools, and free lesson plans.

[www.everythingpreschool.com](http://www.everythingpreschool.com)

A place to find lesson plans, art, songs, thematic units and book reviews.

[www.hummingbirded.com](http://www.hummingbirded.com)

Features lesson plan ideas, message boards and links.

[www.theideabox.com](http://www.theideabox.com)

Offers games, songs, kid recipes, craft ideas, and message boards.

[www.preschooleducation.com](http://www.preschooleducation.com)

Themed activities for the pre-school and kindergarten classroom.

[www.preschoolprintables.com](http://www.preschoolprintables.com)

A place for teachers to print free calendars, classroom news, awards, bulletin boards, file folder games, charts, and so forth.

[www.recipes4learning.com](http://www.recipes4learning.com)

Includes free recipes, crafts, learning games, songs, and poems for kids.

## Internet Sites for Early Literacy Programming Resources

[www.dltk-kids.com](http://www.dltk-kids.com)  
[www.preschoolprintables.com](http://www.preschoolprintables.com)  
[www.coloringbookfun.com](http://www.coloringbookfun.com)  
[www.atozkidsstuff.com/twelcome.html](http://www.atozkidsstuff.com/twelcome.html)  
[www.preschoolrainbow.org/preschool-rhymes.htm](http://www.preschoolrainbow.org/preschool-rhymes.htm)  
[www.enchantedlearning.com/Home.html](http://www.enchantedlearning.com/Home.html)  
[abcteach.com](http://abcteach.com)  
[www.cfc.efc.ca](http://www.cfc.efc.ca)  
[www.creation.com](http://www.creation.com)  
[www.getreadytoread.org](http://www.getreadytoread.org)  
[www.childfun.com](http://www.childfun.com)  
[www.readinga-z.com](http://www.readinga-z.com)  
[www.pbs.org](http://www.pbs.org)  
[www.kidsdomain.com](http://www.kidsdomain.com)  
[pals.edschool.virginia.edu/activities/index.efm](http://pals.edschool.virginia.edu/activities/index.efm)  
[www.janbrett.com](http://www.janbrett.com)  
[www.crayola.com](http://www.crayola.com)  
[www.totcity.com](http://www.totcity.com)  
[www.sesameworkshop.com](http://www.sesameworkshop.com)  
[www.preschooleducation.com](http://www.preschooleducation.com)  
[www.babyparenting.about.com](http://www.babyparenting.about.com)  
[www.americainbaby.com](http://www.americainbaby.com)  
[www.divine\\_design.biz/childcareinfo](http://www.divine_design.biz/childcareinfo)  
[www.kididdies.com](http://www.kididdies.com)  
[www.lessonplanspage.com](http://www.lessonplanspage.com)  
[www.perpetualpreschool.com](http://www.perpetualpreschool.com)  
[www.earlychildhood.com](http://www.earlychildhood.com)  
[www.preschooexpress.com](http://www.preschooexpress.com)  
[www.familycrafts.about.com](http://www.familycrafts.about.com)  
[www.first-school.ws](http://www.first-school.ws)  
[www.toddlerstoday.com](http://www.toddlerstoday.com)  
[www.123child.com](http://www.123child.com)  
[www.chezlorry.ca](http://www.chezlorry.ca)  
[www.parentsoup.com](http://www.parentsoup.com)  
[www.cps.ca](http://www.cps.ca)  
[www.educationworld.com](http://www.educationworld.com)  
[www.teachersguide.com](http://www.teachersguide.com)

## Annex 4: Potential Funding Partners

### Federal

Contact	Organization	Phone	Fax	E-mail
Marie Josee Denis <i>Program Consultant</i>	Health Canada <a href="http://www.hc-sc.gc.ca">www.hc-sc.gc.ca</a>	1-800-561-3350 514-496-8652	514-496-8176	<a href="mailto:marie-jose_denis@phac-aspc.gc.ca">marie-jose_denis@phac-aspc.gc.ca</a>
Jennifer Hamilton <i>Senior Advisor</i>	Canadian Heritage <a href="http://www.pch.gc.ca">www.pch.gc.ca</a>	514-496-7218	514-496-1553	<a href="mailto:Jennifer.Hamilton@pch.gc.ca">Jennifer.Hamilton@pch.gc.ca</a>
Diane Lepage <i>Program Officer</i>	Services Canada <a href="http://www.servicecanada.gc.ca">www.servicecanada.gc.ca</a>	1-800-463-1757 ext 228 418-962-5501	418-962-8301	<a href="mailto:diane.lepage@servicecanada.gc.ca">diane.lepage@servicecanada.gc.ca</a>
Monique Joyce <i>Administrative Assistant</i>	First Nations Inuit Health Branch	1-877-483-1575	514-283-3806	N/A
David On <i>Project Agent</i>	Young Canada Works	514-844-9571 ext 3241	514-844-0226	<a href="mailto:david.on@fccq.ca">david.on@fccq.ca</a>
Johanne Bourgeois <i>Manager</i>	Human Resources and Skills Development Canada	819-934-6324	819-956-6868	<a href="mailto:johanne.bourgeois@hrsdc-rhdsc.gc.ca">johanne.bourgeois@hrsdc-rhdsc.gc.ca</a>
Stéphane Lacroix <i>Director General</i>	Society d'aide de developement collectif (SADC)	418-962-7233 1-877-962-7233	418-968-5513	<a href="mailto:sadcdg@globetrotter.net">sadcdg@globetrotter.net</a>
Danielle Desmeules <i>Joint Management Secretary Committee</i>	Public Safety Canada and Security Quebec	418-646-8855		<a href="mailto:prevention.criminalite@msp.gouv.qc.ca">prevention.criminalite@msp.gouv.qc.ca</a>
Thomas Szalay <i>Regional Director</i>	Canada Economic Development for Quebec Regions <a href="http://www.dec-ced.gc.ca">www.dec-ced.gc.ca</a>	1-800-968-3426 418-968-3426	418-968-0806	<a href="mailto:szalay.Thomas@dec-ced.gc.ca">szalay.Thomas@dec-ced.gc.ca</a>
Norman Rowen <i>Director of Research and Evaluation</i>	Pathways Canada <a href="http://www.pathwayscanada.ca">www.pathwayscanada.ca</a>	418-860-3708	418-860-9899	<a href="mailto:nrowen@pathwayscanada.ca">nrowen@pathwayscanada.ca</a>
Robert Langlais <i>Project Manager</i>	Building Canada Fund / Infrastructure Canada <a href="http://www.mamrot.gouv.qc.ca">www.mamrot.gouv.qc.ca</a>	418-691-2005 ext 3126	418-644-8957	<a href="mailto:robert.langlais@mamrot.gouv.qc.ca">robert.langlais@mamrot.gouv.qc.ca</a>

**Provincial**

Caroline Dube <i>Agent de development...</i>	Forum Jeunese Cote-Nord	418-294-6057	418-296-5707	<a href="mailto:carolinedube@forumjeunessecotenord.org">carolinedube@forumjeunessecotenord.org</a>
Jude Brousseau <i>Councillor en developpement social</i>	Conference Regional de Elus-CRE  <a href="http://www.crecotenord.qc.ca">www.crecotenord.qc.ca</a>	418-587-5110 ext 4	418-539-5817	<a href="mailto:jude.brousseau@crecotenord.qc.ca">jude.brousseau@crecotenord.qc.ca</a>
Denis Miousse <i>General Director</i>	Centraide Duplessis <a href="http://www.unitedway.ca">www.unitedway.ca</a>	418-962-2011	418-968-4694	<a href="mailto:centraidehcnmn@globetrotter.net">centraidehcnmn@globetrotter.net</a> <a href="mailto:administration@centraideduplessis.org">administration@centraideduplessis.org</a>
Olimpu Marginean <i>Agent de developpement</i>	Quebec en Forme <a href="http://www.quebecenforme.com">www.quebecenforme.com</a>	418-838-8871 ext 222	418-838-5387	<a href="mailto:hpotvin@quebecenforme.org">hpotvin@quebecenforme.org</a> <a href="mailto:omarginean@quebecenforme.org">omarginean@quebecenforme.org</a>
Roxanne Grenon <i>Project Development</i>	Ministere de la Famille et des Aines <a href="http://www.mfa.gouv.qc.ca">www.mfa.gouv.qc.ca</a>	1-866-640-9919 ext 2	418-646-9342	N/A

## Annex 5: Steering Committee

Name	Organization	Home/Office	Email
Eileen Schofield Principal	Commission Scolaire Du Littoral (CSL)	(418) 379-2107 (418) 379-2101	<a href="mailto:spschool@gmail.com">spschool@gmail.com</a>
Vincent Joncas	Adult Education Commission Scolaire Du Littoral (CSL)	(418) (418) 461-2810	<a href="mailto:vjoncas@csdulittoral.qc.ca">vjoncas@csdulittoral.qc.ca</a>
Wanda Beaudoin	CSSSBCN	(418) (418) 461-2144 ext.413	<a href="mailto:Wanda.Beaudoin@ssss.gouv.qc.ca">Wanda.Beaudoin@ssss.gouv.qc.ca</a>
Melissa Roberts Board Member	Centre de la Petite Enfance Mer et Mousse	(418) 379-2686	<a href="mailto:melissa_draper@hotmail.com">melissa_draper@hotmail.com</a>
Janice Robertson Board Member	Coasters Association Inc.	(418) 773-2486 (418) 773-2444	N/A
Cornella Maurice Executive Director	Coasters Association	(418) 379-2024 (418) 379-2356	<a href="mailto:coasters@globetrotter.net">coasters@globetrotter.net</a> <a href="mailto:cornellamaurice@globetrotter.net">cornellamaurice@globetrotter.net</a>
Kimberly Buffitt Development Agent (non -voting rights)	HSSNPI	(418) 379-2901 (418) 379-2356	<a href="mailto:hssnpi@globetrotter.net">hssnpi@globetrotter.net</a>
Hugh Maynard Consultant (non- voting rights)	Qu'anglo Communications & Consulting	1-877-782-6456 x 704 450-829-2636	<a href="mailto:hugh@quanglo.ca">hugh@quanglo.ca</a>
Johnnie Belinda Cluff Project Manager (non--voting rights)	Qu'anglo Communications & Consulting	1-877-782-6456 x 705 450-264-3158	<a href="mailto:jbc@quanglo.ca">jbc@quanglo.ca</a>
Kimberly Organ ECD Coordinator (non-voting rights)	Coasters Association Inc.	(418) 773-2296	<a href="mailto:ocean2@globetrotter.net">ocean2@globetrotter.net</a>

**Total: 10**