

# Childinü Oxford

## Newsletter

WINTER 2019

Childinü Oxford is a strength based service strengthening children's potential through a family centered practice. Childinü Oxford provides support to families with children with diverse needs, up to age twelve throughout Oxford County's Licensed Early Learning Programs. Childinü Oxford views children as citizens of today with rights and responsibilities and as being capable of complex thinking.

Families will be respected as experts on their children and be included in planning desired outcomes for their child.

Please visit our website:

[childinuoxford.com](http://childinuoxford.com)



### **Childinü Oxford Referral Process...**

- ◆ Parent referral
- ◆ Referral by Physician or
- ◆ Community Agency with written Parental consent.

Referrals may be received in person, by phone, mail, fax or email to:

Jeff Bushell, Acting Supervisor Childinü Oxford  
Good Beginnings Day Nursery  
375 Finkle Street / 519-421-0687 Ext. 122  
[jeff@goodbeginningsday.com](mailto:jeff@goodbeginningsday.com)

### **THE IMPORTANCE OF ADULTS SUPPORTING CHILDREN WITH THEIR WELLNESS AND RESILIENCY**

Adults can be positive role models, and help children learn friendly activities to help contribute to their wellness, and to help build their resiliency. When adults cope well, children learn important skills such as learning how to:

- ü calm down a little more easily
- ü show empathy towards someone else
- ü help someone who may need assistance or be in need
- ü demonstrate more confidence
- ü persevere
- ü look at different ways to approach a challenge/ problem

ü **ENJOY TIME TOGETHER & BUILD HEALTHY RELATIONSHIPS!**

*Resource: [info@reachinginreachingout.com](mailto:info@reachinginreachingout.com)*

### **Childinü Oxford Surveys**

Your views are important to us.

Childinü Oxford will be circulating "Family Surveys" and "Child Care Programs/Community Services Surveys"

**between March 4th & March 22nd.**

**Please return them by March 29th.**

Your feedback is *confidential*, and will help us in planning Childinü Oxford. Completed surveys can be submitted to Childinü Oxford Resource Consultants or emailed to [jeff@goodbeginningsday.com](mailto:jeff@goodbeginningsday.com)

We appreciate your input.

**Thank you!**

# Childinü Oxford

Books that are available on loan through your Resource Consultant.

Children's books of reference we encourage you to read:

Listening to My Body  
(Gabi Garcia)

I Can Handle It!  
(Laurie Katz)

The Colours of Us  
(Karen Katz)

All Kinds of Families  
(Norma Simon)

It's Okay to be Different  
(Todd Parr)

Not a Box  
(Antoinette Portis)

The Owl Who Was Afraid of the Dark  
(Jill Tomlinson)

The Invisible String  
(Patrice Karst)

A Boy and A Bear  
(Lori Lite)

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## Sibling Workshop

Save the Date: May 4, 2019

Location: Tillsonburg

Sibling workshop is a fun event for children 8-12 yrs. who have a sibling with diverse needs.

For more information or to register contact:

Margot Staley at [margot@goodbeginningsday.com](mailto:margot@goodbeginningsday.com)

or 519-842-9008 Ext 235



## Bounce Back & Thrive!

A new program for parents & guardians with children under 8 years

**Presented by:** Childinü Oxford

**Hosted by:** Early ON Oxford and Children's Aid Society of Oxford

**When:** Fridays—March 22 to May 31, 2019  
(excluding April 19)

**Time:** 1:15 pm—3:00 pm

**Location:** Early ON Oxford  
21 Market Square, Woodstock

*Pre registration necessary for program and childcare*

For more information or to register contact:  
Barb Emms at [barb@goodbeginningsday.com](mailto:barb@goodbeginningsday.com)  
or 519-421-0687 Ext 124

"Bounce Back & Thrive!"

You will learn skills:

To help you and your children "bounce back" from everyday stresses and hard times

To relieve stress and calmly solve problems and conflicts

To help your children handle disappointment, anger frustration

To help your children feel good about themselves, confident and hopeful about the future.

YOU are the best person to help your children learn to

**"bounce back & thrive"**

because you know them better than anyone.