



# THE TOOLBOX

INTEGRATION SUPPORT SERVICES – SUMMER 2015

## IMPORTANT

If you have a child that was born in 2011, they may be entering Kindergarten in the fall. Make sure to register them before the end of June.

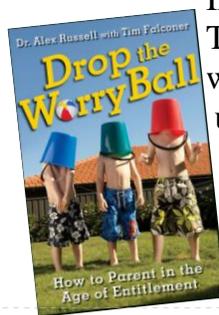
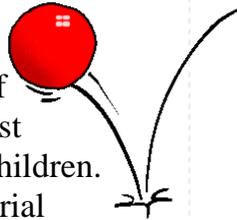
## ANXIOUS TIMES

THIS NEWSLETTER IS DEDICATED TO ANXIETY. ANXIETY IS SOMETHING THAT AFFECTS US ALL AT ONE TIME OR ANOTHER AND THE WAYS WE COPE WITH IT INFLUENCE OUR DAY TO DAY INTERACTIONS. PLEASE FIND A SPECIAL ARTICLE HIGHLIGHTING FUNDING ON PAGE 5. READ ON TO LEARN MORE! PLEASE ENJOY!  
— I.S.S. STAFF

**“THERE ARE ONLY TWO WAYS TO LIVE YOUR LIFE. ONE IS AS THOUGH NOTHING IS A MIRACLE. THE OTHER IS AS THOUGH EVERYTHING IS A MIRACLE.” — ALBERT EINSTEIN**

## DROP THE WORRY BALL: PARENTING IN THE AGE OF ENTITLEMENT

How do you avoid being a helicopter parent and raise Well adjusted, truly independent children? In an age of entitlement, where most kids think they deserve the best of everything, most parents are afraid of failing their children. Not only are they all too willing to provide every material comfort, they've also become overly involved in their children's lives, becoming meddling managers rather than sympathetic advocates. Children are falling behind from developing the building blocks of anxiety. They need to adapt to reality and parents are protecting their children from the realities by not giving them the chances to deal with anxiety.



In Drop the Worry Ball, authors Alex Russell and Tim Falconer offer a refreshing approach to raising well adjusted children who are also dependent and unafraid to make mistakes. (to see an example from Dr. Russell's book please continue to page 2).

## 16 TORONTO AVE. BUILDING UPDATE

In mid March both the **South River** Children's Services and Ontario Works offices were temporarily relocated to 140 Ottawa Street in South River (the lower level of the Medical Centre) for ongoing building renovations. Payments for Child Care and supporting documents for Ontario Works can be dropped off at this location. The main building is undergoing some major construction with an addition to the front of the building. They were backfilling the footings the week of June 8-12 and will likely begin building the new exterior walls in the near future.



## FEELINGS – WORD SEARCH



### Find-A-Feeling



WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED  
NERVOUS  
AFRAID  
CAUTIOUS  
CONFUSED  
ECSTATIC  
EXCITED

ENRAGED  
HAPPY  
ANGRY  
FRUSTRATED  
BORED  
JEALOUS  
WORRIED

HOPEFUL  
PROUD  
CONFIDENT  
LONELY  
SHOCKED  
HOPELESS  
SAD

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(Continued from page 1...)

**Example from Dr. Russell's book:**

This is a story of a child who is visiting the local park with his parent. The parent sits on the bench with her latte and the child ventures off to the sandbox. Another child comes along and that little girl has come equipped with all of the up to date sand toys imaginable. Well, this little boy brought no toys and tries to have the little girl give him some. She declines and he hits her on the head with one of her fancy sand sieves. His parent is busy on the bench reading her magazine and does not take notice. The other parent goes to this little boy and says that he should not have done that and that her little girl is sad and hurt. Now the boy's mother takes notice of her son being disciplined. How would that parent feel?

That parent could feel angry that her son is being disciplined by someone else; guilty that she did not bring any sand toys for him; and/or embarrassed that he hit her. The best thing for that child in that moment would be to have his parent do nothing so that he learns. Children need to learn to manage their own issues and parents need to be courageous to not get off the bench. Avoid any faces from on-lookers who feel you should get off the bench and afterwards you can go over and thank the other parent later.

## FREE DEVELOPMENTAL SCREENINGS

Our program offers FREE developmental screenings from ages 0-6. Please contact Integration Support Services and ask to speak with a Resource Teacher to book an appointment ...

West Parry Sound – 1-866-850-8855  
East Parry Sound - 1-800-563-4201





## LEARNING TO LET GO

Modern worries, anxieties and an outdoor world which is less child friendly than ever before has led to a risk averse culture, full of overbearing health and safety policies which fail to weigh the benefits of a given activity against the risks involved. Fear of injury, illness, mishap and litigation is causing many people to be overly cautious with their children or the children in their care.

As adults we need to be aware of any real hazards and invisible risks that children can't see such as broken glass on an otherwise clean lawn or a malfunction on a piece of playground equipment. Because children do not see the hazards, they cannot risk assess them. Protecting children from hazards is the responsibility of adults. Providing opportunities for children to experience age appropriate risk is also the responsibility of adults.

I WISH I WAS A KID AGAIN,  
BECAUSE SKINNED KNEES  
ARE EASIER TO FIX THAN BROKEN HEARTS.

Parenting experts say that children who are encouraged to take reasonable, safe risk with the guidance and support of their parents as they leave their comfort zone, tend to grow in confidence, are willing to make mistakes, and use each failure as an education.

It's important for parents to keep a child's personality and style in mind when encouraging them to take healthy risks. Parents need to gauge their child's attitude toward risk taking. Some children are very fearful, some are middle of the road and some are daredevils who love to take risks.

At real play children are in charge, instinctively making hundreds of decisions as they assess and determine the levels of risk they want to take, physically, emotionally and socially: mastering, day by day, an increasing repertoire of skills, adding to their bank of experience.

Children need the make believe world of play to experience and master the fullest range of challenges and their emotional responses to them as a series of lessons for the world they will eventually have to negotiate for real. Through play, children not only acquire confidence but also an awareness of limits and boundaries. They learn how to be safe.

Excerpts from:

Raising Young Risk-Takers: Why It's Worth A Parent's Time To Encourage Kids To Challenge Themselves, by Edie Raether

Risky play prepares kids for life, by Adrian Voce

How Does Learning Happen? Ontario's Pedagogy for the Early Years. Ministry of Education



# CHILDREN AND ANXIETY

## GENERALLY SPEAKING

It is very typical of children to have anxieties and fears. As babies we are in fear of uncertain situations, people, noises or separation of parents. As a preschooler one may present fears of the dark or being alone. School age children tend to be anxious more around supernatural things like ghosts, social situations, failure, tests, etc



## QUESTIONING

We all have something that makes us feel uncomfortable. So if it is “normal” to have these fears and anxieties when does one begin to become concerned for their child?

## ANXIETY LEVEL

A good tip is to look at the anxiety level. The difference between normal fears and anxiety disorders is the severity of the anxiety. While feeling anxious is a natural reaction to stressful situations, anxiety becomes a concern when it interferes with a child’s ability to handle everyday situations, or prompts him/her to avoid things that most people his/her age enjoy.



## SUPPORT

So how can one support a child with anxiety? Sharing concerns with a counselor, school guidance worker, Pediatrician, Occupational Therapist, family doctor or anxiety clinic are all great resources to seek support from.





## MORE WAYS TO SUPPORT YOUR CHILD THROUGH ANXIETY ARE...

- To acknowledge your child's fear – don't dismiss it or ignore it. It is real.
- To gently encourage and practice the things he/she is anxious about. We want to try not to push children to face the situations but instead make mini "baby steps" towards being able to cope or move through the feelings so they can be successful during their attempts.
- Practice coping skills at optimal times. Using visuals as reminders for ways to cope may be useful. (Breathing, counting to 10, thinking of happy things).
- If you can prepare a child for an event that you know will be stressful; it may be beneficial to do so. A visual schedule, social story, and/or a conversation of what will be expected of them, what they will do or see are always helpful in allowing the child to gather info to best understand and cope with the stressful situation or feeling.
- Praise your child for attempting to work through his anxiety, rather than criticizing or teasing. Support each effort.
- Model. How you react to bugs for example is a direct visual template of how your child may react.

Try to remember to take a deep breath and see the positive in your child and yourself. You can move through this, and so can they!

References:

[http://Raisingchildren.net.au/articles/anxiety\\_and\\_fears.html](http://Raisingchildren.net.au/articles/anxiety_and_fears.html)  
<http://www.childmind.org/en/posts/articles/2010-11-24-how-parent-anxious-kids>



## INTRODUCTION TO FUNDING SOURCES

The following is information on provincial funding sources available to applicable families. Each newsletter we will add to this list and explore additional funding sources.

### SPECIAL SERVICES AT HOME (SSAH)

The Special Services at Home program helps families who are caring for a child with a developmental or physical disability. It is funded and managed by the Ministry of Community and Social Services.

The program helps families pay for special services in or outside the family home as long as the child is not receiving support from a residential program. For example, the family can hire someone to:

- help the child learn new skills and abilities, such as improving their communications skills and becoming more independent
- provide respite support to the family - families can get money to pay for services that will give them a break (or "respite") from the day-to-day care of their child

The amount of money a family receives depends on:

- the type and amount of service the child needs
- what other help is available in the community
- what kind of support the family is already receiving

### HOW TO APPLY FOR YOUR CHILD

1. Download and complete an application form: [PDF](#)  
<http://www.children.gov.on.ca/htdocs/English/documents/topics/specialneeds/specialservices/SSAHApplication.pdf>
2. Attach a medical statement or psychological assessment to your application. It should describe the disability and explain why you need the services and how much it will cost.
3. Mail the completed application form and the medical assessment to your nearest [regional office](#).

### MORE INFORMATION

Contact the [regional office](#) nearest you and your Resource Teacher for an application.



# COMMUNITY EVENTS & DATES TO REMEMBER

## SOUTH RIVER & AREA

June 24, 2015

Santa's Village Field Trip, Bracebridge  
\$15 admission with coupon from Early Years

June 27, 2015

Adventures with Dad's Day  
Legacy Life Centre (Beside Valumart in Burk's Falls)  
10am-12:30pm - FREE

**Registration Required**; Contact Carolann at 705-386-2387 ext 8986

July 1, 2015

Canada Day & 125<sup>th</sup> Burk's Falls Birthday Celebration  
Stand Darling Park 11:30am-2:30 pm  
FREE BBQ & Cake cutting  
Music by Sean Cotton

Firework Display @ Dusk

Burk's Falls Agricultural Fairgrounds

July & August – 3 Separate Sessions

Swimming Lessons at Sundridge Lion's Park  
Monday-Friday 10:30-12:30 (lesson lengths vary)  
\$40/child per session  
Please contact Betty Ann @ 705-384-5316 or in person at the Sundridge Village Office

Every Saturday

Almaguin Kids Club @ 10:30 am  
Burk's Falls, Armour, Ryerson Union Public Library  
FREE for ages 12 and under  
Activities including: Crafts, Games, Story Time, & Wii  
Sign up at the Library TODAY!

## PARRY SOUND & AREA

June 26, 2015 & Every Friday until September 4, 2015

Rosseau Market 9am-2pm  
Lake Rosseau Waterfront Park

June 29, 2015 & Every Tuesday Following

Summer Market 10am-3pm  
Parry Sound Library

July 10-12, 2015

Muskoka Pioneer Power Show  
Bracebridge Fairgrounds  
\$5 admission  
12 and under are FREE

July 5<sup>th</sup>-13, 2015

License Free Fishing Week

Every Saturday

Kids Zone  
Parry Sound Public Library (2-4pm)  
FREE for ages 12 and under  
Activities including: Crafts, Games, Story Time, & Wii  
Sign up at the Library TODAY!

Summer Only – Thursday Mornings in July & August

Kids Story Hour & Craft  
Parry Sound Public Library 10:30 am- 11:15 am  
This program is FREE and membership is not required

**\*\*FOR INFORMATION ON EVENTS IN YOUR COMMUNITY  
PLEASE CONTACT YOUR LOCAL TOWNSHIP/ TOWN OFFICE  
AND OR WEBSITE\*\***

### FREE Dinner Program Ontario Early Years Centre

Parenting Resources,  
Children's Resources,  
Workshops,  
Learning Activities,  
Stories, Songs and crafts

### Wednesdays

4:30 to 7:00 p.m.

WHERE: M.A. Wittick Public School,  
Burk's Falls

Free Program for parents and caregivers with preschool children  
0-6 years of age.

Transportation may be available!

For more information please call 1-866-850-8855/705-746-9522

All welcome

### FREE Dinner Program Ontario Early Years Centre

Parenting Resources,  
Children's Resources,  
Workshops,  
Learning Activities,  
Stories, Songs and crafts

### Thursdays

4:30 to 7:00 p.m.

WHERE: 79 Ottawa Street, South River

Free Program for parents and caregivers with preschool children  
0-6 years of age.

Transportation may be available!

For more information please call 1-866-850-8855/705-746-9522

All welcome

### FREE Dinner Program Ontario Early Years Centre

Parenting Resources,  
Children's Resources,  
Workshops,  
Learning Activities,  
Stories, Songs and crafts

### Wednesdays

4:30 to 7:00 p.m.

WHERE: 64 Waubeek Street, Parry Sound

Free Program for parents and caregivers with preschool children  
0-6 years of age.

Transportation may be available!

For more information please call 1-866-850-8855/705-746-9522

All welcome