

I hope family centre programs

- Learning Together Through Play (LTP)
- Parent Child Mother Goose (for info call 604-988-5281, local 333 or check on line)
- Parent Education
- Counselling & Building Family Bonds Program
- Breastfeeding & Post Natal Support Group
- Clothing Exchange at Maplewood

I hope family centre resources

- Infant Development Consultant
- Speech Language Pathologist
- Nutritionist
- Community Health Nurse
- Dental Hygienist
- North Van City & District Libraries
- Bilingual Staff (Farsi/English)

I hope family centre

Empowering all families in their role as the primary caregivers of children.



Promoting Young Children's Healthy Development and School Readiness.

10 Guidelines*

1. Be warm, loving and responsive.
2. Respond to child's cues and clues.
3. Talk, read and sing to your child.
4. Establish routines and rituals.
5. Encourage safe exploration and play.
6. Make TV watching selective.
7. Use discipline as an opportunity to teach.
8. Recognize that each child is unique.
9. Choose quality child care and stay involved.
10. Take care of yourself.

**Source: The First years Last Forever parenting booklet, a component of the I Am Your Child campaign. Distributed in Canada by the Canadian Institute of Child Health.*

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I hope family centre, located at:
101-255 West 1st Street
North Vancouver, BC



399 Seymour River Place
(adjacent to Maplewood Farm)
North Vancouver, BC

Phone: 604-988-5281

Email: family@familyservices.bc.ca

Website: www.familyservices.bc.ca

Check website for current schedules



I hope family centre

**North Shore Families
Learning Together**



Family Services of the North Shore

**Together, building a
safe, strong community**

I hope family centre

Are you looking for a place where you and your child can play together, meet other families, and participate in activities that will help you grow and develop together? Would you like to get to know people trained to help you support and encourage your child as he or she grows?

Then welcome to the **I hope family centre**, a community hub that delivers programs and services to promote wellness and the optimal development of children birth to age six.

I hope family centre recognizes that all families need resources and support regardless of economic or social circumstances and believes that diversity in the community enriches child development.

The early years from birth to six provide a "window of opportunity" for early brain development. Through play and validating responses from a parent/caregiver, children receive nurturing and stimulation that can have a lasting effect on their physical, emotional and intellectual development.

Learning Together Through Play (LTTP)

LTTP is the centre's core program. This play-based early childhood development program takes place in a stimulating, literacy-enriched setting, and includes many different centres for learning. Each session includes free play, circle and snack time with appropriate transitioning from each activity modeled by staff.

Hours of Operation

Please refer to our monthly calendar at www.familyservices.bc.ca for times and upcoming guests to our centre.

Cost

There is no fee thanks to our generous sponsors and donors.

Staff

Staff are ECE trained, experienced, competent and committed to working with parents, caregivers and young children.

Who is Welcome

Parents, caregivers, grandparents and children under the age of six are welcome to attend. If you or your child has a contagious ailment (cough, runny nose, eye infection, rash, etc.) please refrain from attending until your family is well. Please report any outbreaks of contagious diseases to staff (chicken pox, measles etc.)

Older siblings are welcome to visit with their families provided the centre is quiet and that the older child is not ill. Staff may ask families with older children to leave if the program becomes busy so families with appropriately aged children can participate.



Children may not be babysat at the centre by a person under the age of nineteen, as the centre could be held liable for accidents if the babysitter is a minor.

Community Spirit

We ask families to enter into the spirit of community by helping to keep the centre a clean and pleasant environment. Please help us by washing your coffee cup and your child's snack dishes or placing them in the dishwasher.

Snack

Coffee and tea are available by donation and each family is encouraged to donate a piece of fruit or vegetable to share at snack time. Snack time is a pro-social time where children are encouraged to sit on chairs at the table with their parent/caregiver and sample the snack provided. Apart from a drink, please refrain from bringing other foods into the centre.

Centre Guidelines

1. Supervise your children at all times. Support them by sitting on the floor with them at circle time and participate by singing and modelling the actions. If this is difficult for either of you please inform a staff member.
2. The capacity of the centre is 35 people including staff at West 1st, and 45 at Maplewood. When we reach this number there will be a sign on the door stating we are closed for safety and enjoyment for all. If the child to adult ratio is enlarged or there is an abundance of very young children, the capacity may decrease at staff's discretion. Due to the popularity of our program, we ask families to attend only two or three sessions per week.
3. Our professionally qualified staff are available to support you in your role as a parent or caregiver, to answer your questions and provide quality programs – they are not child minders.
4. Expose your children to all play experiences by showing them how to play safely & appropriately.
5. Encourage your children to pick-up and clean-up before moving on to another activity. This is good modeling and will instill positive behaviour at home.

