



YMCA

The Parent Page

Winter 2011



tilt, an unevenness, and a rolling quality...sort of like life itself.”
- Margaret

Spontaneous creative play relaxes us and focuses our attention, so that we can experience our own creativity. In the same way as children engage in the reverie of spontaneous play, we, as adults, rediscover the joy and importance of play and creativity.

Play develops curiosity and self-determination.

Play encourages us to follow our own intuition and satisfy our curiosity. We find out about the world through self-active exploration and determination, both of which develop naturally through active creative play.

“As I was playing with the materials, I imagined myself back in my grandmother’s time and this was my one-room school house (pointing to her structure). This is the first time as an adult I was able to follow my imagination and do this. I play with my children, but I only follow their imagination, not my own.”
- Doris

Following play, we talk about our experiences. Focusing first on the physical play, we share what we did, how we used the materials, what thoughts or feelings we had as we played, and whatever associations are summoned by our play. Reflecting and sharing aloud about our play experience validates us and the importance of play in relationship to creativity. Our play reveals new knowledge of our world and new potential for us as learners.

Play builds knowledge of ourselves and social relationships.

Play provides a safe way to explore different roles and to express other facets of our personalities. New connections are made.

“At first I didn’t want to do this. But then as I got started...all of my inner feelings started to come out. With kids, you put your feelings on the back burner and deal with their feelings. Then, you realize that you have to take a moment for yourself.”
- Linda

Continued...

Let’s Play with Our Children!

By Walter F. Drew

For the past two years I have been involved with creative play workshops for parents: hands-on play experiences for adults. Using an abundant variety of unusual recycle materials, as well as clay, blocks, and paint, we play, sometimes alone, sometimes with others. Adults, we fiddle and explore with stimulating materials, using them in different ways for organizing, building, arranging, or otherwise creating unique three-dimensional patterns and designs which no one has ever seen before.

“The colours attracted me...as did the idea of building something. I began to put the pieces out one at a time, according to how the colours looked together. The construction has a

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“Your community’s best source of child care information and resources”

*the YMCA CCRR is funded by the
Province of British Columbia*

Play builds self-esteem and a sense of personal power.

Hands-on, self-directed, satisfying play teaches us to believe in our own inspirations. We can plan, make decisions, experience control, and express our ideas through creative activity.

"You have to believe in yourself and focus your imagination on what your goal is, then you can accomplish it...say, 'This is me! I can do it!'" - Geraldine

It is up to us as parents to observe, listen, and interact with our children in play to better understand the importance of their instinctive, spontaneous, creative play, and to engage in play ourselves. We can make our children's play hearty, enjoyable, and safe, through our companionship and encouragement.

Play enables us to focus and develops our power of concentration.

Play relaxes us and helps us to focus. The experience of being absorbed in a pointed play activity develops our capacity to concentrate and leads to a sense of fulfillment and a feeling of productivity.

"At first, I found that things that worked before didn't work today. But as I continued to work at it, I became engrossed in the play and forgot everything else. How often this happens to children! I see why they enjoy their play so much."

- Rita

Each of us, child or adult, has a developmental need to experience our creativity through play. It is essential, not only to understand, but to represent, to express this capacity through form and action, and, in turn, to value and help develop that ability within our children. But first we as adults must be aware of that power within ourselves.

Play builds the foundation for success and personal competence.

The richer the play experience, the richer the potential for understanding and self-expression. Fantasy play is important in forming this base of experience.



"I tried to think of how these dowels could represent people; I stood some up. As people they looked beautiful. I had tall ones, short ones, some are heavy. I love people and we have all kinds of people to deal with. I see all kinds of people here."
- Hattie

Play teaches us to value differences.

Through play we come to see the natural diversity in what other people make, think, say, and feel. We learn to value differences rather than fearing them.

"I kept looking at others' stuff and thinking, 'What can that be?' Then I thought about how awful it is to ask a kid, 'Matt, what are you making?' or 'What is it?' It doesn't have to be anything in particular, it can just be." - Julie

Play is the heart of rejuvenation.

Play allows us to see things differently. Messing around with recycle materials, blocks, paint, and clay is fun. Making playfulness part of our daily lives facilitates quality time.

"I didn't know what to do with the materials, so I just listened to the music and then my mind started to wander faraway and I began building a castle. I felt very peaceful and calm as I was playing and building." - Marilyn

Let's play with our children! Let's take the time to relax and play for our own well-being! Through creative play everyone learns in their own way, exploring, thinking, discovering. We don't have to know all the answers; we don't have to be certain of what needs to be done next. In play we acknowledge our willingness to be equal, to not know, to learn with our children. We interact with an attitude of "What happens if..." or "I wonder if...?"

By playing as adults—by ourselves or in collaboration with others—we learn again to value the play and creative energy of children.

Walter F. Drew is the founding director of the Institute for Self Active Education and the Boston Public Schools' Recycle Center in Boston, Massachusetts. He is also the creator of Dr. Drew's Blocks.

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SHARE Family & Community Services in partnership with Fraser Health presents

Nobody's Perfect Parenting Program

A free program to help parents develop their parenting skills, and learn more ways of supporting their children's health and development. For parents with children (0-5 years of age), living in the Tri-Cities.

Winter 2011 Schedule

When: Fridays, January 14–February 18, 2011

Time: 12:30–2:30 p.m.

Location: Mountain View Family Resource Centre,
699 Robinson Street, Coquitlam

When: Mondays, February 14–March 28, 2011

Time: 10:00 a.m.–12:00 p.m.

Location: SHARE Clarke St. Family Resource Centre,
2615 Clarke Street, Port Moody

For registration and information, please call Arshia Bakhshandeh at 604-937-6971

Coquitlam Centre, the Coquitlam Public Library, School District 43 and the Tri-Cities ECD Committee present:

Family Learn and Play Event

Imagine, play and learn through math, stories, song, arts and more! For children 3–10 years old. Parent supervision is required.

When: Last Wednesday of each month

Time: 6:00 p.m. to 8:00 p.m.

Location: Coquitlam Centre Mall (by The Bay)

Spirit of the Children Society

Aboriginal Infant Development Program

Spirit of the Children Society is an Aboriginal non profit society serving families in the Burnaby, New Westminster, and Tri-Cities area.

The Aboriginal Infant Development Program provides home visits for one to one support, and helps parents plan goals for their child's development, connecting families to community resources and program.

Call 604-524-9113 for additional information and a referral form.

www.SOTCS.ca

BC Council for Families

Family Writes The Story Contest for Kids and Grownups

Does your family have a favourite story? One that gets told—and retold—at every family gathering?

Enter the BC Council for Families storytelling contest online at www.bccf.ca/contest/nfw2010. You have until December 31st to enter your 200-500 word story.

For additional information, email bccf@bccf.ca



Tri-City Transitions Society

Secrets to Fatherhood

The Tri-City Transitions Society is offering an 8 week parenting program just for dads. You will learn about different parenting styles, conflict resolution, why children misbehave and much more.

When: Mondays, January 24–March 14, 2011

Time: 6:30 p.m.–8:30 p.m.

Location: 200–2540 Shaughnessy Street, Port Coquitlam

To register, or for more information call 604-941-7111

Parent/Child Mother Goose is a partnership between CCRR and Step-By-Step Child Development Society.

Parent-Child Mother Goose

A program for parents and their children (0-4 years of age) focusing on the pleasure of nurturing through rhymes, songs and stories.

Children improve their early language and social skills, while parents learn new ways of dealing with their children's cranky, fussy times. Free (healthy snacks provided)

When: Mondays, January 17 to March 7, 2011

Time: 10:00 a.m.–11:30 a.m.

Location: Tri-Cities YMCA CCRR

1130 Austin Ave, Coquitlam



For registration and additional information, please call 604-931-3400



Family Fun!

Hyack Christmas Parade of Lights

Columbia Street, New Westminster

Saturday, December 4, 2010

Begins 4:00 p.m.

The Hyack Festival Association proudly presents a parade with bands playing Christmas music and floats featuring reindeer, elves, candy canes and toys. The parade is a swirl of colour and lights that is not to be missed. Enjoy a hot chocolate and cookies at the Tree Lighting at Hyack Square, which follows the parade.

www.hyack.bc.ca

Light up the Square: A Lantern Affair



Saturday, December 4, 2010

1120 Brunette Avenue, Coquitlam

4:00 p.m.-7:00 p.m.

Festive Fun for All Ages!

This free holiday event is a lantern affair, complete with fun activities and performances for the whole family. Make a glowing lantern to deck Place des Arts' Leonore Peyton Salon and take a tour of Mackin Museum and visit with Père Noël.

For additional information call 604-664-1636.

Christmas Open House

Sunday, December 5, 2010

Burnaby Lake Regional Park, Nature House

(located at the end of Piper Ave. off Winston St.)

1:00 p.m.-3:00 p.m.

Enjoy a guided winter walk along forested trails to discover wildlife in the park and learn about the lake and its history. Afterwards, enjoy activities and complimentary refreshments.

Call 604-520-6442 for additional information.

Christmas Choir Concert

McGill Library

4595 Albert St. Burnaby

Thursday December 16, 2010

1:30 p.m.-2:00 p.m.

Enjoy Confederation Park Elementary School's Christmas Choir performing favourite holiday songs. Free.

For additional information call 604-299-8955.

Get Messy at the Discovery Centre!

Ongoing

788 Quayside Drive, New Westminster

Uncover the amazing stories of the river at our archaeological dig. *Expect to get your hands dirty!*

If you wish to book a guided tour

contact 604-521-8401.



Family Fun Nights

January 25, 2011

Port Moody Public Library

6:30 p.m.-7:30 p.m. (last Tuesday of the month)

Explore the letters of the alphabet through stories, songs, and an easy craft. Build important pre-reading skills and take home some fun activities. Ages 3-6 with parent/caregiver. Free.

For additional information contact Shannon Ozirny, at 604-469-4635.



Chinese New Year

February 3, 2011

Gung Hay Fat Choy!

Snowflakes are one of nature's most fragile things, but just look what they do when they stick together.



~Verna M. Kelly