



Bowen Island  
**FAMILY PLACE**

---

**April 2 2020**

Dear families,

Now that the newness of social distancing and staying home is becoming the norm, I'm sure everyone is settling into their own family routine and thinking of fun things to engage in. I've included some online activities in this email that you can enjoy with your child. Of course, fresh air and outside play is so important too and I encourage you to get outside each day and embrace the weather no matter what...I'll share some ideas next time for outside play. The resources from the previous newsletter will continue to be included in upcoming newsletters so you'll have ready access to the information.

I continue to work reduced hours from home and am available Monday to Thursday mornings via [email](#) if you'd like to connect.

Wishing you all good health,  
Tracy

### **ACTIVITIES FOR YOU AND YOUR CHILDREN TO CONNECT OVER**

#### Children's authors reading their books aloud

Many of Romper's favorite authors and illustrators, from Josh Gad and Mac Barnett to Oge Mora, Annie Barrows, Eva Chen, Sophie Blackall, Rowboat Watkins, and Jan Brett have taken to the internet to perform "[Operation Storytime](#)," reading their stories online for your (kids') enjoyment.

#### Audible stories

Kids everywhere can instantly stream an incredible [collection of stories](#), including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet.

## The Kitchen Table Art Project

There is nothing quite as fun as talking and making art with others. Even though we're staying home right now, we can still sit around our kitchen tables and talk, make art and laugh.

Come join Nicholas Wilton and guests every Wednesday from 12pm to 1:30pm PDT to talk, make some art and laugh.

Each week on his Sunday Vlog he will be [sharing an idea](#) that can be a starting place for talking, sharing and creating. Then on Wednesday, he will be hosting on the live Kitchen Table Art Project event where people can connect with one another. No matter if you are artsy or not or have limited supplies, just grab what you have and have fun with your children in a virtual group activity.

## **LIVESTREAMS TO ENJOY WITH YOUR CHILD**

[Museums](#)

[Zoos](#)

## **UPCOMING WEBINARS**

By Dr Vanessa Lapointe

*Resilience in a Time of Fear: How parents can be in charge of how their kids respond and grow through COVID-19*

Friday, 3 April 2020

6:00 PM – 8:00 PM PDT

[Register here](#)

*Co-parenting during COVID-19*

Monday, April 6 2020

6:00 PM - 8:00 PM PDT

[Register here](#)

## **HOW CAN WE TALK TO KIDS ABOUT COVID-19?**

...by being “realistically reassuring”.

Here are a few [suggestions](#) from the Canadian Paediatric Society to help build the resilience that we all need to get through this.

## **ANSWERING YOUR YOUNG CHILD'S QUESTIONS ABOUT CORONA VIRUS**

Here are some [age-appropriate responses](#) to the common questions a toddler might have about coronavirus.

### **FAMILY SUPPORT STILL AVAILABLE**

Family Services of the North Shore's Family Support Counsellor, Kim Laforest, is working remotely at this time and is available by phone to continue offering parents support, education and resources.

During these uncertain times when families may be feeling socially isolated and anxious about the future, parenting can be especially hard; Kim is available to support you in enriching the relationship between you and your child.

To contact Kim directly, please call 236-982.9870 (cell).

**VACCINATIONS ON THE NORTH SHORE** Vaccination appointments have been suspended until Family Place reopens. Vancouver Coastal Health believes that it's important for vaccinations for infants, toddlers and kindergarten children to continue on schedule and at this time are continuing some of their clinics the North Shore. For more information about this, please contact the on-call nurse at 604-983-6754.

Andrea Firth, the community health nurse who visits Family Place will not be available for phone calls or emails at this time. However, if you have any questions or concerns about your child's health or development, parenting or breastfeeding please contact the on-call nurse at 604-983-6754.

### **BREASTFEEDING SUPPORT**

Phone support continues to be available while Family Place programs are suspended and includes education and support for all feeding choices. This service is sponsored by The Caring Circle and Family Place.

Contact:

Jasmine Cairo: [jascairo@icloud.com](mailto:jascairo@icloud.com) or 604-710-0656

Alicia Hoppenrath: [aliciahoppenrathrmt@shaw.ca](mailto:aliciahoppenrathrmt@shaw.ca) or 778-996-5911

### **PACIFIC POST PARTUM SUPPORT SOCIETY**

Pacific Post Partum Support Society supports mothers and their families experiencing postpartum/perinatal distress, depression and anxiety.

The Pacific Post Partum Support Society staff are currently working from home to continue providing support. Please call in if you need support at 604-255-7999. Messages are being checked every half hour during their regular operating hours and someone will get back to you.

For more information about their services and hours of operation, please see their [website](#).

Their most recent [blog](#), **A Note in Uncertain Times**, is a helpful read focusing on self-care and what it can look like in the middle of a pandemic; it's a good read whether or not you are experiencing postpartum depression or anxiety.

## **NORTH SHORE CRISIS SERVICES SOCIETY**

Offers confidential phone support and emergency services for women and children in abusive relationships.

### 24 Hour Women's Support Line

Contact SAGE House or talk to somebody 24 hours a day, 7 days a week:  
604-987-3374

### 911

If you and/or your children are in imminent danger, please contact 911 before contacting the 24 hour support line and the RCMP will assist you to a safe location.

### For 24-hour information and support in other languages

Call VictimLINK: 1-800-563-0808

During the Covid-19 situation NSCSS will continue to support clients, and will continue to maintain the day to day operations of North Shore Crisis Services Society with staff working remotely or on an essential services schedule.

For more information, visit the [website](#); please know that the website has features where you can delete your browsing history from each page.

## **RECENT RECALLS**

Various two-piece children's sleepwear sets by Sporting Life brand recalled due to flammability hazard

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/72663r-eng.php>

## **UPDATES ON NOVEL CORONA VIRUS**

VCH Medical Health Officers, provincial partners and the Public Health Agency of Canada continue to actively monitor the situation regarding COVID-19. For more information, [VCH's web page](#) will continue to be updated as new information becomes available on the status of cases in British Columbia.

## **PROGRAMS**

**FOR THE HEALTH AND WELLBEING OF ALL OUR PARTICIPANTS AND THE WIDER COMMUNITY, PROGRAMS ARE SUSPENDED UNTIL FURTHER NOTICE**

**FAMILY PLACE**

Monday to Thursday from 9:00am to noon

Potluck snack for children at 10:30am

Tea/coffee provided

**BABY CONNECTIONS**

Friday from 11:00am to 1:00pm

Snack, Tea/coffee provided for adults

**DADDY AND ME**

Saturday from 9:00am to noon

Brunch provided for children and adults

Tea/coffee provided

Coffee is generously donated by the Snug Café

**Programs are closed on Statutory Holidays**

**CONTACT**

Tracy McLachlan

Program Coordinator

[coordinator@bowenlandfamilyplace.com](mailto:coordinator@bowenlandfamilyplace.com)

604-947-2717 (Ext 2)