



## Cameray Child & Family Services

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We are a non-profit agency serving Burnaby and  
New Westminster residents since 1972.

### MISSION STATEMENT:

*Cameray Child & Family Services is a community-based agency committed to the strengthening of individuals and families through a spectrum of services including counselling, education, outreach, and advocacy.*

### FUNDED BY:

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# Cameray Newsletter

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## The Benefits of Sports for Children



Sports provide a unique opportunity for children to acquire physical, social and personal benefits that help them throughout their lives. Research has found that participation in sports can have a healthy developmental impact on young children. These activities promote cooperative play, teamwork, and good sportsmanship while helping to refine motor skills. Sports help children get along with and become accepted by others, including peers, family members, teachers and coaches. In addition, through positive feedback, team play builds self-esteem, helping your child realize that he or she is capable of accomplishing significant achievements.

Benefits for girls have been of particular interest to researchers. The President's Council on Physical Fitness and Sports reports many developmental benefits of participating in youth sports for girls, including increased self-esteem and self-confidence, healthier body image, significant experiences of competency and success, as well as reduced risk of chronic disease. Furthermore, female athletes "do better academically and have lower school dropout rates than their nonathletic counterparts."

The Women's Sports Foundation lists many ways that sports specifically benefit female athletes. These include their being less likely to become pregnant as teenagers, less likely to begin smoking, more likely to quit smoking, more likely to do well in science, and more likely to graduate from high school and college than female non-athletes. Female athletes also tend to take greater pride in their physical and social selves than their sedentary peers; they are more active physically as they age and suffer less depression. For later in life, recreational physical activity has proven to decrease a woman's chances of developing breast cancer and it helps prevent osteoporosis.

The benefits are the same whether or not your child actually excels at the sport. Although if they are really good they will probably want to continue playing when they are older. Regardless of any future goals or prospects, playing sports should be an enjoyable experience for both children and parents. Too often, the pressures of advancement take precedence over the many dynamic aspects of sport. Fortunately for parents, sports offer so much more than competition, and they can be assured knowing their time and investments will most certainly foster lifelong rewards. Plus, sports are just plain fun and for a child, that is the greatest reward of all.

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Two essential things that children strive for are attention and respect. One of the most effective ways of achieving this is through sport. It offers them an arena where they can earn attention and respect by exerting their natural abilities. Sports are essentially about speed, strength, coordination, vision, creativity, and responsiveness. These are necessary physical and cognitive attributes for developing youth. Athletics involve all aspects of the human being, and research proves that kids who participate in organized sports do better in school, have better interpersonal skills and are generally healthier.

Participation in sports not only provides opportunities for leadership and socialization, but also the development of skills for handling success and failure. Kids who play sports quickly learn that sometimes you win and sometimes you lose. They learn to be a good sport in both situations. It also helps them learn to deal with disappointment and go on. Moreover, when playing games, children learn how rules work. They see how groups need rules to keep order, that the individual must accept the rules for the good of the group and that rules entail a consideration of the rights of others.

The family is both the fundamental unit of society as well as the root of culture. It is a perpetual source of encouragement, advocacy, assurance, and emotional refueling that empowers a child to venture with confidence into the greater world and to become all that he can be.

Marianne Neifert

## Donor Highlight Vancity

Vancity has awarded a Community Project Grant for our ACTS Program to provide mentors with training and experience in working with elementary schools students who need assistance and guidance.

The dinner homework clubs are held in four elementary schools. There are approximately 40 students per week in the program with nine mentors assisting. When the elementary students transition to high school, they connect with the mentors who make the transition easier.

We are very grateful to Vancity for this grant that enables us to take the program to the next level.

## Modeling Good Listening Skills for Effective Communication

Parents play an essential role in building children's communication skills because children spend more time with their parents than with any other adult. Children also have a deeper involvement with their parents than with any other adult, and the family as a unit has lifelong contact with its members. Parents control many of the contacts a child has with society as well as society's contacts with the child.

Listening is not a school subject like reading and writing. Many of us seem to feel it comes naturally and that as long as we can listen to directions on how to find the restroom, nothing more needs to be said.

The latest studies reveal that listening is a significant part of school learning and is one of our primary means of interacting with other people on a personal basis. It is estimated that between 50 and 75 percent of students' classroom time is spent listening to the teacher, to other students, or to audio media.

According to research on listening skills, being a good listener means focusing attention on the message and reviewing the important information. Parents can model good listening behavior for their children and advise them on ways to listen as an active learner, pick out highlights of a conversation, and ask relevant questions.

Sometimes it helps to "show" children that an active listener is one who looks the speaker in the eye and is willing to turn the television off to make sure that the listener is not distracted by outside interference.

*Here are some guidelines for modeling good listening skills when interacting with children:*

### Be interested and attentive.

Children can tell whether they have a parent's interest and attention by the way the parent replies or does not reply. Forget about the telephone and other distractions. Maintain eye contact to show that you really are with the child.

### Encourage talking.

Sometimes children need an invitation to start talking. You might begin with, "Tell me about your day at school." Children are more likely to share their ideas and feelings when others think they are important.

### Listen patiently.

People tend to think faster than they speak. With limited vocabulary and experience in talking, children often take longer than adults to find the right word. Listen as though you have plenty of time.

### Hear children out.

It is best to avoid cutting children off before they have finished speaking. It is easy to form an opinion or reject children's views before they finish what they have to say. It may be difficult to listen respectfully and not correct misconceptions, but respect their right to have and express their opinions.

### Listen to nonverbal messages.

Many messages children send are communicated nonverbally by their tone of voice, their facial expressions, their energy level, their posture, or changes in their behavior patterns. You can often tell more from the way a child says something than from what is said. When a child comes in obviously upset, be sure to find a quiet time then or sometime that day to help explore those feelings.

*To improve communication with children, it may also be helpful to:*

### Share your thoughts.

Share what you are thinking with your child. For instance, if you are puzzling over how to rearrange your furniture, get your child involved with questions such as, "I'm not sure where to put this shelf. Where do you think would be a good place?"

### Avoid dead-end questions.

Ask children the kinds of questions that will extend interaction rather than cut it off. Questions that require a yes or no or right answer lead a conversation to a dead end. Questions that ask children to describe, explain, or share ideas extend the conversation.

### Reflect feelings.

An important skill for a good listener is the ability to put themselves in the shoes of others and understand their feelings. As a parent, try to mirror your children's feelings by repeating them. You might reflect a child's feelings by commenting, "It sounds as if you're angry at your math teacher." Restating or rephrasing what children have said is useful when they are experiencing powerful emotions that they may not be fully aware of.

~

Adults, parents, and teachers set a powerful example of good or poor communication. Communication skills are influenced by the examples children see and hear. Parents and teachers who listen to their children with interest, attention, and patience set a good example. The greatest audience children can have is an adult who is important to them and interested in them.

[www.kidsource.com](http://www.kidsource.com)

## Corner

### Recipe

## Red & Green Salad

### INGREDIENTS:

- 1 can of whole kernel corn
- 1 can of peas
- 1 can of kidney beans
- 1/2 cup minced red onion
- 1/2 cup chopped celery
- 1/2 cup sliced radishes
- 1 cup creamy salad dressing
- 2 tablespoons milk

### DIRECTIONS:

1. Drain the corn, peas and kidney beans and combine them in a large bowl.
2. Add the chopped red onion, celery and radishes to the medley.
3. In a separate bowl, whisk together the salad dressing and milk (or cream).
4. Add the dressing mix to the salad medley and toss it around for even distribution. Refrigerate overnight.

[www.allrecipes.com](http://www.allrecipes.com)



## Announcements



Congratulations to Jacky Gruter-Andrew who has posted into a permanent counsellor position.

Welcome to Kat Fong, new Victim Assistance Worker in our New Westminster office.

Welcome back Jody Moore, who has returned from maternity leave to the Parenting Support Program.

Congratulations to Janine Sakai who posted in the temporary counsellor position at our Burnaby office.

Welcome to Bernadette Yngreso, new practicum student working in the Parenting Support Program.

*Camery says goodbye and good luck to...*

Amy Stewart, Victim Support Worker from our New Westminster office, who is on leave.

Karen Cooper, counsellor from our New Westminster office, who was on maternity leave.

Kristina Lee, counsellor from our New Westminster office, who was on maternity leave.