

**PLEASE NOTE OUR
NEW ADDRESS:
12852—141 Street**

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WELCOME MESSAGE

from Barb Reid, Executive Director

Best wishes to all new and returning families and staff of GRIT.

I hope that each of you have had opportunities this summer for fun, relaxation and time with family and friends. Making the change from summer to a new school year can be both exciting and a challenge. For me, this change is about the need to strike a balance to juggle the demands of routines in every-day life without letting go of time for play and fun! As "care-givers", whether we are parents or professionals, we know that healthy adults are key to being present and responsive in our interactions with children.

So, I invite each of you to hold onto the

moments of summer that brought you joy and continue to find ways to nurture yourself as we swing into fall.

This summer has also brought GRIT tremendous joy as we have moved in to our new home. We are so grateful to the community spirit of so many individuals and local businesses. I welcome each of you to our home and look forward to getting to know you over the weeks ahead.

Perhaps your family may join us for our **grand open house, Friday Oct. 3rd**. See more information on Page 2.

**“Coming together is a beginning;
keeping together is progress;
working together is success.”**

~Henry Ford



GRIT PLATINUM SPONSORS



Upcoming Events!



You're Invited!

The GRIT Program is proud to invite you to our
GRAND OPENING CELEBRATION

• **BBQ** • **FAMILY FUN** • **TOURS** •

We're excited to show off our newly renovated space and continue our work supporting children with developmental disabilities, families & community partners in our new home!



When?

FRIDAY,
OCTOBER 3, 2014

Time?

3:00 PM
TO 5:00 PM

Where?

12852 141 ST
EDMONTON, AB

RSVP

gritprog@
gritprogram.com

We're so excited!

Friday, July 25th, Minister of Alberta Culture and MLA Heather Klimchuk awarded GRIT a \$125,000 CFEP (Community Facility Enhancement Program) grant to ensure our new home is all that it can be for the children and families we are so proud to serve!

Reminder: Our new address is:
12852—141 Street, Edmonton
T5L 4N8



Right to left:

Kyle Goertzen, (Fund Development and Communications, GRIT) Barb Reid (Executive Director, GRIT), Minister Heather Klimchuk, Blake & Joelle Arsenault (GRIT Board Member and current family)

Community Learning Workshops Fall and Winter 2014-15

A workshop calendar has been planned for the full year and we are very excited about the sessions that will be offered. **Parents**, please attend any workshop of your choice as each is designed with you in mind—check out the childcare services info below! We will also be offering an evening workshop series with a variety of topics with parents in mind.

Workshops are facilitated by a diverse group of GRIT staff, alumni parents, and outside speakers, who each contribute valuable expertise to our learning community. Plan to join our learning community of GRIT parents, staff and kindergarten and playschool teachers.

This September we are focusing on providing information on the Pyramid Model. GRIT is using this model to promote social and emotional development and provide quality early learning opportunities for all children. **Staff and families may attend workshops on the day of their choice this month.**

SEPTEMBER COMMUNITY LEARNING WORKSHOPS
Tuesday, September 23 OR Wednesday, September 24
AM—Building Positive Relationships
PM- High Quality Supportive Environments



****Check your Community Learning Workshop calendar for more information.****

Most workshop days are labeled **core and option** to **best** meet the individual learning needs of new and experienced staff. Workshops alternate between Tuesdays and Wednesdays. **See the Community Learning Workshop Calendar for details of workshops for the full year!!**

It is important **staff** attend the designated **core or option** workshop as indicated below.

CORE workshops are intended for staff in their first two years of employment with GRIT. Topics ensure participants are introduced and familiarized with GRIT's values.

OPTION workshops are planned for staff that have worked with GRIT more than two years. They are intended to further enhance learning.

Upcoming Workshops:

Saturday, September 20



Emergency First Aid with Level A Cardio Pulmonary Resuscitation including Child Resuscitation. For parents and staff. Register as soon as possible.

Saturday, October 18 Sign

Language-Basic Sign From 9:30 am to 3:30 pm at the GRIT office, We are pleased to facilitate a fun, innovative workshop with activities and stories.



Onsite Childcare for Community Learning Workshop Series:

GRIT is pleased to provide skilled childcare providers to support parents who are interested in attending Community Learning Workshops.

If you plan to use childcare to attend a workshop, please note:

A weeks notice will help us to ensure appropriate care is available to meet individual children's needs. To register—please call Maria at 780-454-9910, ext. 300

- ☺ Childcare will be provided to the GRIT child and siblings
- ☺ Childcare staff will be available from 8:45 am to 11:15 am in the mornings and 12:45 - 3:15 pm in the afternoons
- ☺ Parents will be responsible for providing lunch for their children and administering of any medication

GRIT Updates—Cont'd.

GRIT Car Seat Inspection

Clinic **Mandatory* for all developmental specialists to attend.*



Note: All car seats must be inspected with the child in the car seat to determine appropriate fit and safety of the child.

Thursday, September 11 at the GRIT office from 9:00 am to 12:00 pm or 1:00 to 3:00 pm. First come, first serve.

Wednesday, September 17 at the GRIT office from 9:00 am to 12:00 pm or 1:00 to 3:00 pm. First come, first serve.

Please bring the car seat instructions and the vehicle owner's manual to the inspection.

Staff Updates:

WELCOME

Erinn Sliwkanich, Behavioral Coach, GRIT Plus

Julie Steinke, Resource Coordinator (a.m)

Returning from maternity leave:

Lisa Davies, Coordinating Teacher—Green Team.

Lisa Kohel, Speech Language Pathologist - Purple Team.

Christa Lucyk, Occupational Therapist - Blue Team

GRIT's Voicemail System

We hope you will find the system user friendly, while leaving confidentiality messages directly with GRIT staff.

During office hours of 8:30 am to 4:00 pm your call will be directed as needed by Pat or Leslie.

After hours the system will give the caller three options:

1. If you know the extension of whom you are calling, enter the number now.
2. If you would like a directory of staff, press 411, (or check your orientation folder).
3. Press zero to leave a message in the general mailbox.

Toy Procedures

Our Librarian, Barb Round, is working hard on a new inventory system for our toys and resources. Please bare with us as we get this new system up and running for us, by early September.

A few changes with the new system are:

An ID card is required to sign in/out any resources on the computer—no more hand written forms!

All barcodes will have a location on where the item belongs for easy access.

For more information, see page 12 in your Guide to Programming booklet.

Getting to Know "Our Language"



Getting Ready for Inclusion Today inspiring inclusive futures

GRIT Board

GRIT is a non-profit society and the Board of Directors is the legal operator. The executive director is responsible for program operations and reports to the Board. The Board is comprised of both parent and community representatives. We invite you to meet our Board members at the Annual General Meeting (AGM) in October.



Jayson Barclay
Board President



PUF—Program Unit Funding



This funding is accessed through Alberta Education and is the primary source of funding for The GRIT Program.

Child's Educational Team is made up of the parents, coordinating teacher, developmental assistant (DA), speech & language (SLP), occupational (OT) and physical therapists (PT).

Developmental Assistant (DA)

This individual provides an essential role on the team by supporting the individual learning needs and participation of children in everyday routines at home, in their community and school. In addition, they assist in providing a rich, quality learning environment for all children.

Individual Program Plan (IPP)

is required by Alberta Education for each child in the program. This document states the learning goals for the child and family. The IPP is developed by the child's team in October/November and updated in the spring.



Family Visits

A home visit involving the active participation of parents and team members focusing on a topic of importance for the family.

ASaP Continuum Project- (Access, Supports and Participation)

Through the work of the ASaP project team, GRIT has adopted a "Teaching Pyramid Model", to support the skills, knowledge, and confidence of early learning and care staff in community programs to support inclusion of all children (i.e., child care).



Parent 2 Parent

This is a parent group that offers parents opportunities to meet, share knowledge and experiences, and build new friendships. It is facilitated by our Family Support Social Worker.

Community Learning Workshops (CLW)

Every month learning opportunities are provided for GRIT parents, staff, and community partners. Topics are offered in a fun and interactive learning environment. GRIT offers onsite childcare for these sessions or will reimburse parents for childcare in their home for any sessions they attend.

GRIT Updates—Cont'd.

Developmental Specialist Awards

At our June luncheon three awards were presented to the following DSs.

- ☞ **Peer Appreciation Award**—**Laura Blakley** nominated by her peers *in recognition of someone who has gone the extra mile, willingly extended support, encouragement and mentorship to enhance the work of her peers*
- ☞ **Leadership Award**—**Rhonda Misanchuk & Julie Steinke** *In recognition of an individual who has consistently demonstrated exemplary performance of GRIT's core values each year*
- ☞ **—Rookie Award**—**Kathy McCartney** *In recognition of a first-year developmental assistant who has demonstrated outstanding commitment and application of learning throughout the year.*

Congratulations Ladies!

September and October at a Glance

September 1	<i>Labor Day—Program closed</i>	October 3	Open House (3:00—5:00)
September 2	First Day of Programming/School	October 3	Parent 2 Parent ? Play House Pals (am/pm)
September 4	Kindergarten Orientation (evening)	October 10	Parent 2 Parent (am & pm) Play House Pals (am & pm)
September 11	Car Seat Clinic (am & pm)	October 13	<i>Thanksgiving Day—Program closed</i>
September 17	Car Seat Clinic (am & pm)	October 17	Parent 2 Parent (am & pm) Play House Pals (am & pm)
September 19	Parent 2 Parent (am & pm) Play House Pals (am & pm)	October 18	Sign language (all day)
September 20	CPR—Parents & New Staff (all day)	October 21	Community Learning Workshops (Core)
September 23	Community Learning Workshops	October 22	Community Learning Workshops (Option)
September 24	Community Learning Workshops	October 24	Parent 2 Parent (am & pm) Play House Pals (am & pm)
September 26	Parent 2 Parent (am & pm) Play House Pals (am & pm)	October 27	Annual General Meeting (evening)
		October 31	Parent 2 Parent (am & pm)

Creative Corner—Getting to Know Your Child

The first few weeks of September are a great time to get outside and enjoy the weather while getting to know the child you are working with.

Kites and Streamers

Take a paper bag. Decorate it by drawing with markers and using stickers. Staple or glue on streamers made from long strips of crepe, tissue paper or ribbon to the bottom of the bag. Add a string to the top of the bag.

Have fun by taping on streamers to a tongue depressor or a stick. You can also decorate them.



Start a scrapbook or portfolio

Create a portfolio by folding over long pieces of scrap laminate or cardboard to make a pocket and staple. Staple or bind 10 pockets together to save child's artwork by the month. You can also glue artwork into a scrapbook to save and give to the parent at the end of the year.



Decorate the child's bike or wheelchair

Decorate with streamers, ribbon, paper chains and your imagination. It is a fun project that the two of you can do together.

Go to the Playground

You can walk or ride to the park flying the kite and streamers. Bring along some bubbles, sidewalk chalk and a few sand toys.

Some new friends might want to play too and you can help with the interactions.

Nature Treasure Hunt

Go on a walk and gather different objects from nature. Talk about the different textures; smooth, hard, rough, soft etc. Bring back the items and make a collage. You can also put them in a small bin with some small plastic people or animals.

Make an "All about Me" book about the child

The child can draw a picture of him/herself. Draw a big oval shape and the child can glue on little pictures of eyes, nose, mouth and ears. Use wool for hair. Make pages of his/ her favorite things. The child can glue pictures of his favorite foods cut from grocery store flyers and favorite toys from catalogs or flyers. Different items, shapes and textures can be used to glue on a page with his/her favorite color. The child can color a page featuring his/her favorite TV show. Use your imagination. The book can be stapled together and we also have a binding machine that can be used at the office.



Play dough

Making your own play dough is so much fun. Here are some recipes.

You need:

- 2 cups all purpose flour
- 2 tablespoons vegetable oil
- 1/2 cup salt
- 2 tablespoons cream of tartar (optional but it helps preserve it)
- Up to 1.5 cups boiling water (adding in increments until it feels just right)

food coloring
Add the food coloring and oil to the water so that it will blend in better. Mix it up. Make sure it is cool before the child starts to play with it.

Kool-Aid Play dough

You need:

- 2 1/2 cups flour
- 1/2 cup salt
- 2 (4g.) packages unsweetened Kool-Aid
- 2 c. boiling water
- 3 tablespoons oil

Mix the water, oil and Kool-Aid together and add to flour/salt mixture. Knead until soft.

Make sure that it is cool before the child starts to play with it. Store in an air-tight container or in a zipper locked plastic storage bag. Have fun playing with it without any other implements. Later add tools such as rolling pins and cookie cutters.



You Belong at Parent2Parent!



A safe welcoming environment to share your story and connect with other parents who share the lived experience of raising a child with a disability. Parents are each others best resource.

Come get informed, get connected, have fun, and have the opportunity to build meaningful relationships. See your orientation package for registration details.

Facilitator: Leah McRorie, Alumni GRIT Parent, Gateway Association
Co-facilitator: Leanne Rose, GRIT Social Worker and Family Support

Please join us for the Fall Session
Friday, September 19 to November 28
Mornings from 9:30-11:00
Afternoons from 1:00-2:30

Parent Information and Learning Opportunities

GRIT will reimburse parents for participating in some learning opportunities outside of GRIT.

(Please call or email Leanne, GRIT Family Support Social Worker, for more information)

Alberta Early Years Conference 2014



Save the Date! | October 6-7, 2014
Edmonton Marriott at River Cree Resort

ALBERTA EARLY YEARS CONFERENCE 2014

Register now for Early Bird Rate:

Only \$349*

**Regular rate \$449. Early Bird Rate is limited to first 150 registrants.*

For concurrent sessions and description, please visit the website: www.albertaearlyyears.ca/concurrent-sessions

Alberta Early Years Conference 2014

A Parent Evening with Larry Cohen

Sunday, October, 2014,

6:00—8:30 PM,

Edmonton Marriott @ Rive Cree Resort

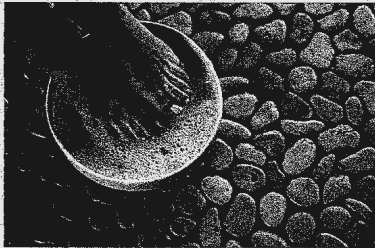
The Opposite of Worry—the playful parenting approach to childhood anxieties and fears
All children have some worries and anxieties—and these are on the rise. Participants will understand the operation of the Security system (alert, alarm, assessment and all clear!) and learn about the opposite of worry in our children's bodies, thoughts, emotions, behaviors and relationships. We will look at parent worries too!

Lawrence J. Cohen, PhD, is a psychologist, author, speaker and consultant living in Boston, MA. His books have been translated into fourteen languages. Playful Parenting is an award-winning book about nurturing close connections, solving behavior problems, and encouraging children's confidence. In addition to his work with children and parents, he consults with schools, afterschool programs, corporations, and has a general psychotherapy practice.

Parent Information and Learning Opportunities Con't...

Gateway Association's 15th Annual Women's Retreat

****For women who are the primary caregiver of loved ones living with an intellectual disability****



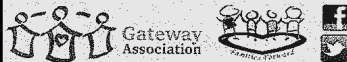
**SAVE THE DATE! Come and enjoy
some 'You' time...**

Date and Time

6pm Friday Oct 17th to 11am on Sunday Oct 19th

Location

Star of the North Retreat Centre
Centrally located in St. Albert
www.starofthenorth.ca



Cost:

Friday night to Sunday morning \$200

Saturday to Sunday morning \$135

Saturday—Day only \$99

Weekend includes:

~ Wine and cheese meet & greet

~ Esthetics *At additional cost

~ Massage *At additional cost

~ Aromatherapy baths

~ Popcorn & movie night

~ Reiki

Plus much more!

To Register or for Info:

780-454-0701 extension 101

info@gatewayassociation.ca

Registration Deadline:

October 10, 2014

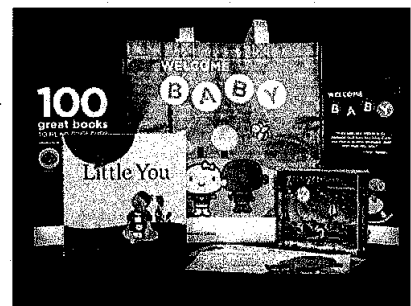


GIVE YOUR BABY THE GIFT OF A LIFETIME!

As a parent or caregiver, you can open up a world of possibilities by **reading, talking, singing, writing and playing** with your baby every day.

EPL's **Welcome Baby** program provides you with powerful early literacy tools and resources - essential for your baby's happy and healthy development. Visit any Public Health Centre in Edmonton for your baby's **two-month immunization** and receive a **free Welcome Baby package**, which includes:

- A board book: *Little You* by Richard Van Camp
- A CD: *Zoom Zoom Cuddle and Croon* by Kathy Reid-Naiman
- A tote bag
- *100 Great Books to Read Together* booklet
- Other great early literacy resources to support your baby's learning and development.



Get your baby a **free library card** at any [EPL location](#). Children under 24 months also receive:

- A **second** board book (available also in French)
- An illustrated *Welcome Baby* song and rhyme booklet
- *100 More Great Books to Read Together* booklet

Check out EPL's popular *Welcome Baby* song and rhyme booklet in 5 world languages [here!](#)

That's not all! Help your baby develop into an active learner by discovering books, music, culture and play. Check out our [fun-filled, drop-in, early literacy programs](#) at any EPL location. Best of all, **it's all FREE!**

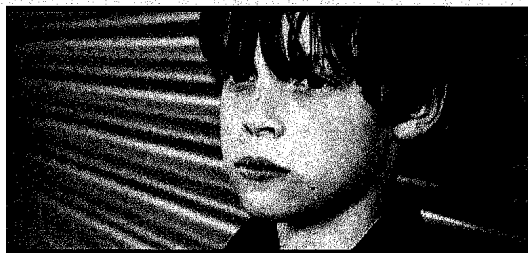
Give your baby the gift of a lifetime and get your baby a free library card today!

It's better to
build boys than
to mend men!

Edmonton
November 22, 2014

Past participants can register
for a refresher at 50% off

BOY SMARTS ACTION TALK



RATHER than suppressing a boy's high-spirited physicality and aggression, or his sensitive and shy reluctance, learn constructive ways to respond to his varied needs so he can express himself in safe and respectful ways.

LEARN how to listen beyond your son's frustration and anger to connect with him, and to understand his deeper needs.

LEARN how to advocate for your son at school to ensure that he receives optimal support and guidance.

**TAKE ADVANTAGE OF EARLYBIRD SPECIALS:
DISCOUNT FOR INDIVIDUALS &
REGISTER 4 PEOPLE FOR THE PRICE OF 3**

BARRY MACDONALD is a skilled educator, author, and Registered Clinical Counsellor, who will expertly lead you through the corridors of boyhood. His highly practical and positive approach will inspire you to mentor your son to be successful at school, and become a man of courage and compassion.

REGISTER AT WWW.MENTORINGBOYS.COM

Does your child have cerebral palsy have difficulty falling asleep?

We would like to let you know about an ongoing **research project** "Providing the Best Sleep Environment for Children with Cerebral Palsy".

Dr Cary Brown and Risha Dutt from Department of Occupational Therapy, University of Alberta, will soon be recruiting parents of children between the ages of 2-10 years old who have cerebral palsy for a research study.

The study is to test the usefulness of the *Children's Best Bedroom Environment for Sleep (CBBES) Manual for Parents*. The manual is intended to help parents learn about the effect of environmental factors on sleep and how to change their child's bedroom environment to promote better sleep.

If you would like more information, please contact Risha Dutt (rdutt@ualberta.ca).



Thank You

Since our humble beginning, when five families searched for better resources for their children, we've seen remarkable growth and development as an organization.

We're now proud to work with close to a hundred families each year. Our reach extends into early learning and care programs, community coalitions and levels of government. We help families by providing educational resources and support to ensure each child's development reaches it's fullest potential. We are a strong voice in Edmonton for the right of all children to fully participate in family, community and school life.

As we look back, we give a huge "Thank You!" to everyone who's been with us through this journey!

In looking ahead, we know our continued growth is with the support of our wonderful families, GRIT Alumni, our community, and everyone who plays a role in making a difference in the lives of so many children. Children who have the right to be included in their family and community.

As we continue to grow in all that we do, we ask that you might lend your support. Please consider making a donation to GRIT in honour of a loved one, as a gift for a friend, or simply because together we can create a compassionate future for everyone.

You can donate by completing the form below and mailing it to GRIT, or at www.gritprogram.com.

Thank you so much for helping inspire an inclusive future for our children!

✂

I would like to donate: \$25.00 \$50.00 \$100.00 \$250.00 Other: \$-

I'm paying by: Cheque Cash Visa MasterCard

Credit Card #: _____ Exp: ____ CSC: ____ Make this a monthly gift

Name on Card (please print): _____ Signature: _____

In Honor/Memory of: (please print): _____ Please send me a card

Name: _____ Address: _____

City: _____ Prov.: _____ Postal Code: _____

Phone: _____ E-mail: _____

Please do not acknowledge my donation publicly.



Getting Ready for Inclusion Today (The GRIT Program)
12852—141 Street, Edmonton, AB T5L 4N8 Charity Registration #: 131527723RR0001