

## Happy August Everyone!



George Jeffrey Children's Centre is currently re-opening to the public on a gradual basis. New guidelines will be in place to ensure the safety and well-being of all clients, staff and visitors. George Jeffrey Children's Centre and the Adolescent Program continues to be thinking about all of our Youth Friends!

If you have a concern or question for your therapist, please call reception at (807-623-4381 ext. 0) and they will connect you with the appropriate staff member.

To remain up-to-date check our website ([www.georgejeffrey.com](http://www.georgejeffrey.com)) and the Facebook page. The April, May, June and July Youth Newsletter is also on our website if you would like to check it out for information on Social Distancing, Routines, Water Activities, Internet Safety, Self-Care, March of Dimes (MOD), Ontario Disability Support Program (ODSP), and Recreation Activities.

**We would like to hear from you for our next edition! We would like to include pictures of things you have been doing over the past few months! From artwork, to playing with siblings, to hanging out with your family! If you want to be included in the next Newsletter, please email them to [info@georgejeffrey.com](mailto:info@georgejeffrey.com); include your name and why you enjoy doing that activity!**

If there is something you would like to see in the next newsletter or questions you may have, please go to this survey: <https://www.surveymonkey.com/r/FBYF2LM>

### IN THIS EDITION

1. Centre Update
2. Drawing Contest!
3. Being a Good Friend – From a Distance!
4. Behaviour Management Strategies
5. Recreation Corner

## Drawing Contest!

**You have a chance to have YOUR artwork featured on the George Jeffrey Children's Foundation's Thank You card!**



Draw the words and/or colour a picture that says the words "THANK YOU" in it and submit by taking a photo or scanning your artwork and email it to Kirsten at [foundation@georgejeffrey.com](mailto:foundation@georgejeffrey.com).

You have a chance to win an awesome prize! Contest closes September 11, 2020.



## Being a Good Friend - From a Distance

COVID-19 has made it challenging for many people to feel connected. This can be an especially difficult time for our kids and adolescents. Take some time to read this information with your child and think of ways you can connect with some of your children's friends or peers.

### Being a Good Friend Means...

- Talking about things
- Playing together
- Laughing together
- Sharing with each other
- Making eye contact with each other
- Saying nice things to each other
- Helping each other

Because of COVID-19 it is harder to do these things with friends.

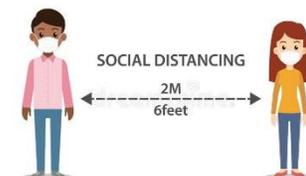
### How to Be A Good Friend During COVID-19

- Call a friend on the phone or video chat (FaceTime)
- Play an online game together
- Write an email or send a letter (this could be a fun surprise for a friend to receive!)
- Plan to meet outside: play at a park (check the city of Thunder Bay website to see which parks are open [www.thunderbay.ca/en/recreation](http://www.thunderbay.ca/en/recreation)), meet in a backyard or go for a bike ride.



### **REMEMBER! If you are meeting a friend outside:**

1. Wash your hands
2. Keep your distance (2 meters)
3. Wear a mask (if you are comfortable wearing one)
4. Do not plan to meet a friend if you are feeling unwell – reschedule for another day!



For more information on talking to your child about COVID-19:

<https://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/explaining-covid-19-kids>

## Behaviour Management Tips & Tricks

### About behaviour management:

Behavior management is rooted in guiding your child's behaviour and teaching them appropriate ways to behave. A positive and constructive approach is often a **successful route** to guiding your child's behaviour. This means providing positive reinforcement when your child is behaving well rather than only reacting to a behavior when they have misbehaved. It is *normal* for children to behave in challenging ways at different stages and in certain situations. Trying to understand your child's behaviour is an important step in managing it; this way you can choose a reliable behaviour management option that is best suited to your child's individual needs.



### Understanding behaviour management:

If you can learn to understand why your child is behaving in a particular way, you can work out how to best respond. For example, if your child's behaviour changes suddenly, it is important to check whether they are healthy and getting enough sleep. It is also important to think about your child's development and acknowledge that different types of challenging behaviour can be normal at various stages of development. Example: tantrums are very common in toddlers/preschoolers due a combination of experiencing big feelings and not being able to express them in words.

### Choosing a behaviour management strategy:

No single behaviour management strategy will fix every challenging behaviour for each unique child. Some strategies might work better than others for your family and your situation. A combination of strategies may be ideal in addressing and managing challenging behaviour however, you may need to try a few different options to determine what best suits your child's age and family circumstances.



If you wish to further your learning and education, please click the following link to find a free online webinar titled "Behavior Management Course – Working with Children with Special Needs". This webinar was created and posted by Corinne Fennelly, a Senior Training Specialist.

<https://www.youtube.com/watch?v=1dKK-IbhTm0>

# RECREATION CORNER!

Have you heard about the fun recreation opportunities that are happening this summer?! There are two really cool ones that I want to share with you.

## 1. My Summer Recreation and Leisure Badges 2020

There are 12 badges that you can earn and each completed badge will get you an entry into a draw for a prize at the end of the summer! The badges include things like hiking, crafts, yoga, baking, etc. For more information or to print out your copy of the badges click [here](#) or look under the Upcoming events page on the George Jeffrey Children's Centre website. Stay tuned to our Facebook page for more bonus badges!



## 2. GJCC Virtual Photography Exhibit

In the fall a photo you take can be in our Virtual Photography Exhibit in September. Snap a photo of something that represents your summer (no people), write a sentence or two about why you took that photo and email them to [scollie@georgejeffrey.com](mailto:scollie@georgejeffrey.com) by September 4. In the fall we will hang them all up and take a video of them all that you can watch on our Facebook page. See below for more information.



The first Bonus Badge of the summer for the My Summer Recreation and Leisure Badges 2020 is to participate in the GJCC Virtual Photography Exhibit. Keep checking the Facebook page for the Bonus Badges and Bonus Badge Certificate page.

I am really looking forward to seeing what badges you complete and the photo you submit for the Virtual Art Exhibit!

Enjoy your August!

Stacey Collie, Recreation and Leisure Facilitator



### Bike Ride

This badge is as easy as riding a bike. In fact it is riding a bike. To earn this badge all you need to do is put on your helmet, hop on your bike and ride.

\*Remember to watch for traffic and follow the rules of the road\*



### Music Mania

This badge has three steps.

1. Make a musical instrument using things found in your house.
2. Make up a song using your instrument.
3. Perform your song for family or friends.



### Tourist Time

It can be easy to forget how great of a place we get to live in. For this badge pretend to be a tourist and go visit one of our great tourist sites. Some options are Terry Fox Monument, Thunder Bay Museum, Friendship Gardens.



### Game Day

Another great rainy day badge. Gather up your family or friends and play a game. Maybe have a card game tournament, a long game of Monopoly, or challenge your opponents in trivia.



Something Sweet



Tourist Time



Bike Ride



Chasing Waterfalls



Puzzle



Explore the Trails



Make a Masterpiece



Music Mania



Yogi



Game Day



Play Pass



Photorama



Something Sweet



Tourist Time



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Explore the Trails

# My Summer Recreation and Leisure Badges 2020



Make a Masterpiece



Music Mania



Yogi



Game Day



Play Pass



Photorama



I swam a lot and loved the smell of my towels fresh off the line.

This is my favourite hat. I wore it everyday this summer.



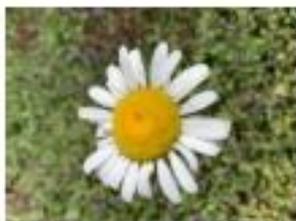
I got to play with this truck when I went to visit my grandma.

# My<sup>2020</sup> SUMMER

## Virtual Photography Exhibit

**\*\*Open to all ages and abilities. Adults may help as needed\*\***

1. Take a photo of something that represents your summer. See the examples on this page. No people in the photo, please. Be as creative as you want!
2. Write a sentence or two about why you choose to take a picture of that object.
3. Email your picture and sentences to [scollie@georgejeffrey.com](mailto:scollie@georgejeffrey.com)
4. Your picture and sentences will be a part of GJCC's My Summer Virtual Photography Exhibit in the fall that you will be able to watch on our Facebook page.



My mom loved it when I picked her flowers.

Going for bike rides with my family was one of my favourite activities

