



GROWING TOGETHER MODEL NOVA SCOTIA

PROGRAM & ACTIVITIES TEMPLATE

DATE: April 15, 2003 *Annual Plan*

PROGRAM COMPONENT (see <i>Growing Together: Model Essential Program Components</i>)	ACTIVITIES AND DESCRIPTION (Please give the specific program or activity ie. Moms & Tots/ Developmental Clinic, ESL, etc.)	LOCATION (geographic location)	FOCUS (parent focus, child focus, or parent-child focus)	ACCESS (universal or restricted – if restricted please describe criteria)	STAFFING & QUALIFICATIONS (e.g. .5FTE, ECE, 1FTE, FHV)
➤ Early Screening of Mothers and Newborns	<p>i) Nobody's Perfect Parenting Program A program which helps parents to recognize their strengths and to find positive ways to raise happy, healthy children.</p> <p>In-kind Services from Public Health Services</p> <p>ii) Helen Parkyn Post Partum Screening Tool for newborns to identify families with babies at potential for developmental and other issues.</p> <p>iii) Home visits by Public Health nurses focussing on maternal and newborn health in the post partum period.</p> <p>iv) Canada's Prenatal Nutrition Program (Baby Building Club) A self-directed program for expectant moms offered in a group setting. Moms have an opportunity to talk with other moms and share experiences along the nine-month journey in to parenthood. Groups are supported by Public Health Services. To increase accessibility to nutritionally sound food during pregnancy, food supplements are available to the participants</p>	<p>Sydney Mines (Scheduled to begin in October of 2003)</p> <p>Northside/Victoria catchment area (Ongoing)</p> <p>Northside/Victoria catchment area (Ongoing)</p> <p>North Sydney/Sydney Mines</p>	<p>Parent Focus All participants are prenatal. N= 9 teens/adults anticipated</p> <p>Mainly child focussed but can include parent and family components. The numbers have not been available from Public Health but expect the figures by July 31, 2003.</p> <p>Parent and Child Focussed The data is not available yet from Public Health Services but will forward by July 31, 2003.</p> <p>Parent focused (anticipate 30 adults participating)</p>	<p>Restricted to students of Memorial High School</p> <p>Universal</p> <p>Universal</p> <p>Restricted to expectant parents</p>	<p>Program will be led by Family Home visitors trained in Nobody's Perfect facilitation.</p> <p>Completed by Public Health nurses.</p> <p>Completed by Public Health nurses</p> <p>Co-facilitated by a Public Health Nurse and a staff member from CB's Family Resource Centre</p>
➤ Ongoing Monitoring, Assessment and Referral	<p>i) Case management of Family Home Visiting Program by GT Coordinator. Families are referred to other agencies in catchment area for consultation and service.</p> <p>In-Kind Services from Public Health Services</p> <p>ii) Postpartum Nursing Home Visit</p>	<p>Northside/Victoria catchment area</p> <p>Northside/Victoria catchment area (Ongoing)</p>	<p>Parent and Child Focussed (Ongoing) N= 34 families</p> <p>Parent and child focussed The numbers will be available by July 31, 2003.</p>	<p>Restricted to families participating in Home Visiting Program</p> <p>Universal</p>	<p>Completed by Growing Together Project Manager</p> <p>Completed by Public Health Nurses</p>



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	<p>iii) Postpartum/Infant Monitoring to Six Weeks Families with newborns are typically seen within four weeks by physician or Public Health nurse</p> <p>Immunization Status Public Health Services and physicians administer the publicly funded immunization program. Public Health monitors the immunization status of children ages 0-6 and has a reminder system in place.</p>	<p>Northside/Victoria catchment area (Ongoing)</p> <p>Northside/Victoria catchment area (Ongoing)</p>	<p>Focus is on newborn. The numbers will be available by July 31, 2003.</p> <p>Focus is on children ages birth to six. These numbers will be available from Public Health Services by July 31, 2003.</p>	<p>Universal</p> <p>Universal</p>	<p>Completed by physicians and Public Health nurses</p> <p>Completed by physicians and Public Health nurses</p>
➤ Child Centred Programs	<p>i) "Ready to Learn" An opportunity for children to experience learning in a small group setting, this program is designed for children who will enter the school system in the upcoming year.</p> <p>ii) School Support Working in cooperation with a Grade Primary teacher, a family home visitor assists 5-year olds that require extra classroom support. This program takes place two mornings per week.</p> <p>iii) Early Intervention Program A home visiting program available in one area of the Growing Together catchment area, this program focuses on children with disorders, disabilities and /or health impairments. Home visits provide developmentally appropriate activities and suggestions that can work in the home to better support the child and family.</p>	<p>Middle River, Aspy Bay, Ingonish, Sydney Mines, Iona (Programs are scheduled to begin in September of 2003 for children starting school in September of 2004)</p> <p>Cape Smokey Elementary School in Ingonish (Program scheduled to begin in October of 2003)</p> <p>Northside Communities (Ongoing)</p>	<p>Child Focus N= 45 children anticipated</p> <p>Child Focus N=9 children anticipated</p> <p>Child Focus N= 12 children N= 12 families</p>	<p>Restricted to children in those communities entering school in September of 2004.</p> <p>Restricted to members of the grade primary class at Cape Smokey Elementary.</p> <p>Restricted to families with children who have special needs and live in the Northside communities.</p>	<p>Two programs will be led by a Family Home Visitor. Three programs will be led by a staff member of CB's Family Resource Centre.</p> <p>Led by Family Home Visitors</p> <p>Program is currently led by CB's Family Resource Centre staff</p>
➤ Parent-Child Centred Programs	<p>i) Play Groups/Drop-In's An informal opportunity for parents/caregivers and children to come together in a safe, friendly, developmentally appropriate environment to enjoy each other's company.</p>	<p>Baddeck, Bay St. Lawrence, Dingwall, Ingonish, Iona, Neil's Harbour, Middle River, Sydney Mines, George's River</p>	<p>Parent-Child Focus N=200 children N=171 Families</p>	<p>Universal to all families in those communities with children between the ages of birth and six.</p>	<p>Led by GT Family Home Visitors and CB's Family Place Resource Centre staff</p>



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	<p>ii) “Read to Me”/Book Bag Programs A literacy program aimed at three-year olds which focuses on the enjoyment of books and exposes the parents to various authors. With the Book Bag program, children are allowed to borrow books on a weekly basis.</p> <p>iii) Baby Talk An informal opportunity for parents and their infants (0-24 months) to come together and enjoy a safe, friendly, developmentally appropriate environment. The program involves a play time and an information exchange between parents.</p> <p>iv) Mother Goose An early literacy program for parents and children which uses familiar nursery rhymes and stories to encourage parents to use language with their children from infancy on up.</p>	<p>Ingonish, Aspy Bay, Sydney Mines (anticipated start date is October 2003)</p> <p>North Sydney (on-going)</p> <p>Neil’s Harbour, Ingonish, Dingwall (anticipated start date is October 2003)</p>	<p>Parent – Child Focus N=38 children anticipated N= 30 families anticipated</p> <p>Parent-Child Focus N=40 children N=34 families</p> <p>Parent-Child Focus N=40 children anticipated N=34 families anticipated</p>	<p>Universal to children ages 2-3 and their families</p> <p>Universal to parents with children between the ages of 0-24 months)</p> <p>Universal to parents with children between the ages of 0-6.</p>	<p>Co-facilitated by CB’s Family Place Resource Centre staff and GT staff</p> <p>Led by CB’s Family Resource Centre staff</p> <p>Co-facilitated by GT staff and CB’s Family Place Resource Centre staff</p>
<p>➤ Family Support Programs</p>	<p>i) Outreach – Family Home Visiting Program Six family home visitors work out of three GTNV sites. This program is offered to all new mothers in the catchment area by Public Health nurses during their initial postpartum contact. Referrals also come from community agencies as well as families themselves.</p> <p>ii) First Steps Parenting Program A ten week program that is designed for parents of newborns. The program will help to answer some of the questions that new parents have, and offer support as the participants share their experiences. Topics include bathing, feeding, play, health and safety.</p> <p>iii) “How to Talk So Kids Will Listen” An eight week program that is designed to help parents communicate and improve their relationship with their children.</p> <p>iv) Parent Circle Chats An informal opportunity for parents to get together and discuss a variety of issues related to parenting.</p>	<p>All communities in the Northside/Victoria catchment area. (ongoing)</p> <p>North Sydney (anticipate an October start date)</p> <p>Ingonish, North Sydney (anticipate an October start date)</p> <p>Ingonish, Neil’s Harbour (anticipate an October start date)</p>	<p>Parent-Child Focus N=62 children N= 34 families</p> <p>Parent-Child Focus N= 16 children anticipated N= 16 families anticipated</p> <p>Parent Focus N=15 adults anticipated N=15 families anticipated</p> <p>Parent-Focus N=10 adults anticipated N=10 families anticipated</p>	<p>Universal to all families in the catchment area with children between the ages of 0-6.</p> <p>Restricted to parents of newborns.</p> <p>Open to all parents living in those communities.</p> <p>Open to all parents living in those communities.</p>	<p>Led by Family Home Visitors</p> <p>Co-facilitated by CB’s Family Resource Centre staff and GT staff</p> <p>Led by CB’s Family Resource Centre staff.</p> <p>Co-facilitated by GT staff and CB’s Family Resource Centre staff.</p>



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<p>➤ Community Development</p>	<p>i) Education on the importance of early childhood development is the focus of a display that GTNV uses at various Health Fairs, Community Information Sessions and Conferences throughout the catchment area.</p> <p>ii) Newsletters Information and updates on Growing Together programs and services.</p> <p>iii) Family Health Fair Day long information sessions for parents which focuses on their interests.</p> <p>iv) Babysitting Course Childcare is a major issue in the GT catchment area as formal childcare services do not exist. GT staff are trained facilitators in the St. John Ambulance Babysitters course and offer this program in many GT communities.</p> <p>v) Parent Information Workshops on Childcare</p> <p>vi) Growing Together Partners' Meetings Quarterly meetings of community agencies and organizations that work with the GT program on a regular basis.</p>	<p>Communities in the Catchment area (ongoing)</p> <p>Distributed to families and agencies throughout the catchment area three times per year. (anticipate another edition in June)</p> <p>Communities in our North of Smokey area (anticipated in October)</p> <p>Ingonish, Neil's Harbour (anticipate another course to be offered in June)</p> <p>GT communities (anticipate a start date of November 2003)</p> <p>North Sydney</p>	<p>Parent-Child Focus N=300 families</p> <p>Community Focus N=200 families and community partners</p> <p>Community Focus N=50 Adults anticipated</p> <p>Teen Focus N=8 participants anticipated</p> <p>Parent Focus N=20 adults anticipated N= 20 families anticipated</p> <p>Community Partner Focus N=12 representatives of community organizations</p>	<p>Universal</p> <p>Universal</p> <p>Universal</p> <p>Open to teenagers in the communities</p> <p>Open to all parents in GT Communities interested in learning more about formal childcare arrangements.</p> <p>Restricted to designated representatives of community agencies and organizations that work with the GT program.</p>	<p>Coordinated by Family Home Visitors</p> <p>Coordinated by GT staff</p> <p>Coordinated by GT staff</p> <p>Facilitated by GT staff</p> <p>Facilitated by CB's Family Resource Centre staff.</p> <p>Facilitated by GT staff</p>
<p>TOTALS (where applicable)</p>	<p>i) ii) iii)</p>		<p>953 Families 579 Children</p>		



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BUDGET & TRACKING TEMPLATE

DATE: April 15, 2003 Annual Plan

PROGRAM COMPONENT	PROGRAMS	INVEST IN KIDS \$ ALLOCATION	TOTAL BUDGET ALLOCATION	TOTAL NUMBER OF CHILDREN SERVED	TOTAL NUMBER OF FAMILIES SERVED
➤ Early Screening of Mothers and Newborns	<p>i) Nobody's Perfect Parenting Program A program which helps parents to recognize their strengths and to find positive ways to raise happy, healthy children.</p> <p>In-kind Services from Public Health Services</p> <p>ii) Helen Parkyn Post Partum Screening Tool for newborns to identify families with babies at potential for developmental and other issues.</p> <p>iii) Home visits by Public Health nurses focussing on maternal and newborn health in the post partum period.</p> <p>iv) Canada's Prenatal Nutrition Program (Baby Building Club) A self-directed program for expectant moms offered in a group setting. Moms have an opportunity to talk with other moms and share experiences along the nine-month journey in to parenthood. Groups are supported by Public Health Services. To increase accessibility to nutritionally sound food during pregnancy, food supplements are available to the participants</p>	\$ 1, 512.44	\$ 7,952.44	<p>Statistics are not yet available from Public Health Services.</p> <p>N= 30 families</p>	<p>Anticipate serving 9 families through Nobody's Perfect.</p> <p>Statistics from Public Health Services are not available</p>



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PROGRAM COMPONENT	PROGRAMS	INVEST IN KIDS \$ ALLOCATION	TOTAL BUDGET ALLOCATION	TOTAL NUMBER OF CHILDREN SERVED	TOTAL NUMBER OF FAMILIES SERVED
<p>➤ Ongoing Monitoring, Assessment and Referral</p>	<p>i)Case management of Family Home Visiting Program by GT Coordinator. Families are referred to other agencies in catchment area for consultation and service.</p> <p>In-Kind Services from Public Health Services</p> <p>ii)Postpartum Nursing Home Visit i)Case management of Family Home Visiting Program by GT Coordinator. Families are referred to other agencies in catchment area for consultation and service.</p> <p>In-Kind Services from Public Health Services</p> <p>iii)Postpartum/Infant Monitoring to Six Weeks Families with newborns are typically seen within four weeks by physician or Public Health nurse</p> <p>Immunization Status Public Health Services and physicians administer the publicly funded immunization program. Public Health monitors the immunization status of children ages 0-6 and has a reminder system in place.</p>	<p>\$ 5,555.09</p>	<p>\$ 13,635.09</p>	<p>62 children</p> <p>Statistics are not available from Public Health Services.</p>	<p>34 families</p> <p>Statistics are not yet available from Public Health Services.</p>



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➤ Child Centred Programs	<p>i) "Ready to Learn" An opportunity for children to experience learning in a small group setting, this program is designed for children who will enter the school system in the upcoming year.</p> <p>ii) School Support Working in cooperation with a Grade Primary teacher, a family home visitor assists 5-year olds that require extra classroom support. This program takes place two mornings per week.</p> <p>iii) Early Intervention Program A home visiting program available in one area of the Growing Together catchment area, this program focuses on children with disorders, disabilities and /or health impairments. Home visits provide developmentally appropriate activities and suggestions that can work in the home to better support the child and family.</p>	\$ 6,064.07	\$ 21,024.07	66 Children (Total # for all programs in this category)	66 Families (Total # for all programs in this category)
➤ Parent-Child Centred Programs	<p>i) Play Groups/Drop-In's An informal opportunity for parents/caregivers and children to come together in a safe, friendly, developmentally appropriate environment to enjoy each other's company.</p>	\$ 32,121.78	\$ 102,661.78	318 Children (Total # for all programs in this category)	269 Families (Total # for all programs in this category)



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	<p>ii) “Read to Me”/Book Bag Programs A literacy program aimed at three-year olds which focuses on the enjoyment of books and exposes the parents to various authors. With the Book Bag program, children are allowed to borrow books on a weekly basis.</p> <p>iii) Baby Talk An informal opportunity for parents and their infants (0-24 months) to come together and enjoy a safe, friendly, developmentally appropriate environment. The program involves a play time and an information exchange between parents.</p> <p>iv) Mother Goose An early literacy program for parents and children which uses familiar nursery rhymes and stories to encourage parents to use language with their children from infancy on up.</p>				
<p>➤ Family Support Programs</p>	<p>i))Outreach – Family Home Visiting Program Six family home visitors work out of three GTNV sites. This program is offered to all new mothers in the catchment area by Public Health nurses during their initial postpartum contact. Referrals also come from</p>	<p>\$ 43,755.06</p>	<p>\$ 115,495.06</p>	<p>103 Children (Total # for all programs in this category)</p>	<p>75 Families (Total # for all programs in this category)</p>



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	<p>community agencies as well as families themselves.</p> <p>ii) First Steps Parenting Program A ten week program that is designed for parents of newborns. The program will help to answer some of the questions that new parents have, and offer support as the participants share their experiences. Topics include bathing, feeding, play, health and safety.</p> <p>iii) “How to Talk So Kids Will Listen” An eight week program that is designed to help parents communicate and improve their relationship with their children.</p> <p>iv) Parent Circle Chats An informal opportunity for parents to get together and discuss a variety</p>				
<p>➤ Community Development</p>	<p>i) Education on the importance of early childhood development is the focus of a display that GTNV uses at various Health Fairs, Community Information Sessions and Conferences throughout the catchment area.</p> <p>ii) Newsletters Information and updates on Growing Together programs and services.</p>	<p>\$ 10,991.56</p>	<p>\$ 39,231.56</p>		<p>500 Families (This is an estimate as we reach a lot of families through our community development activities.)</p>



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	<p>iii) Family Health Fair Day long information sessions for parents which focuses on their interests.</p> <p>iv) Babysitting Course Childcare is a major issue in the GT catchment area as formal childcare services do not exist. GT staff are trained facilitators in the St. John Ambulance Babysitters course and offer this program in many GT communities.</p> <p>v) Parent Information Workshops on Childcare</p> <p>vi) Growing Together Partners' Meetings Quarterly meetings of community agencies and organizations that work with the GT program on a regular basis.</p>				
TOTAL	Programs	\$ 100,000.00	\$ 300,000.00	579 children	953 families