

"To promote maximum skill development in children who have special needs during their early years."

The Weeks Ahead at C&E

The Executive Directors and a CE group of volunteers met with Wendy Lowe, our mentor and facilitator, to plan for upcoming years ahead. Significant time was prioritized planning how CE can be resilient in challenging economic times. We are committed to being creative and effective as a service provider. We revisited our core values as a clarification exercise; the foundation of who we are will be upheld.

The retreat team worked through a variety of models and scenarios to make our dollars go further and to retain the quality of service we are known for providing. Even with the budgetary challenges we will face in the next three years or so, we will embrace change as an opportunity to be innovative, to be creative, and to move forward in our community with quality programming for the children and families we service.

We will keep you abreast of these changes as they unroll. Some potentially exciting challenges are before us and we will embrace these in innovative ways together. Thank you all for your devotion to and care of the families and children we service. Thank you to each of our families for your contributions and enthusiasm to the CE team! It is because of each of you that we continue to make a difference in our community.

Cause
&
Effect
has
charitable status.



Please help us make a difference!
You can support programs for children by making contributions through the United Way designating your donation to Cause & Effect Foundation or sending it directly to our office at 252, 11488-24 Street SE, Calgary, AB T2Z 4C9
CE Charity #867016610RR0001

FCRC

Family & Community Resource Centre

Committed to providing information, resources and support to families



Family to Family Connections is located in the Family & Resource Center on the second floor of the Alberta Children's Hospital.

We'd love to connect you with some other supports outside the CE Family!

If you are seeking some additional support, you may want to look into Family to Family Connections provided by fcrcc.albertahealthservices.ca
By phone you can contact them at 403.955.2456.

What Family to Family Connections Does?

"Supportive family members receive orientation, support and encouragement to connect with a requesting family member who needs to talk, ask questions and receive support regarding the health and well being of a child or youth."

Opportunities to get involve include:

- ◆ Becoming a Requesting Family
- ◆ Become a Supportive Family
- ◆ Volunteer

"Another family's experience and strength gave me the courage...."



cause & effect Connects

SPRING NEWSLETTER 2015
CAUSE & EFFECT FOUNDATION

Spring is Coming!

Winter is quickly coming to an end and we are anticipating a wonderful Spring season as we aim to finish well in our Cause & Effect program this year!

We have been thrilled to hear the good news of your children's accomplishments in development and want to encourage you to celebrate each milestone big and small!

At this time of year therapists begin assessments with your children in preparation of the May Individual Program Plan and/or Individual Service Plan

review meetings. Those families with children who are transitioning into Kindergarten in the fall will also benefit from the transitional IPP meeting that is scheduled with CEF in your receiving Elementary School.

If you have any questions regarding this process, please feel free to talk with your Family Liaison Coordinator and Educational Consultant.



Triple P

Triple P parenting course is a wonderful opportunity to glean parenting support through insightful strategies and concepts.

Cause & Effect is hosting a course on April 15, 22 & 29th. The CE Triple P classes are full; however we would like to encourage all families to access these classes through your local Parent Link centers.

For more information: <http://www.triplep-parenting.net/alb-en/home/>



Check us out!

**We launched our new website:
causeandeffectfoundation.com**

Resource Fairs



Above: Kathy Cann & Sarah Roberts hosted the CE table in Bow Valley

Cause & Effect attended two Resources Fairs this year. One in Canmore and one in Calgary. We are happy to report that our teams have filled up very quickly and all is coming together for a successful start to Fall 2015!



Above: Michelle Kelly & Bonnie D'Amico hosted the CE table at the Calgary Resource Fair

Success Story—A letter from a CE family

“My son, might not remember you when he is older, but the effects and skills you guys helped him to gain will stay with him forever...”

To All Cause and Effect team,

What great people and a great journey!

It was the most rewarding journey ever working with the Cause and Effect team for almost 4 years with our son.

The amazing and phenomenal results reflected in the final assessment from the Child Development Center is that our son no-longer meets the diagnostic criteria for Autism Spectrum Disorder. This is the net result of tremendous, dedicated and responsible efforts done by every single member of Cause and Effect team.

We, as parents, will never forget these great people and the efforts done for our son. We will remember for the rest of our life that you guys were behind our son's success since he was 2.5 years old.

My son, might not remember you when he is older but the effects from the skills you helped him to gain will stay with him forever and I promise to share with him what was accomplished to help him succeed for the rest of his life.

I promise all of you I will continue giving support to my son with all that he needs and build on

what you started and established during the last few years.

I would like to thank everyone in our Cause and Effect team by name. Thanks to all: Bonnie, Leslie, Willa, Michelle, Dulaine, Colleen, Kathy, Judith, Carol, Crystal, Peggy, Evelyn, Tammy, Tresha, Katie, Stephanie, Jessica, Debbie, and Louane.

As well, please pass on my thanks to the behind the scene team of Cause and Effect.

All the best and Thanks a Million!

Message from the office of Chief Medical Officer of Health

In the last 10 years we have learned more about human development than we ever knew before. Science is showing us the strong connection between the early childhood years and life-long health, well-being, learning and behavior. It is teaching us that what happens in a child's early years has a long reach forward.

... All children, but particularly those in early childhood need a safe, nurturing, and loving environment to reach their full potential. Specifically, our children need healthy bodies, which means access to healthy food, places to run and jump, and adequate sleep; healthy minds, which means access to settings and people who will develop healthy thinking and nurture healthy emotions and spirits; and, the ability of their families to connect to the best resources that will further nurture and make these healthy bodies and minds grow to reach their full potential.

Simply put, the quality of a child's earliest environment and exposure to appropriate experiences at the right stages of development forms the foundation for the course of their life path. Because of this—whether we are parents, grandparents, families without children, community leaders—we all have a stake in getting this right. Even better, we can all make a contribution!

(Corriveau, A. (2011) Message from the office of the Chief Medical Officer of Health. Let's Talk about the Early Years. Gov't of Alberta pg iv)

What we know... the science of early childhood development

We are currently on the leading edge of revolution in the science of early childhood development. A growing body of evidence from cell biology, neuroscience and birth cohort studies has greatly expanded what we know about the early years and offers opportunities we did not appreciate even as recently as a decade ago. This evolving science has given us a much better understanding of human brain development and the interconnectedness between a child's environment and his experiences as a result of that environment, from conception onwards. It is showing us the strong connection between the early childhood years and a person's life-long health, well-being, learning and behavior. We are learning that what happens in a child's early years has a long reach forward.

A child's early environment matters

A child's early environment has a vital impact on the way their brains and bodies develop. Every baby is born with billions of brain cells that represent life-long potential. However, proper development requires that these brain cells connect with each other in a step-by-step prescribed order. Simple pathways, such as those needed for vision and

hearing develop first. More complex pathways associated with higher level abilities such as language skills and then higher thinking functions follow. There are especially sensitive periods in this process that represent a window of opportunity for these pathways to develop as they should and their associated developmental milestones to be achieved.

When children learn to expect positive experiences, like being soothed and comforted when they are distressed, their brains create new pathways. These pathways give them the ability to calm themselves when they are upset and soothe themselves when they are put down to sleep.

Small differences in how much a child is read to and talked with each day can hugely impact their language development. By school-age, the child who has heard the most language will have heard approximately 30 million more words than the child who has heard the least. For healthy development, children also need the very basics of good nutrition and opportunities for healthy physical growth – a healthy and balanced diet to build muscles and bones and strengthen the heart and lungs, as well as regular physical activity that helps them to develop gross motor skills and reach important milestones, like running, kicking, throwing and swinging. (Corriveau, A. (2011) Message from the office of the Chief Medical Officer of Health. Let's Talk about the Early Years. Gov't of Alberta pg iv)

Excerpt taken from: *Let's talk about the Early Years; report from the Chief Medical Officer of Health.* © Government of Alberta June 2011

Read more at: <http://www.health.alberta.ca/documents/CMOH-Lets-Talk-Early-Years-2011.pdf>