



Parent Room Wish List

Slider rocker chairs
 Comfy breastfeeding chairs
 Boppy pillows for nursing
 Tables, big and small
 Change table
 Bookcases
 Coffee pot
 Dishes
 Computer and printer
 Internet access
 Digital camera
 Exercise mats
 Storage for clothing exchange
 Toy exchange
 Craft and scrapbook supplies
 Sewing supplies
 CD Player and CDs
 VCR or DVD player
 Head Start photo albums
 Dehydrator
 Infant toys
 Children's books
 Parenting books and magazines
 Personal growth books
 Magazines and books that appeal to men
 Cookbooks
 Games
 Information board
 Wall calendar with Head Start dates
 Suggestion box
 Job postings
 Education information
 Elders' display board
 Beautiful art

FAMILY INVOLVEMENT



Creating a Space for Parents

We asked you to share your thoughts on parent rooms—and you did!

We wanted to get everyone thinking about the many ways we can welcome and support parents, including making space just for them.

While it is fabulous to have a dedicated room just for parents, even if that isn't possible, maybe it is possible to include a parent corner—or to find other ways to include some parent room ideas in an existing space. Together with their children, parents are learning and growing too, and are hungry for opportunities to connect, to get information, to share knowledge and experiences, to have fun, to build community, to learn skills and to find resources. Here are some of your ideas and dreams about how you'd like to support parents by creating a special space with them in mind.

OUR FIRST WISH HAS COME TRUE! We now have a newly renovated building that includes a long-awaited and much needed parents' room! The idea had first developed

when the parents and administrators had a dream to have a place where parents would feel welcome to come, share, and learn from one another. We wanted a community place where parents and families would feel welcome to come in and enjoy a cup of coffee or tea, a healthy snack, or just plain visit and share ideas. We already have established and available to parents a lending library, and parent information shelves. Our parents are very supportive and have a great sense of humour when having to sit on our current chairs which are child-sized. We couldn't help but giggle when a few of our dads sat down—the joke was how their ear sat beside their knee! This is how our elders explained what they saw.

Jeannie McCormack
Cape Mudge Head Start





OUR PARENT ROOM AT THE STELLAT'EN HEAD START is used for parents to sit and enjoy having a coffee or tea after they drop off their child for preschool. We have a book and toy lending library located

in the parent room as well which was donated by Carrier Sekani Family Services. We have a donated couch and chair for the parents/care-givers to sit and relax on. The parent room is also used for our Parent and Tots drop-in every Tuesday and Thursday afternoons.

Lorna Luggi
Stellat'en Head Start

WE THINK THAT DEDICATING SPACE FOR PARENTS/FAMILY WOULD CREATE A SENSE OF BELONGING for our children as well as their family. It could be a quiet, respectful area for breastfeeding, a place for networking and support between parents and also between families and staff, a place to share personal, educational and professional resources

Amanda Bob, parent
Nanoose Head Start

WE DO HAVE A PARENT ROOM. We realized that some moms came with their preschoolers and had a baby in tow. To breastfeed or change their babies, they were doing this on the floor. We applied for some funding and now have a room with chairs, a high chair, a rocking chair, a play pen and a bookcase with books and magazines for parents. The room was painted in soft tones, with pictures on the walls.

Catherine Wilson
Simpcw First Nation Head Start

MY NAME IS IRAIS GUERRERO I'M WORKING AT KOPCHITCHIN EARLY LEARNING AND CHILD CARE CENTRE in Boston Bar. I don't have a parent room yet, but I'm organizing a used furniture and clothing exchange to create funds for it. My ideal parent room will be in the basement of the centre. It is a great big

open space with a storage room and a bathroom. It will have a comfy couch, a coffee machine, microwave, fridge, book shelves full of parenting books, dictionaries, encyclopedias, do-it yourself magazines, etc. It will have babies and toddlers toys and books, a big working table and a shelf full of crafting materials, and a sewing machine and fabric to do anything they wish. It will have a television with a VCR to watch parenting and informational videos and a computer with a tutorial program for those wishing to feel comfortable using a computer. I will offer tutorials and dream catcher classes, as well as some sewing and clothing repair. I imagine a huge board with employment and education information and any other community events where anybody could post and share ideas on cooking, baking or home help tips.

I could go on and on; this is just the beginning... The rest just falls in place as you go, don't you think?

Irais Guerrero
Kopchitchin Early Learning and Child Care Centre

YOU ASKED US TO DREAM, SO HERE IT IS!

First we need to convert our large 10 x 12 storage room. We'd get a love seat or small couch and some pillows and add a desk with a computer so parents can go on line, check e-mails or research education opportunities.

Families could enjoy a quiet space to view books or listen to stories on tape. I imagine a soft, colourful carpet to sit on and make puzzles, a shelf with toys for visiting infants, and a display board and posters that promote reading and life-long learning. The finishing touch will be a few plants—maybe a Norfolk Pine and a piece of art from an artist in the community. We really need a neutral room like a Parent Room for family meetings, assessments, private conversations, breastfeeding mothers, orientations for new students and just a friendly place to spend quality time.

Michelle Klaui
N'Quatqua Head Start Preschool

Family Care Closet

The Nzen'man' Family Place offers families a unique way in which to share essential baby/children's clothing and supplies.

We recently built a large cupboard in our Family Place and purchased a number of large see-through bins. Each bin is labeled for the items it is intended for. For example: 0-3 months boy clothing, 3-6 months girl clothing, etc. Families are encouraged to look through the bins and take what they need. If they, in return, would like to bring in items, they organize the items and place in each bin. So far, our families really enjoy the service and it is an awesome way to promote social support and parental involvement in our programs.

Romona Baxter
Nzenman Head Start

