



The Centre for Family Literacy Centre Page

DEVELOPING LANGUAGE THROUGH RHYTHM AND RHYME



Dr. Seuss wrote, “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” It was not simply his words and wisdom that were important, it was also the rhyme.

Singing, rhyming, and storytelling are part of every culture and are a way to keep traditions alive. By singing and rhyming, parents and caregivers are teaching children to articulate words,

practice the pitch, volume, and rhythm of language, and develop the listening and concentration skills essential for brain development and memory.

The repetition of words teaches children to anticipate the rhyming word and this, in turn, prepares them to make predictions when they read.

Rhymes that Bind, Multicultural Rhymes that Bind, and Intergenerational Rhymes that Bind are fun and interactive programs the Centre offers to help parents support their children’s early language skills through songs, stories, and rhymes.

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HEALTH LITERACY IN CANADA

It was an honour to have Dr. Louis Francescutti give the keynote address at the Centre’s Leading with Literacy Breakfast. Although we cannot cover the full address in this article, here are a few excerpts:

“The scope of the problem:

- An estimated 55% of Canadians aged 16 to 65 scored below Level 3 on the International Adult Literacy Survey (IALSS) health literacy scale.
- Only one in eight adults (12%) over age 65 have adequate health literacy skills. This is significant since seniors are more likely to have chronic health problems and to use medication than younger age groups.
- Canadians with the lowest health literacy scores are 2.5 times as likely to see themselves as being in fair or poor health.

Identifying patients who have low literacy and ensuring they fully understand the information medical professionals are providing them is important in preventing premature death as well as poor health outcomes. Therefore, skills need to be developed so that health professionals are able to judge the literacy of their patients in order to better treat and understand their needs.

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SPRING
2019

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Continued

Multicultural Rhymes that Bind encourages families to use their first language, as well as English, to set a foundation for their children's future language development.

The flexibility of the program is particularly important when working with multicultural populations, where we adapt the program to meet the participant's needs and build on their strengths.



Intergenerational Rhymes that Bind takes place at a seniors' retirement community where residents are welcomed at the program. Many parents attend the intergenerational sites because they do not have grandparents or extended family living nearby. Bringing together three generations creates a wonderfully unique environment with seniors often leading in song and sharing stories.

These programs are successful in opening learning doors

on many levels: oral language development, socialization of children and parents, and bonding between parents and children.

“ Experts in literacy and child development have discovered that if children know eight nursery rhymes by heart by the time they're four years old, they're usually among the best readers by the time they're eight.

—*Reading Magic*, Mem Fox

LITERACY AND HEALTH

Continued

Barriers to health literacy have been divided into individual and systemic barriers. The following are ideas that have been put forward to address these barriers:

1. More emphasis on lifelong learning.
2. More workplace health and skill development programs.
3. Providing outreach to seniors who are isolated and/or have disabilities.
4. Increasing opportunities to learn about health and developing literacy skills in the community.
5. Introducing comprehensive school health programs that include health literacy.
6. Second-language programs that incorporate health information and skill building.
7. Culturally-appropriate health and social services.
8. Greater use of interpretation and social support services in health care settings.
9. Providing affordable vision and hearing aids and tailored health materials.
10. Improving the awareness and sensitivity of health professionals regarding the impact of stigma on the behaviours of people with low literacy and health literacy.

Poor early literacy skills carry lifelong health consequences from childhood to adolescence to adulthood. This downward cycle of low literacy where children of adults with limited literacy... results in an inability to understand written health information, reduced healthcare system access, increased chronic disease incidence, and poor chronic disease management.”

To read the full presentation, please go to our website www.familit.ca/events/breakfast.shtm.

LOIS HOLE AWARD WINNERS



Victoria Harrington



Sarah Recollet



Ali Tourey

Jim Hole, representing the Hole family, and Kim Chung, Director Programming and Training for the CFL, presented the 2019 Lois Hole Memorial Literacy Awards at the Leading with Literacy Breakfast.

The **Family Learner** Award was presented to Victoria Harrington, who attends a number of programs at the Bissell Centre including Rhymes that Bind. Victoria is a grandmother and kinship caregiver to Raevyn who has multiple special needs. Victoria has been active and passionate about learning new skills and information so she can support Raevyn's growth and development.

The jury had a difficult time selecting a winner in the **Adult Learner** category. In fact, it was a hung jury, so two awards were presented. Sarah Recollet came to the Centre looking for a tutor to help improve her reading, writing, and math skills in order to improve her career opportunities and to help her children with school work. Although she had a negative experience in high school, Sarah now loves doing school work and is taking her children to the library on a regular basis.

Ali Tourey told the audience that he had lost his job restocking shelves because he could not read the instructions. At first, he could only recognize a few learned phrases related to his daily needs. By working with his tutor on a weekly basis and joining a reading and conversation class, Ali's skills have improved immensely. He is employed and has been promoted. Ali says his life is so much better now, as he is able to fill out forms, read bills, and communicate with his daughters' teachers.

Read their full stories on our website.

IMPORTANT DATES

Family Literacy Training Week

Centre for Family Literacy

Introduction to Family Literacy - April 1 & 2

Rhymes that Bind - April 3

B.O.O.K.S (Books Offer Our Kids Success) - April 4

Storysacks - April 5

More info on our website

National Volunteer Week

April 7 - 13

Centre for Family Literacy AGM

Tuesday, May 14

Centre for Family Literacy

Links fore Literacy Golf Tournament

Wednesday, August 21

The Links at Spruce Grove



Online donations to the Centre can be made through CanadaHelps.org



The Centre for Family Literacy gratefully acknowledges the ongoing support of the following:





HOGS SUPPORT C.O.W.

What does a HOG have in common with a C.O.W.? From the Centre's perspective, they both champion literacy.

The Old Strathcona Harley Davidson Owners Group, referred to as the HOGS have been supporting the Centre's Classroom on Wheels (C.O.W.) Bus program since 2008. They have donated over \$30,000 to the C.O.W. Bus program, and this helps buy new books for families to borrow.

Weather permitting, members of the HOGS ride their motorcycles out to one of the 10 locations the C.O.W. Bus visits on a weekly basis. It is hard to say who is more excited about the visit—the parents or the children. It is a great opportunity for members of this group to see first-hand how their money is making a difference. It also helps families coming to the program see how the community supports them.

In our December newsletter, we talked about the changing funding landscape and how support from the private sector has increased as government funding has decreased. The Old Strathcona Harley Davidson Owners Group are an example of a partnership that is making a difference to families in our community.



YES, I WOULD LIKE TO MAKE A DIFFERENCE!

Your support will help us make a difference in the lives of Alberta families! Together we can make Alberta a healthy, literate society where all are able to contribute and succeed.

THANK YOU FOR YOUR SUPPORT!

Mr. Mrs. Ms. Miss Dr.

First Name

Last Name

Company/Organization

E-mail Address

Home Phone

Work Phone

Fax Number

Address

City

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Postal Code

Enclosed is my gift of:

\$25 \$50 \$100 Other \$

Payment option:

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Credit card #

Expiry date

Cardholder name

Cardholder Signature

For recognition purposes:

I wish my name to appear as follows:

I wish this gift to remain anonymous

Charitable registration number 869472720 RR0001

Literacy Develops in Families First

The Centre for Family Literacy is dedicated to helping Alberta grow and prosper. Our innovative programs, training and research help Alberta families achieve what they imagine—improved education, jobs and health.

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