

**OAKVILLE  
READY**

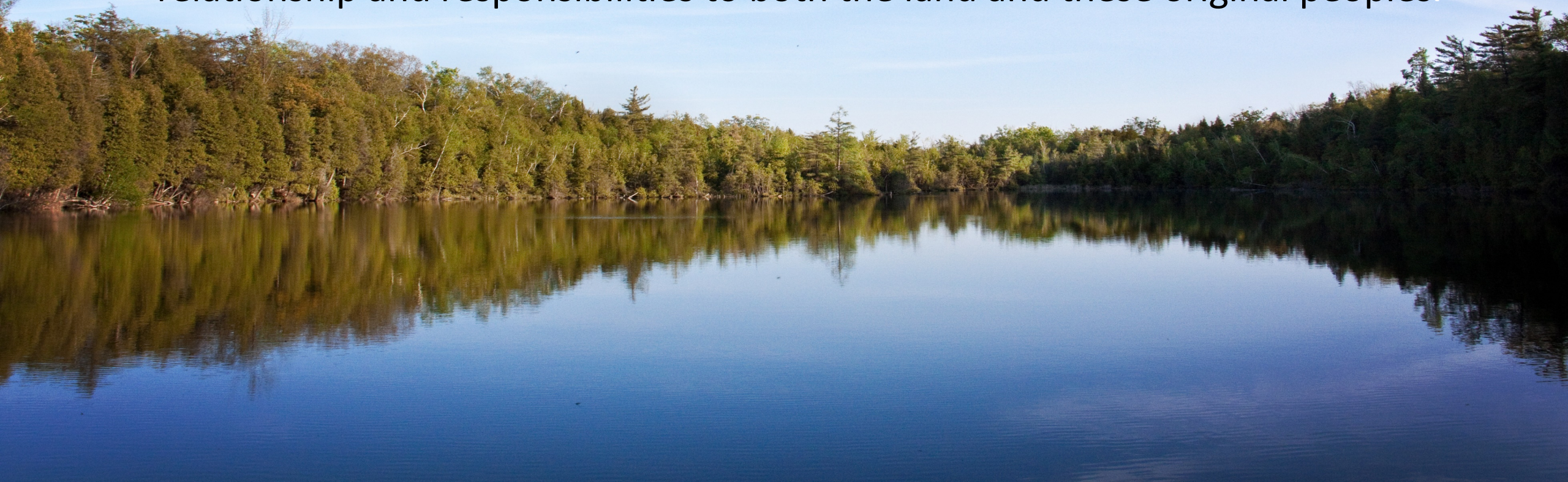
# Ready to weather any storm

OakvilleReady for extreme weather



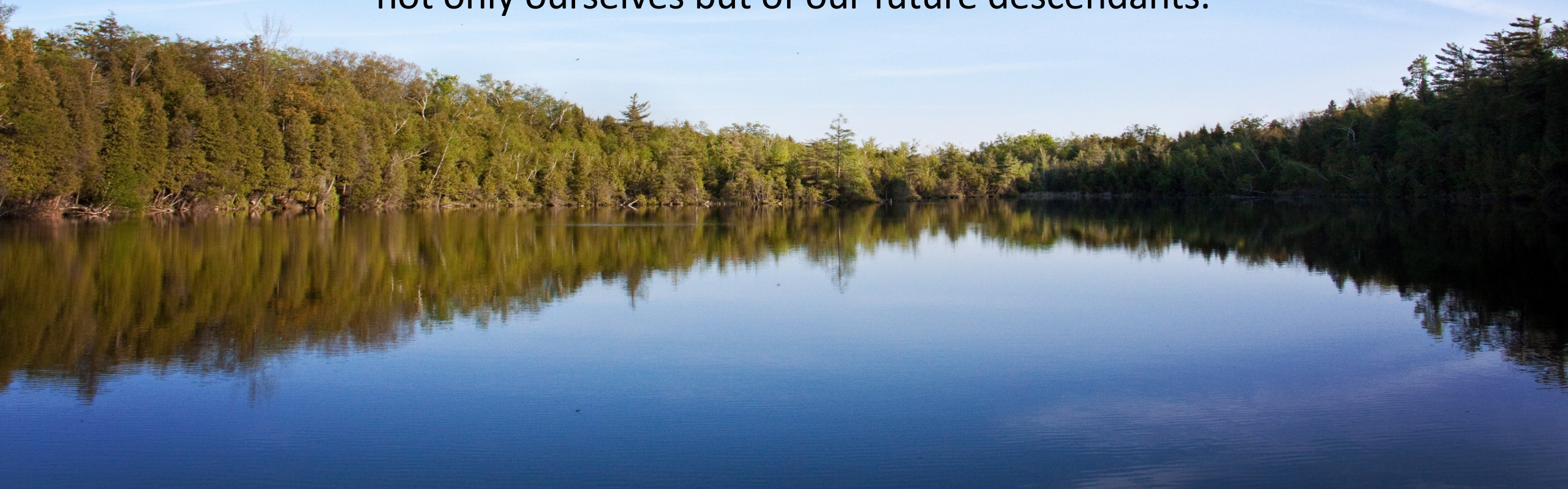
As a community, we have the responsibility to honour, care for and respect all the Creation gives to provide us with life. This includes the land, water, air, fire, animals, plants and our ancestors.

The Anishinabek Peoples have utilized this land for millennia and we would like to acknowledge their direct descendants, the Mississauga's of the Credit First Nation, as the rightful caretakers and titleholders of this land upon which we live, work and conduct ourselves. We acknowledge our treaty relationship and responsibilities to both the land and these original peoples.





We also recognize that this land is rich in pre-contact history and customs, which includes the Anishinabek and Haudenosaunee and since European contact, has and continues to become home for Indigenous and non-Indigenous peoples. And it is in the spirit and intent of the Dish With One Spoon, wampum agreement whereby we will collectively care for and respect the land, water, animals and each other in the interests of peace and friendship and for the benefit of not only ourselves but of our future descendants.





# What is Oakville Ready?

Funded by the Oakville Community Foundation to establish 6 faith based organizations to act as neighbourhood hubs in instances of extreme weather – flooding, high winds, power outage and fires.



## Neighbours helping Neighbours

- engage diverse community stakeholders to increase their personal resiliency,
- Increase community capacity and resiliency
- to understand how community can work together during extreme weather events.





# Why do we need OakvilleReady?



Rise in the frequency of emergencies including extreme weather, fires, floods, power outages, freezing rain, etc.

After an event, the first 1 – 4 hours are an important time to help the community

Community resilience through building strong connections with FBOs and residents



# In light of physical distancing..

The OakvilleReady team has worked to:

- provide technical support for FBOs
- provide resources for wellness checks
- Resources on oakvilleready.ca and @oakvilleready
- [www.halton.ca](http://www.halton.ca) or dial 311



# Program Deliverables

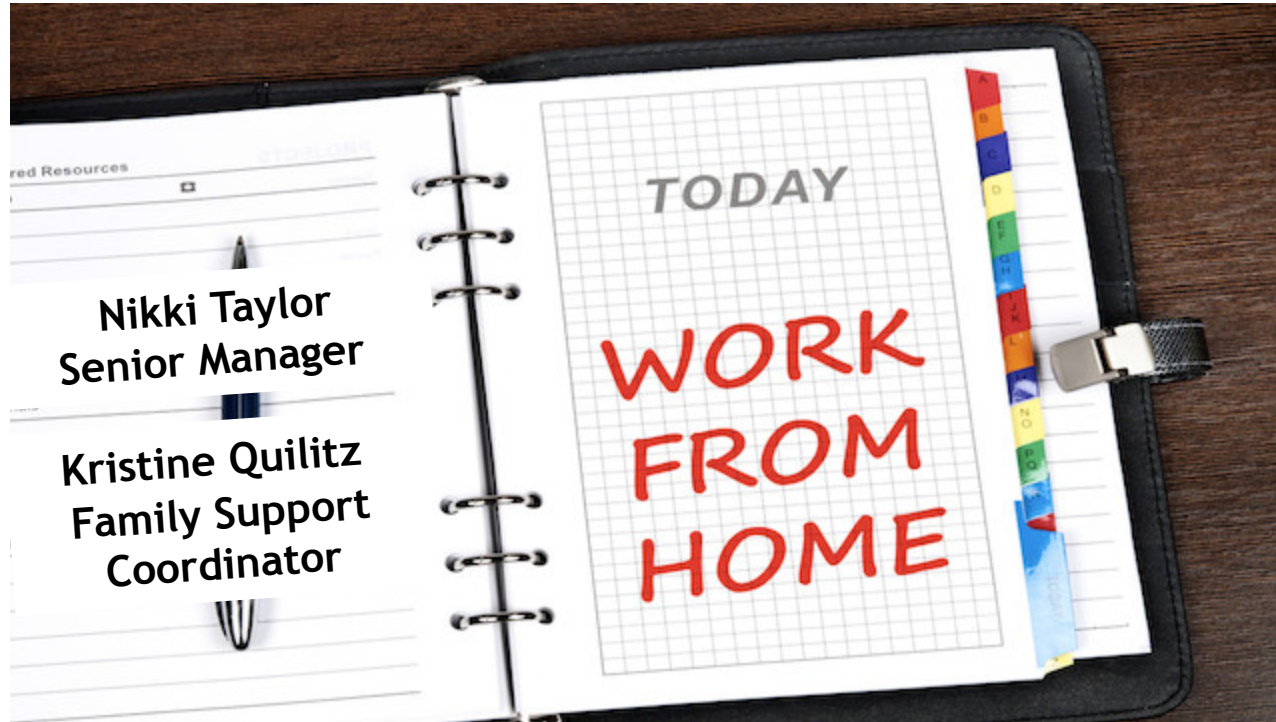


Additional  
Supports:





# Working from Home with Young Children



## Oakville Parent-Child Centre







# The Pressures

- ▶ Uncertainty and fear
- ▶ Isolation
- ▶ Change/lack of routine
- ▶ Job security/income
- ▶ High levels of stress and anxiety
- ▶ Lacking sense of control
- ▶ Living in closed/restricted quarters
- ▶ Competing priorities
- ▶ Expectations (kids, family, work, self)
- ▶ Staying healthy and feeling safe



# The Opportunities

- ▶ Resilience
- ▶ Family time
- ▶ Slower pace
- ▶ Get healthier
- ▶ Learn something new
- ▶ Read a good book.....or many
- ▶ Declutter your house
- ▶ Reconnect with family and friends
- ▶ Think/act in new ways
- ▶ Reconsider priorities
- ▶ Practice some new skills
- ▶ Improvement in global pollution





# What is going on with the children?

## The cause is nature. The need is nurture.

- ▶ Children don't work, they play. Adults invented work and young children don't understand it. Play is how they learn, process and make sense of the world and deal with big feelings.
- ▶ Competing needs and priorities. Children will find ways to get needs met...in positive or negative ways. Negative attention is better than being ignored.
- ▶ High stress levels heighten children's attachment instincts and decrease executive function. These instincts drive children to seek proximity and closeness both physically and emotionally.
- ▶ Children find it difficult to wait. This is developmental however we also live in an instant gratification culture which may pose problems for some children and families.
- ▶ Counterwill instinct is activated.



# What is going on with the children?

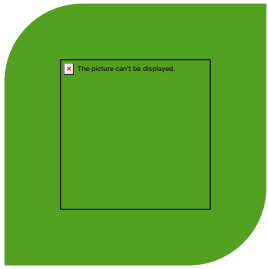
## The cause is nature. The need is nurture.

- ▶ Children have become accustomed to being busy and entertained 24-7 and rely on parents to provide the activities. Young children have a short attention span developmentally, but technology and busy lives have made it worse for some.
- ▶ Many adult expectations exceed children's developmental ability. Brain is significantly under construction in early years. Full maturation of the brain happens in the mid-late 20's.
- ▶ Children have difficulty understanding that when they can see you, you feel unavailable to them. We are hearing similar feelings in adult spouses.
- ▶ Emotional brains rule. This is the most utilized part of brain in young children. Fight, flight, freeze can be easily activated.

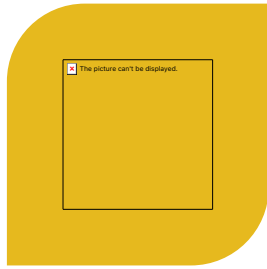




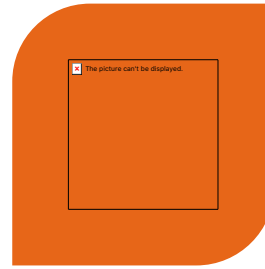
# DATE: Understanding Young Children's Behavior



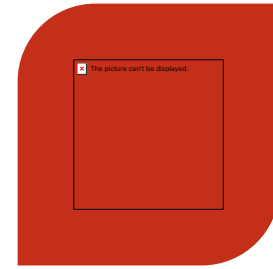
**D**EVELOPMENT



**A**TTACHMENT



**T**EMPERAMENT



**E**NVIRONMENT &  
EXPECTATIONS

# Suggested Strategies

- Empathy and compassion for children and yourself
- Listen to your self-talk....it drives how you think and respond
- Take care of all areas of health for you and your family
- Don't forget to have fun every day
- Manage your own stress and expectations
- Create and maintain predictable structure and routine (these help with stress/anxiety). Help children plan their activities for the day, allowing them the freedom to choose them.



# Suggested Strategies

- Be mindful of the number of hours you are working. We tend to work longer hours from home. Set hours and let children know when you are finished working.
- Take frequent breaks to connect with children.
- Find ways to let your child feel you've got this. When children feel we are in charge in loving ways, they feel safe and can relax.
- Set up "children's play area" close to you so children can play beside you. Remember proximity is important
- Eliminate children's exposure to covid related information. They don't have the ability to process it in a rational and logical way. They process it in the emotional brain, causing anxiety.

## Suggested Strategies

- Help children to release any sense of responsibility to keep themselves safe except for the very tangible actions they can take. i.e. washing hands, physical distancing
- Explain to children what you are doing and what you need from them. i.e. "I am having a meeting on the phone. I need you to play with \_\_\_\_\_ until I am done and then we will \_\_\_\_\_." Help children plan for what they will do and utilize tools to help track time (remember time is an abstract concept for young children)
- Be as accessible as possible. The more children feel they have access to you physically and emotionally, the less they need you.
- Rely on others in the house. If possible, create schedules with other adults that allows children to access to one of you.



## Suggested Strategies

- Foster children's dependence on you to create a sense of safety and trust in your children. Independence grows from dependence and maturity and cannot be achieved in a healthy way before children's biological development allows.
- Help older children find meaningful things to do...not "busy work"
- The primary attachment needs of children drive a great deal of their behavior. When attachment needs are met, children function better. Attachment is the responsibility of the adult. Children in charge become very difficult to parent as this is an unnatural dynamic. Child becomes the "alpha" and expects you to follow their lead (role of dependent).

## Suggested Strategies

- Use pictures and photos to help children understand the flow of the day.
- Create small opportunities for age appropriate independence to be developed. Prepare snacks in advance so children can help themselves. Leave access to water to drink.
- Work at night, once children are in bed where possible
- Be aware of your sensitive children. They are often compliant and cooperative. It is easy to miss their stress cues and because we can get our work done, we ignore them. Pay attention to their needs and feelings even if they are quiet and seem to be ok.



## Suggested Strategies

- Bedtime is often a time children need more of your focused attention. Allow enough time in the schedule to give children a chance to wind down, talk if they need to or just snuggle a little extra long. You will all sleep better.
- Please remember: Young children cannot put their basic needs aside (attachment, food, sleep etc.) Their needs must be met so they can rest in the relationship and avoid seeking their needs in undesirable ways (behavior). We are their buffer to the things in the world they are not yet ready for.

Together we will get through this and come out with new perspectives and wisdom.

Be well.

YOU WILL *never*  
LOOK BACK AT LIFE *AND*  
THINK, "I SPENT TOO  
MUCH TIME WITH MY  
KIDS."

ON PURPOSE

**For more information or individual support please contact us:**

Kristine Quilitz: Family Support Coordinator

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Nikki Taylor: Senior Manager Early Years & Family Support

[ntaylor@op-cc.ca](mailto:ntaylor@op-cc.ca)

Subscribe to opcc's email and ([www.op-cc.ca](http://www.op-cc.ca)) follow us on facebook for live online activities and daily posts



# OakvilleReady! Website



[Home](#)

[For Neighbours](#)

[General Resources](#)

[Hub Locations](#)

[Who We Are](#)

[Get Involved](#)

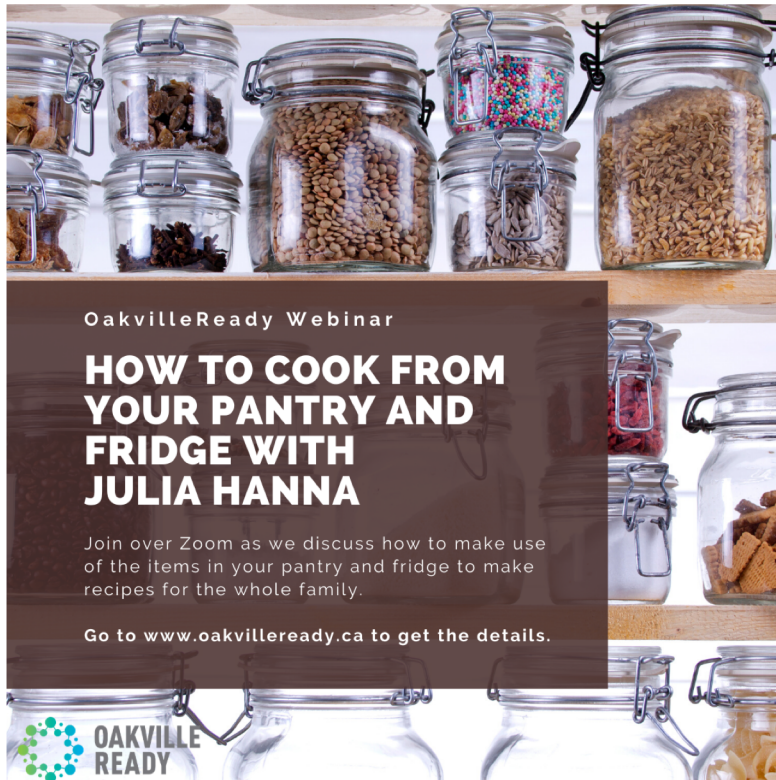
Building on community  
to create resilience.

[Get Involved](#)

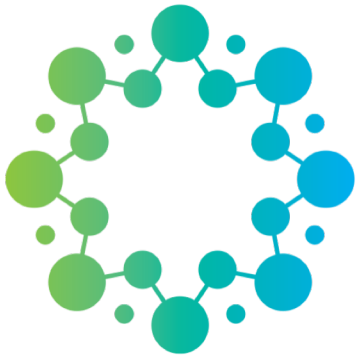
[www.oakvilleready.ca](http://www.oakvilleready.ca)



# Upcoming Calls



Do you have an idea for a community? Please reach out to us.



**OAKVILLE  
READY**

# Thank You!

Feel free to reach out to Trisha or Lisa:

Trisha Henderson [trisha.henderson@oakville.ca](mailto:trisha.henderson@oakville.ca)

Lisa Kohler [lisak@haltonenvironment.ca](mailto:lisak@haltonenvironment.ca)

Contact with us online:

[www.oakvilleready.ca](http://www.oakvilleready.ca)

Twitter: @oakvilleready