



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

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

## Support Your Child as They Learn and Grow

### Play

Young children benefit from playing with adults and other children. Playing builds brain connections.

Some ideas to try are:

- ✓ Peek a Boo
- ✓ Hide n Seek
- ✓ Simon Says
- ✓ Eye Spy

### Grow

Reading and talking is part of play. Doing this daily helps develop language and communication skills.

Children who are read to enjoy books and have brains that are ready for learning.

Learn more about Developmental Milestones at:

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

### Connect

Provide opportunities for your child to grow and develop in these areas:

- ✓ Physical – encourage tummy time, floor play, active play
- ✓ Emotional – respond quickly and sensitively to babies and children when they need you
- ✓ Cognitive – provide stimulating environments for your children to explore
- ✓ Language/Communication – read, talk and listen when you interact with your child
- ✓ Social – play with others

### Shine

Babies and children rely on adults to meet their needs. When we meet our children's needs we develop a trusting relationship - a strong foundation for happy, healthy children.



### Some resources in your community include:

Literacy for Life – [www.litforlife.com](http://www.litforlife.com) (403) 652-5090

Parent Link Centre – [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca) (403) 652-8633

Okotoks Public Library – [www.okotokslibrary.ca](http://www.okotokslibrary.ca) (403) 938-2220

High River Public Library – [www.highriverlibrary.ca](http://www.highriverlibrary.ca) (403) 652-2917

Sheep River Public Library - [www.sheepriverlibrary.ca](http://www.sheepriverlibrary.ca) (403) 933-3278





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**Support Your Child as They Grow Through the Stages of Childhood**

## The Weather Song

(sung to the tune 'Oh My Darling  
Clementine')

What's the weather?

What's the weather?

What's the weather like today?

Is it sunny? Is it windy?

Is it rainy? Is it cold?

What's the weather?

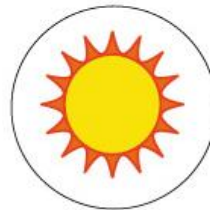
What's the weather?

What's the weather like today?

Is it snowy? Is it cloudy?

is it stormy? Is it hot?

Look at the three pictures of different weather. Then draw lines from each weather picture on the left to the items that go with it.



How many suns do you see? Which one is the smallest? Which one is the biggest?

