



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

Build Strong Relationships in Your Family Everyday

Play

Some family fun ideas for everyone to play together:

- ✓ Theme dinner (from another country)
- ✓ Make Sock Puppets
- ✓ Family Game Night
- ✓ Have an Arts & Crafts Extravaganza
- ✓ Bake something together
- ✓ Build a fort
- ✓ Family Meetings to share feelings and accomplishments.

Positive back and forth interactions (serve and return) build sturdy brain architecture.

Grow

Babies learn about the world through their relationships their important people. This continues throughout life. It is the foundation for all future leaning.

"Healthy Relationships in the Early Years = Healthy Relationships in the Future!"

Executive function skills help your child learn to focus, problem-solve, get along with others and manage their emotions.

Connect

It is important for children to know they are loved, trusted and believed in. They need to hear:

- ✓ I believe you
- ✓ I trust you
- ✓ I know you can handle this
- ✓ You are listened to
- ✓ You are cared for
- ✓ You are important to me
- ✓ I love you *(Barbara Coloroso)*

Stress is a part of life and shapes the brain. Connect with and support your child to build a stronger brain.

Shine

Early relationships have impact on a child's future mental, physical, social, and emotional health.

Take time every day to:

- ✓ Talk to and make eye contact with your child
- ✓ Have back and forth (serve and return) conversations
- ✓ Show affection (hug, kiss, snuggles)
- ✓ Model respect for children and adults

Brains are not just born; they are built over time and continue to grow into adulthood. Early experiences build brains!

Some resources in your community include:

Okotoks Public Library: www.okotokslibrary.ca (403) 938-2220

High River Public Library: www.highriverlibrary.ca (403) 652-2917

Sheep River Public Library: www.sheepriverlibrary.ca (403) 933-3278



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The Wheels On The Bus

The wheels on the bus go round and round,
round and round, round and round.
The wheels on the bus go round and round,
all day long.

The bell on the bus goes ding, ding, ding,
ding, ding, ding, ding, ding, ding.
The bell on the bus goes ding, ding, ding,
all day long.

The doors on the bus opens and shuts,
opens and shuts, opens and shuts.
The doors on the bus opens and shuts,
all day long.

The wipers on the bus go swish, swish,
swish,
swish, swish, swish, swish, swish, swish.
The wipers on the bus go swish, swish,
swish all day long.

The horn on the bus goes beep, beep, beep,
beep, beep, beep, beep, beep, beep.
The horn on the bus goes beep, beep,
beep all day long.

The babies on the bus go fast asleep,
fast asleep, fast asleep.
The babies on the bus go fast asleep
all day long.

The people on the bus go up and down,
up and down, up and down.
The people on the bus go up and down,
all day long.

I'm a Little Teapot

I'm a little teapot
Short and stout
Here is my handle
Here is my spout

When I get all steamed up
Hear me shout
"Tip me over
and pour me out!"

