



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

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

## Have Confidence in Your Parenting & Take Care of Yourself

### Play

For adults and children, play is important in maintaining physical and mental health.

Parenting is demanding, don't forget to **have fun**:

- ✓ With your children
- ✓ With your friends
- ✓ Remember your pre-baby interests
- ✓ Set a healthy example
- ✓ Be creative

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

### Grow

Take the time to learn about your role as a parent.

- ✓ Read books
- ✓ Attend classes
- ✓ Ask questions
- ✓ More prepared = more joy in parenting

Learn to trust your instincts as a parent and know reliable places to get help!

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

### Connect

Providing for the needs of your child can be challenging and stressful. Parental stress impacts children. It is essential to take care of yourself.

- ✓ Try to get enough sleep
- ✓ Schedule time away (for you)
- ✓ Ask for help – spouses, family and friends, are often able and willing to help

Happier, healthier parents =  
Happier, healthier children

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

### Shine

You are what makes the difference in your child's life.



*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:

Check out your local Community Program Guides. They are available online at:

Town of Okotoks (FCSS) - [www.okotoks.ca](http://www.okotoks.ca) (403) 938-8935

Town of High River (FCSS) - [www.highriver.ca](http://www.highriver.ca) (403) 652-8620

Town of Black Diamond (FCSS) - [www.town.blackdiamond.ab.ca](http://www.town.blackdiamond.ab.ca) (403) 933-4348

Town of Turner Valley (FCSS) - [www.turnervalley.ca](http://www.turnervalley.ca) (403) 933-4944

Revised August 2016





Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

## Have Confidence in Your Parenting & Take Care of Yourself

### Slippery Fish

Slippery fish, slippery fish, sliding through the water,  
Slippery fish, slippery fish, Gulp, Gulp, Gulp!  
Oh, no! It's been eaten by an ...

Octopus, octopus, squiggling in the water  
Octopus, octopus, Gulp, Gulp, Gulp!  
Oh, no! It's been eaten by a ...

Tuna fish, tuna fish, splashing in the water,  
Tuna fish, tuna fish, Gulp, Gulp, Gulp!  
Oh, no! It's been eaten by a ...

Great white shark, great white shark, lurking in the water,  
Great white shark, great white shark, Gulp, Gulp, Gulp!  
Oh, no! It's been eaten by a ...

Humongous whale, humongous whale, spouting in the water,  
Humongous whale, humongous whale,  
Gulp! ... Gulp! ... Gulp! ... BURP!  
Pardon me!



Lobster



Sand Dollar



Jellyfish



Oyster



Seashell



Seahorse



Frog



Octopus



Hermit Crab



Turtle



Starfish



Dolphin

