



Play • Grow • Connect • Shine
FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

Make Health and Wellbeing a Priority!

Play

Play is not just for kids...it helps stimulate brains and bodies of all ages.

Playing also helps relieve stress.

Play...hide and seek, eye spy, play dough, build a fort, go on a nature walk, have a dance party.



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

Grow

Key factors for healthy brain development:

- Make time to talk, read, sing, smile and connect with your child.
- Stimulate your child's brain development with back and forth (serve and return) interactions
- Remember that sleep and nutrition are important for our brains and bodies.
- Try to recognize and reduce stress in yourself and your child.

Research shows prolonged stress in childhood is toxic and can disrupt brain development.

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

Connect

Connect to supports in your community.
Many services for children are free.

- Doctor check-ups
- Pre-School Oral Health clinics
- Public Health Immunizations
- Optometrist Eye checks
- Health Link - 1-866-408-5465 (LINK)
- High River Parent Link Center for parenting support and connecting with other parents.

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

Shine

As parents and caregivers we are **role models** for our children. Developing healthy habits early on builds a strong foundation for lifelong health and wellness.

Children learn what they live.

Set a good example by:

- Making healthy food choices
- Staying active
- Managing stress
- Getting enough sleep

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

Resources to help make health and wellbeing a priority:

- ✓ Healthy Parents, Healthy Children: <http://www.healthyparentshealthychildren.ca>
- ✓ Active for Life: www.activeforlife.ca
- ✓ Visit your local Public Health Centre
- ✓ For more information on healthy eating and physical activity, visit Foothills Children's Wellness Network: www.foothillsnetwork.ca

Revised August 2016





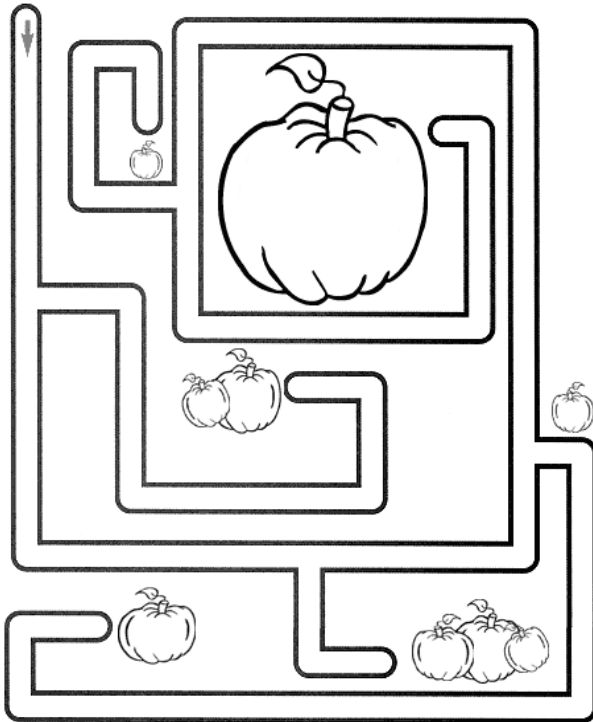
Play • Grow • Connect • Shine
FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

Make Health & Wellbeing a Priority!



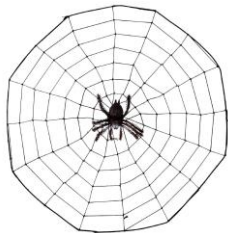
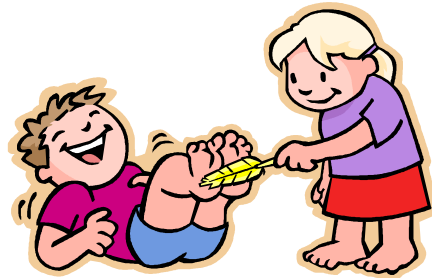
Can you help Clifford get to the biggest pumpkin? Color the pumpkins orange and draw a face on the biggest one!



Tickle Rhyme

Round and Round the Garden

Round and round the garden
Like a teddy bear
1 step, 2 steps tickle you under there!
Round and round the garden
In the wind and rain
1 step, 2 steps
Tickle you there again



Action Song - The Itsy Bitsy Spider

The Itsy Bitsy Spider went up the water spout.
Down came the rain and washed the spider out.
Out came the sun and dried up all the rain.
So the itsy bitsy spider went up the spout again.

Start Here

