



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

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

## Parenting is a big job...it's ok to ask for help

### Play

If you want to connect with other parents and families, try some of the following:

- Play at the park
- Walk by the river and throw rocks in
- Go for a picnic
- Visit the library
- Have coffee with a neighbor

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

### Grow

A child's learning takes place in the home and in the community. The environments and relationships we expose children to in the early years have lasting effects. Choose wisely.

Each stage of development your child goes through has its rewards and challenges.

*~Learn and Grow **with** your child~*

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

### Connect

It's OK to ask for help – go to people and places you trust:

- ✓ Family
- ✓ Friends
- ✓ Parenting groups
- ✓ Health Care Providers
- ✓ Community Resources

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

### Shine

Our communities have a lot of good resources to assist you in your parenting. Find out more information at:

- Your local FCSS office
- Local Public Health Clinic
- [www.foothillsnetwork.ca](http://www.foothillsnetwork.ca)

*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:

- ✓ Parent Link Centre - [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca) (403) 652-8633
- ✓ Wild Rose Community Connections - [www.wildrosecommunityconnections.com](http://www.wildrosecommunityconnections.com) (403) 601-2910
- ✓ Health Unit – [www.albertahealthservices.ca](http://www.albertahealthservices.ca)
- ✓ Foothills Fetal Alcohol Society – [www.foothillsfas.com](http://www.foothillsfas.com) (403) 652-4776

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### Community Helpers Song

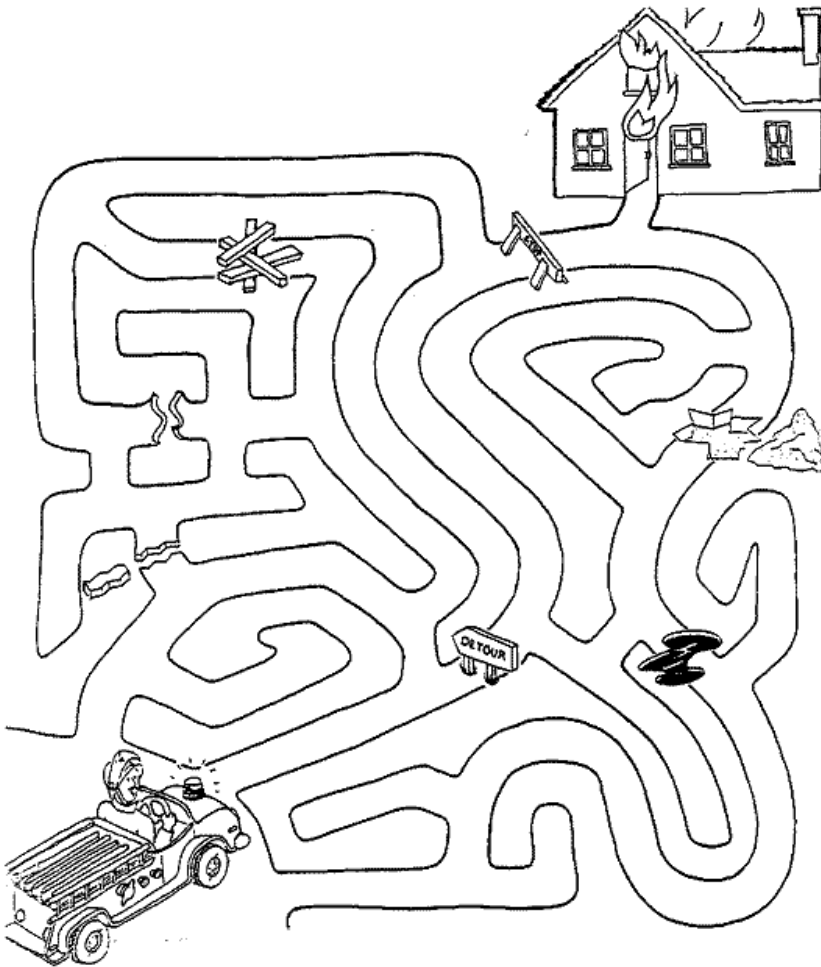
(sing to the tune of "Oh My Darling Clementine")

Community helpers,  
Community helpers,  
Community helpers,  
All around,  
They are people we rely on,  
To help make a great town.

There are doctors,  
And nurses,  
Firefighters and police,  
Emergencies are why we need them,  
Any day of the week.  
There are farmers, Chefs, and bakers,  
Waiter and waitresses,  
Feeding people is their job,  
They give us food that's good to eat.

There are electricians,  
Carpenters and plumbers,  
On worksites.  
They make houses and our buildings,  
Safe and sound and build right.

Do you know of any more people,  
Who are in your neighbourhood,  
Who work together to build a community,  
That we live in happily?



### Community Helpers



fire fighter



police officer



doctor



dentist



cook



teacher

Can you help the firefighter find the house in time to save it?

