



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

Play with your child

Play

Play can be:

- ✓ Spontaneous
- ✓ Self-directed
- ✓ Fun
- ✓ An opportunity to try new things
- ✓ A way to learn from mistakes
- ✓ A time to connect with your child
- ✓ A way to be active together

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

Grow

Play builds:

- ✓ Motor function
- ✓ Creativity
- ✓ Decision-making/problem-solving
- ✓ The ability to control and direct one's emotions and behaviors
- ✓ Social skills – sharing, taking turns, helping others, resolving conflict
- ✓ Speech and language
- ✓ Brain connections and future health

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

Connect

Children need the opportunity to let loose, run, build, explore and play on their own terms.

- ✓ Explore a new park together
- ✓ Skip around the block together
- ✓ Play a game of tag
- ✓ Play Hide and Seek in your backyard
- ✓ Build a fort
- ✓ Color & Draw
- ✓ Build a tower of blocks
- ✓ Dance!

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

Shine

Regular play will help your child develop into a happy, healthy child.



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:

- ✓ The Foothills Children's Wellness Network: www.foothillsnetwork.ca (403) 995-2706
- ✓ Parent Link Center: www.parentlinkalberta.ca (403) 652-8633
- ✓ The Okotoks Family Resource Center: www.ofrc.ca (403) 995-2626
- ✓ Special Needs Assoc for Parents & Siblings (SNAPS): www.fsnaps.org (403) 603-3232



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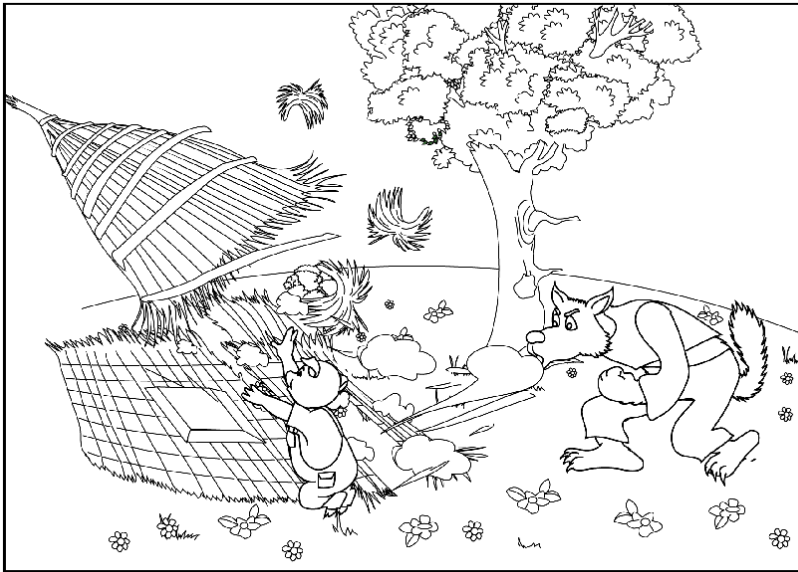


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The Three Little Pigs

Once upon a time there were three little pigs. One pig built a house of straw while the second pig built his house with sticks. They built their houses very quickly and then sang and danced all day because they were done. The third little pig worked hard all day and built his house with bricks.

A big bad wolf saw the two little pigs while they danced and played and thought, "What juicy tender meals they will make!" He chased the two pigs and they ran and hid in their houses. The big bad wolf went to the first house and huffed and puffed and blew the house down in minutes. The frightened little pig ran to the second pig's house that was made of sticks. The big bad wolf now came to this house and huffed and puffed and blew the house down in hardly any time.

Now, the two little pigs were terrified and ran to the third pig's house that was made of bricks.

The big bad wolf tried to huff and puff and blow the house down, but he could not. He kept trying for hours but the house was very strong and the little pigs were safe inside. He tried to enter through the chimney but the third little pig boiled a big pot of water and kept it below the chimney.

The first two pigs decided to build their houses out of bricks too and they all lived happily ever after.

The End

— H — E —
LITTLE PIGS

HOW MANY BRICKS
DO YOU SEE IN THE
THIRD LITTLE PIG'S
HOUSE?

