



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

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

## Provide Love and Limits

### Play

A few jokes for you to share...

1. Why did the cookie have to go to the doctor? Because it felt crummy!!
2. How do you make a Kleenex dance? Put a little boogie in it!!
3. How do ducks learn to fly? They just wing it!

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

### Grow

Exploration is one of the best ways for infants and children to learn.

Have family rules and routines to help set positive boundaries for children.

It is important to be realistic about your child's development and what they can do.

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

### Connect

Build health brain connections by using consistent and positive discipline. This helps your child learn:

- ✓ Responsibility
- ✓ Self control
- ✓ Empathy
- ✓ Independence
- ✓ Decision making skills

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

### Shine

- ✓ Help your child with simple chores to help them feel important in their family.
- ✓ A positive, encouraging environment is important to help your child reach their potential ~ "Catch Them Being Good!"
- ✓ The gift of love and limits is one that will help your child forever!

*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:

Literacy for Life – [www.litforlife.com](http://www.litforlife.com) (403) 652-5090

Parent Link Centre – [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca) (403) 652-8633

Okotoks Family Resource Centre – [www.ofrc.org](http://www.ofrc.org) (403)995-2626

Wild Rose Community Connections – [www.wildrosecommunityconnections.com](http://www.wildrosecommunityconnections.com) (403) 601-2910

McMan Journeys Family Development – [www.mcmancalgary.ca](http://www.mcmancalgary.ca) (403) 995-5473





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## Provide Love and Limits

### Five Little Monkey's Jumping on the Bed

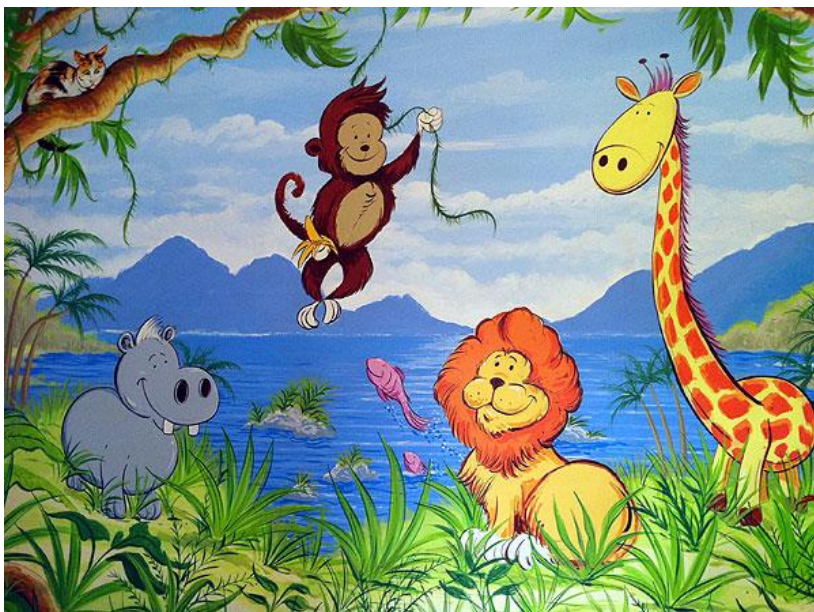
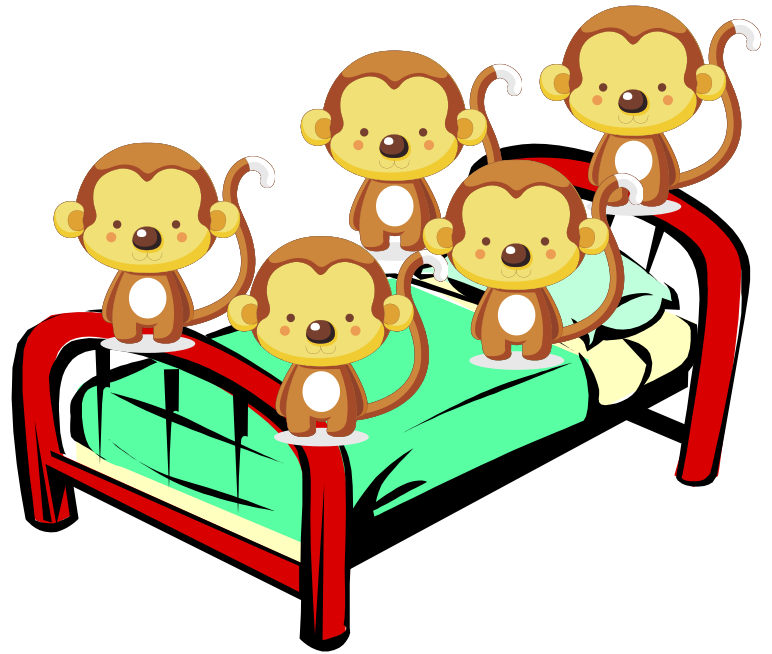
Five little monkeys jumping on the bed,  
One fell off and bumped his head.  
Mama called the Doctor and the Doctor said,  
"No more monkeys jumping on the bed!"

Four little monkeys jumping on the bed,  
One fell off and bumped her head.  
Papa called the Doctor and the Doctor said,  
"No more monkeys jumping on the bed!"

Three little monkeys jumping on the bed,  
One fell off and bumped his head.  
Mama called the Doctor and the Doctor said,  
"No more monkeys jumping on the bed!"

Two little monkeys jumping on the bed,  
One fell off and bumped her head.  
Papa called the Doctor and the Doctor said,  
"No more monkeys jumping on the bed!"

One little monkey jumping on the bed,  
He fell off and bumped his head.  
Mama called the Doctor and the Doctor said,  
"Put those monkeys straight to bed!"



### Can you find?

- 1 monkey
- 2 fish
- 1 cat
- 1 lion
- 1 banana
- 1 giraffe
- 1 hippopotamus
- What else do you see?

