



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

Value the Time You Spend with Your Child

Play

Play Dough Recipe:

1 cup white flour
1/2 cup salt
2 tablespoon cream of tartar (find it in the spice section)
1 tablespoon oil
1 cup water
food coloring
Mix first 4 ingredients in a pan. Add water and mix well. Cook over medium heat, stirring constantly, for 3 – 5 minutes. Dough will become difficult to stir and form a “clump.” Remove from stove and knead for 5 minutes—add food coloring during kneading process. Play dough will keep for a long time stored in a covered plastic container or plastic sandwich bag.

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

Grow

Good relationships take time to develop. They are the best tool to ensure your child learns, develops and grows up to be healthy and happy.

Sharing experiences builds a foundation for healthy and happy relationships.

Find out more information at:

www.foothillsnetwork.ca

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

Connect

Early experiences and relationships stimulate brain development. There are many agencies and services in our communities that can help you create safe, nurturing environments for your children.

Preparing and eating meals together is a great and easy way to connect with your child. Each positive step taken today is an investment in your child's future!

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

Shine

Families can support children by:

- ✓ Being attentive and responsive to children's needs
- ✓ Offering consistent love and affection

Strong relationships with your child = Healthy future relationships for your 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:

- ✓ Literacy for Life - www.litforlife.com (403) 652-5090
- ✓ Wild Rose Community Connections - www.wildrosecommunityconnections.com (403) 601-2910
- ✓ Parent Link Centre – www.parentlinkalberta.ca (403) 652-8633
- ✓ Okotoks Family Resource Centre – www.ofrc.org (403) 995-2626

Revised August 2016



Value the Time You Spend with Your Child

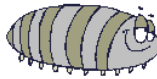
Nature Activities to do together:

For Baby



At home, fill a bird feeder and hang it close to a window. Hold your baby in your arms and together watch all the different feathered creatures that come to have breakfast at your feeder. If you have bread or crackers left over after a meal, tell your baby that you are saving the crumbs for the birdies, then add those crumbs to your feeder.

Make Bug Bait



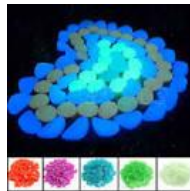
What you need:

- grapefruit
- spoon

What to do:

1. Cut a grapefruit in half and have your child use a spoon to scoop out the fleshy parts.
2. Put the empty grapefruit halves face down in the backyard and leave overnight.
3. Encourage your child to predict what bugs they think might be there in the morning. Do they expect to see different bugs from the ones they see during the day?
4. In the morning, turn over the grapefruit halves. What kinds of bugs have come to taste the grapefruit?
5. If your child is interested, she can sketch the bugs. Later, she can use online or library resources to research the bugs. Did you capture any bugs that only come out at night?

Glow in the Dark Rocks



What you need:

Smooth rocks ... paintbrushes ... glue ... scissors (optional) ... newspaper ... fluorescent tempera paint

What to do:

1. When you're on a walk with your child, encourage them to pick up 10 or 15 smooth rocks of varying sizes, and then wash and dry the rocks.
2. Spread newspapers on a flat surface and invite your child to paint the rocks. When finished, ask your child to paint some decorations on the inside of the shoebox.
3. Next, glue the rocks to the bottom (or side) of the inside of the shoebox to make a "moonscape."
4. Turn off the lights and observe the scene! For added effect, you may also want to cut a hole in the shoebox lid to look through for a different perspective.