



Play • Grow • Connect • Shine

FOOTHILLS CHILDREN'S WELLNESS NETWORK

www.foothillsnetwork.ca

You are What Makes the Difference in Your Child's Life

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

Take the time to know what programs and services are available to you in your community:

There are a lot of good resources to assist you in your parenting.

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 learn about creating safe, nurturing environments for your children.

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:

- ✓ Providing proper nutrition and housing
- ✓ Learning what to expect developmentally at various ages by reading books, talking to health care providers or attending parenting programs.
- ✓ Being attentive and responsive to children's needs
- ✓ Offering consistent love and affection
- ✓ Reading to 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:

- ✓ The Foothills Children's Wellness Network: www.foothillsnetwork.ca (403) 995-2706
- ✓ 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.ca (403) 995-2626





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Little Red Riding Hood

One day, Little Red Riding Hood's mother said to her, "Take this basket of goodies to your grandma's cottage, but don't talk to strangers on the way!" Promising not to, Little Red Riding Hood skipped off. On her way she met the Big Bad Wolf who asked, "Where are you going, little girl?" "To my grandma's, Mr. Wolf!" she answered.

The Big Bad Wolf then ran to her grandmother's cottage much before Little Red Riding Hood, and knocked on the door. When Grandma opened the door, he locked her up in the cupboard. The wicked wolf then wore Grandma's clothes and lay on her bed, waiting for Little Red Riding Hood.

When Little Red Riding Hood reached the cottage, she entered and went to Grandma's bedside. "My! What big eyes you have, Grandma!" she said in surprise. "All the better to see you with, my dear!" replied the wolf. "My! What big ears you have, Grandma!" said Little Red Riding Hood. "All the better to hear you with, my dear!" said the wolf. "What big teeth you have, Grandma!" said Little Red Riding Hood. "All the better to eat you with!" growled the wolf pouncing on her. Little Red Riding Hood screamed and the woodcutters in the forest came running to the cottage. They beat the Big Bad Wolf and rescued Grandma from the cupboard. Grandma hugged Little Red Riding Hood with joy. The Big Bad Wolf ran away never to be seen again. Little Red Riding Hood had learnt her lesson and never spoke to strangers ever again.

