

Key Message ...

Have Confidence in Your Parenting & Take Care of Yourself

Play

Play is important in maintaining physical and mental health for children and adults.

Parenting is demanding, don't forget to **have fun**:

- With your children
- With your friends
- With your own interests and hobbies
- With your partner or family
- With your social media

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

Grow

Take the time to learn about your role as a parent.

- Talk to people you trust in your community
- Read books
- Attend classes
- Give yourself a chance to learn new things about being a parent
- Don't be too hard on yourself

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

Connect

Providing for the needs of your child can be challenging and stressful. Parental stress impacts children. It is essential to take care of yourself.

- Eat more healthy foods
- Try to get enough sleep
- Take time out for yourself
- Add in regular physical activity
- Ask for help – spouses, family and friends, are often able and willing to help

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

Shine

You are what makes the difference in your child's life. Taking care of yourself isn't selfish; it's essential to becoming a healthy parent.



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:

Town of Okotoks (FCSS*) - www.okotoks.ca (403) 938-8935

Town of High River (FCSS*) – www.highriver.ca (403) 652-8620

Town of Black Diamond (FCSS*) – www.town.blackdiamond.ab.ca (403) 933-4348

Town of Turner Valley (FCSS*) – www.turnervalley.ca (403) 933-4944