

October 2022



Lessons We Learn From Autumn

Autumn marks the transition from summer to winter. Although this season is often seen as so brief, it offers some valuable life lessons for our children.

Everyone remembers summer for the holidays and ice creams, winter for the lights and Christmas. The snowstorms are viewed with a mixture of awe and dread for although they make everything look fresh and clean, they also cause havoc by blocking roads and calling for snow days away from school. But one season appears so briefly that in Canada, people barely think of it at all outside of back to school and harvest. This is the season of autumn - when leaves change color, trees become bare and humans and animals alike prepare for the cold winter that lies ahead.

Autumn typically falls in the months of October and November in Canada. While this season has an earthy beauty to it, it can also teach our children some valuable lessons about life. Here are some things your child can learn from this season:

- 1. Accept change:** Autumn shows us that nature is ever-changing. The leaves of last year must fall to make way for new ones. Human-kind is a part of nature. And even though we may not like it, change is an inescapable part of our lives and the lives of our children. We try to comfort and protect our children as much as possible. But eventually, they will have to learn how to deal with changes themselves. Whether a change is positive or negative, it's important to accept it and know how to adapt to it.
- 2. Appreciate what you have:** We see green leaves on trees so often that we take them for granted. It's only when they are gone that we begin to miss them. Similarly, our children can be made to realize that there are so many beautiful things in their life that they take for granted—a good school, food on the table, loving parents, and a roof above their heads. It is important to learn how to appreciate these things and be grateful for them.
- 3. Let go:** In the summer, each tree has bright and beautiful leaves. Come autumn, trees shed their leaves. Even though the trees look bare, they are in fact preparing themselves for spring and new leaves. Like the trees, our children also need to learn to let go of the past and embrace the future. As they grow, they will make friends and lose them as they move ahead in life. Autumn teaches us that letting go is part of growing up. When we learn to let go of the past, only then will they be able to fully live in the present and look forward to the future.
- 4. Live life to the fullest:** The season of autumn is representative of the cycle of life. The leaves that are once new and green, change color and eventually wither away. The season is a reminder of the impermanence of life. Encourage your children to live life to the fullest when they are still in the spring of their youth.
- 5. Accept bad times as well as the good:** The trees may look grim and bare in autumn, but you know that they will be full of bright new shoots by the next spring. This happens year after year. Similarly, our children can learn that there are times when life is bereft of happiness just as the trees are bereft of leaves. But if only we remain patient for a while, the joy will return, as the new shoots do. This can serve as a valuable lesson to our children in moments of sadness. When they feel like there's no way things can get better, all they need do is remember the trees and the promise of a new spring.

Whether your child likes the season of autumn or not, it is undeniable that through it, mother nature teaches him some valuable lessons. Children need simple tools to understand complex phenomena. Use the metaphor of the trees and their falling leaves to teach your little one some valuable life lessons.

Article written by: Ashwin Lobo for Parent Circle

LESSONS from Autumn

@POSITIVELYPRESENT



Wholesome Dad Jokes

1. What is a pumpkin's favourite movie?
2. Why was the jack o'lantern so afraid?
3. Who helped the mini pumpkin cross the road?



Answers: 1. Pulp Fiction 2. It had no guts. 3. The crossing gourd.



Follow us on Facebook for the most up-to-date information:
Kalyna Family Resource Network
Lamont County Region

For more information please call:
Erin @ 780-895-2233 ext 244
Toll Free 877-895-2233 ext 244
or email at: erin.t@lamontcounty.ca

What is the Kalyna Family Resource Network?



KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.



UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

- Child Development & Well-being Support
- Caregiver Capacity Building Support
- Social Connections & Support

OUR FRN NETWORK:

- Vegreville & Area
- Lamont County Region
- Mannville/Minburn/Innisfree
- Two Hills & Area
- WJS Canada

Parent Education & Caregiver Capacity Programs are available even if they are not on the monthly calendar. Contact Erin for more information.

What is an Ages & Stages Questionnaire?

The Ages & Stages Questionnaire (ASQ) checks 5 developmental areas.

1. Communication skills
2. Gross motor skills
3. Fine motor skills
4. Problem solving skills
5. Personal-social skills



Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

For more information:

Call: (780) 895-2233 ext 244
Facebook: Family Resource Network Lamont County Region
Email: erin.t@lamontcounty.ca

<https://agesandstages.com/about-asq-for-parents>



The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

The ASQ-SE checks 7 social-emotional areas:

1. Self-regulation
2. Compliance (trust & respect)
3. Communication
4. Adaptive functioning
5. Autonomy (ability to function independently)
6. Emotional responses
7. Interaction with people



How do I complete one?

Go to these links (we recommend completing both screenings):
ASQ-3
<https://www.asqonline.com/family/70d5a8>

ASQ-SE
<https://asqonline.com/family/af517f>



Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

- Alberta Human Services
- Alberta Children's Services
- Alberta Health Services (AHS)
- Early Childhood Coalitions of Alberta
- Various municipal governments
- Family Day Homes
- Various Seniors Centres
- CALC

- Family and Community Support Services (FCSS)
- WJS Canada
- Primary Care Network
- Local Libraries
- Prairie Central FASD
- Local Community Clubs
- Local School Divisions
- Local Food Hampers

Programs & Information



Register by Oct 11



NEW PARENTS SURVIVAL SERIES

Tuesdays from Oct. 18 - Dec. 20, 2022
10: 00-11:30am at the Lamont Meeting Room

A group for first time caregivers & babies 0-1 year old, focusing on building language, motor skills, good sleep schedules, taking care of yourself & MORE!

Session topics include:

Get talking, baby!	Move it, baby!
Get eating, baby!	Sleep routines
Social-emotional development	
Parent health & wellness	
Infant massage & connection	

For more information please call Erin at 1-877-895-2233 ext 244 or email erin.b@lamontcounty.ca
 To register, please follow QR code or this link: <https://signup.com/go/scXieku>

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FAMILY ACTIVITY NIGHT

FREE pop-up make & take activities!

SPOOKY GOOD FUN!

All families welcome!



At Lamont Public Library
Wednesday, October 19, 2022 - 5:15-7:15pm

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Lamont Public Library

Connecting Generations



Register by Oct 24 @ noon

HALLOWEEN PARTY

Families with children 0-6 & Homeschool families welcome!

Put on your costume and join us for a costume parade & activities with our friends at Beaverhill Pioneer Lodge. Parents/caregivers encouraged to dress up too!

Monday OCTOBER 31 @ 1:00pm
BEAVERHILL PIONEER LODGE - BACK DOORS

Sign up online or scan to access link: <https://signup.com/go/ehUberS>





Beaverhill Pioneer Lodge

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Lamont County Region



Virtual Child Development Walk-in Clinic

Birth to Five Years

Do you have questions or do you want to learn more about...

<p>How your child:</p> <ul style="list-style-type: none"> Speaks Hears Colours Moves Plays Follows Directions Sleeps Eats 		<p>Sensitivity to:</p> <ul style="list-style-type: none"> Noise Clothing Food Textures Messy Play
	<p>Your child's:</p> <ul style="list-style-type: none"> Routines (bedtime, toileting) Emotions Growth Development 	

Call us at our Virtual Walk-in Clinic!
 ~ 780-895-5817 ~

FREE The first **THURSDAY** of every month
 Community Rehabilitation Program – Pediatrics
9:00 a.m. – 11:30 a.m.

Virtual services that may be accessed include:

Occupational Therapy	Physical Therapy
Early Intervention Support (birth-31/2 yrs)	Speech-Language Pathology
	Social Worker

www.albertahealthservices.ca

Programs & Information

NINE SESSIONS AFTER SCHOOL WELL-BEING LIFE SKILLS CONFIDENCE COPING SKILLS

HEALTHY SNACKS SELF CARE ACTIVITIES

TRUST **FLEX FOR BOYS** CHOICES

TEAM BUILDING LAMONT TUESDAYS 3:30-5:30 PM STARTING OCTOBER 11th STRENGTHS

SELF-AWARENESS GAMES ...AND MORE!

FCSS OPEN TO GRADE 5 & 6 BOYS!

NINE SESSIONS AFTER SCHOOL WELL-BEING LIFE SKILLS CONFIDENCE COPING SKILLS

NUTRITION SELF CARE ACTIVITIES

DANCE BRUDERHEIM THURSDAYS 3:30-5:30 PM STARTING OCTOBER 13 CRAFTS

TEAM BUILDING STRENGTHS

JOURNALING CHOICES ...AND MORE!

FCSS OPEN TO GRADE 5 & 6 GIRLS!

Bruderheim YOUTH Centre
Located upstairs of Arena

Starting October 12th, 2022
Running Every Wednesday
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth 7 years of age and older

Parents: Remember to fill out our one time permission form for the year!!

FCSS Home of the Bruderheim Youth Centre

Chipman YOUTH Group
Located at Chipman National Hall

Starting October 17th, 2022
Running Every Monday
Call 780-895-2233 for more info

3:45 - 6:45pm All Children and Youth Aged 7 and older
Parents: Remember to fill out our one time permission form for the year!!

FCSS

INTRODUCING

Alberta Indigenous Virtual Care Clinic

Receiving healthcare from doctors who understand Métis culture is essential to the overall health and wellness of our community.

The Alberta Indigenous Virtual Care Clinic (AIVCC) virtually connects Métis Albertans with family doctors who are experienced in providing Indigenous and culturally-safe healthcare.

All appointments happen by telephone or by video using your device. The choice is yours.

Call 1-888-342-4822 to book your appointment or visit aivcc.ca for more information.
Hours: Mon-Fri 8:30am-4:30pm, Sat-Sun 12:30pm-4:30pm.

Please Note: Clinic is not an emergency care service. If you have an emergency, please call 911.

FCSS Parents & Tots Programs ARE BACK!

Bruderheim—Tuesdays 9:30-11:30am

Lamont—Wednesdays 9:30-11:30am

Mundare—2nd & 4th Fridays 10:00am-noon

Andrew - Some Fridays 9:00-11:00am

(Oct 21, Nov 4, Dec 2 & 9, Jan 6 & 13, Feb 3, Mar 10, Apr 14, May 12, June 2 & 9)

October Fun!

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Free printable courtesy of PrintFree.net



Homemade
GIFTS MADE EASY

October 2022



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 EIPS—Early Out	6 AHS - Walk-in	7 Babysitters Course - Mundare	8 Andrew Garlic Festival 
9	10 Happy Thanksgiving (Closed) 	11	12	13	14	15
16	17	18 Parenting Survival Series	19 Family Activity Night - Lamont	20	21	22
23	24	25 Parenting Survival Series	26	27	28	29
30	31 Connecting Generations Halloween Party - Lamont 					

November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Parenting Survival Series	2 EIPS—Early Out	3 Cooking with Your Littles - TBA	4	5
6 Daylight Savings EIPS November Break	7 Babysitters Course - Lamont	8 Parenting Survival Series	9 Youth Retreat - Camp Van Es 	10	11 Remembrance Day (Closed) 	12
13	14	15 Parenting Survival Series	16	17	18	19
			FCSSAA Conference—Office Closed 			
20	21	22 Parenting Survival Series	23 Family Activity Night - Mundare	24 Cooking with Your Littles - TBA	25	26 Lamont Light Up 
27	28	29 Parenting Survival Series	30			