

January 2023



New Year, New Tech Habits: 11 Tips for Setting Screen Time Rules with Your Kids

By Delany Ruston, MD & creator of Screenagers

Why have any screen time policies/rules for our kids anyway? Devices provide endless entertainment, connection to others, relief from FOMO, a sense of competency that comes from leveling up in a game, and much more. But at a cost. Allowing the "treat" side of tech (vs. the "tool" side) to overly consume our children's time is not in their best interest, nor that of our families or schools.

That's why having policies/rules around tech is valuable and worth the work. But I am the last to claim that this is easy. I learned the hard way how critical it is that we find ways to involve our kids in defining screen-time rules with us vs. my initial, more top-down techniques.

At times your kids may want to refrain from participating. But don't give up. Make sure you have some protected time to talk about science, love, and all the reasons why this is important.

Why now?

Katherine Milkman, a researcher, and author of *How To Change*, has found that people are particularly motivated to change behaviors after a "fresh start," such as the New Year or the start of a new month. As humans, we love the idea of a clean slate.

Avoid scare tactics

A couple of headlines are making their way through the press, and while you may want to share them with your kids, be sure to be clear that these are association studies. What to make of each association will take time to decipher, so we must be careful to avoid drawing conclusions prematurely. These findings include associations between video gaming and obsessive-compulsive disorder and between social media and cognitive control. These papers come from the ABCD study, a coalition of researchers across the country studying kids over time and doing brain scans. We will continue to see more headlines about associations.

Learn more about setting screen time rules with your kids on page 7.



Let's go skating!



Have you checked out the local rinks?

Andrew Arena - Indoor, Public Skating
Sundays from 12-3pm

Bruderheim Arena - Indoor, check town
Facebook page for dates and times

Bruderheim ODR - Outside, beside arena

Lamont Arena - Indoor, check town Face-
book page for dates and times

Lamont ODR - Outside, at Hillside Park

Mundare Arena - See Mundare Ag Society
Website for dates & times

Wholesome Dad Jokes

1. What is the weathercasters favourite food in winter?
2. What did the tree say after a long, cold winter?
3. What did one snowman say to the other snowman?

Answers: 1. Brrrr-itos 2. What a re-leaf
3. Do you smell carrots?



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.b@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 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 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-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 for recommended 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 Health Services (AHS)
- Early Childhood Coalitions of Alberta
- Various municipal governments
- Family Day Homes
- Various Seniors Centres
- CALC
- Family and Community Support Services (FCSS)

- Alberta Children's Services
- Primary Care Network
- Local Libraries
- Prairie Central FASD
- Local Community Clubs
- Local School Divisions
- Local Food Hampers
- WJS Canada

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.

Programs & Information

Free program
for families
with children ages 1-6



We will be making:
A healthy
post-holidays treat



COOKING WITH YOUR LITTLES

(Because who doesn't like a little adventure)

Join us for learning, socializing, and laughter as we cook with our littles (ages 1-6). While making a tasty treat, we will focus on engaging children in the kitchen and its importance.

Bruderheim Hall - Thurs., Jan. 12, 2023 (1:00 - 2:30pm)

Bruderheim registration due by Jan. 9 at noon

Andrew Lions Club - Wed., Jan. 18 (1:00-2:30pm)

Andrew registration due by Jan. 13 at noon

Please sign up for one Session by link or QR code: <https://signup.com/go/OJG0dQr>



Max 5
families
/session



For more info email: erin.b@lamontcounty.ca

Liddle Kidz Infant Massage Classes

Lamont County Region Kalyna Family Resource Network

This three class series teaches valuable infant massage techniques.

For Babies to Infants
1 month to 1 year

- *Enhance infant-cargiver bonding
- *Improve digestion
- *Increase deep sleep and relaxation
- *Connect with other parents

January 17, 23 & 31, 2023
10:30 - 11:30 am @ Mundare Town Office Gym
Register by January 10, 2023 at noon

To register follow link <https://signup.com/go/HZbdmQr> or scan QR code.
For more information, please email: erin.b@lamontcounty.ca

MUNDARE
Town Office Gym

Made with PosterMyWall.com

Connecting Generations

Open to all families with children ages 0-18

LUAU

IN JANUARY

JANUARY 20, 2023
9:30-11:30AM

Join us for a little vacation away from the winter chill. We will craft, snack, and enjoy a visit with our friends at Beaverhill Pioneer Lodge.

Please park on the street & enter through the doors around back.

PROGRAM IS FREE BUT REGISTRATION IS REQUIRED FOR SUPPLIES.
REGISTER BY JAN 13 AT NOON.
REGISTER BY SCANNING:

Beaverhill Pioneer Lodge

Made with PosterMyWall.com

FAMILY FUN NIGHT

Wear your PJs (parents too!) and join us for fort building, stories, and a snack!

All families welcome!

Family Fort Night


Help us celebrate Family Literacy Day!

At Lamont Public Library
Thursday, January 26, 2023
5:00pm-7:00pm

Lamont Public Library

Made with PosterMyWall.com

Programs & Information






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!!



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!!

FREE!!!

PARENT'S & TOTS



BRUDERHEIM
TUESDAYS from 9:30am - 11:30am
Located at the Karol Maschmeyer Arena

LAMONT
WEDNESDAYS from 9:30am - 11:30am
Located at the Lamont Alliance Church

ANDREW
SOME FRIDAYS from 9:00am - 11:00am
Nov 4, 25, Dec 2, 9,
Jan 6, 13, Feb 3, 17, March 10, 17, Apr 14, 21

MUNDARE
SOME FRIDAYS from 10:00am - 12:00pm
Second and Fourth Friday of the month
Located at the Mundare Town Office

If you have any questions or concerns please contact
Melissa at
780-895-2233 Ext 228
melissa.s@lamontcounty.ca




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...

How your child:

- ✓ Speaks
- ✓ Hears
- ✓ Colours
- ✓ Moves
- ✓ Plays
- ✓ Follows Directions
- ✓ Sleeps
- ✓ Eats

Sensitivity to:

- ✓ Noise
- ✓ Clothing
- ✓ Food Textures
- ✓ Messy Play

Your child's:

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

www.albertahealthservices.ca

Programs & Information



Children & Families



A collaborative, holistic approach with a focus on family and community

No two families or individuals are alike. Our programs and services for children and families are adaptable to meet the specific needs of every individual we serve. We believe the most sustainable, positive change occurs when families are fully engaged and supported by others in their community. Our programs are designed to build relationships and keep families strong.

How We Can Help

We engage and empower families to address the emotional, social, physical and general health aspects of their lives and help them create a support network that includes family, friends, organizations and members of their community along with other professionals who can help families reach their goals.

When families are in crisis, we can provide short-term services tailored to meet their needs. Sometimes, children and youth are unable to live with their own families and so we provide nurturing and supportive environments until they can return home. We are there for parents and families as they work towards their goals and strive to ensure children have family connections for a great future.

We recognize and value the need for personalized support and services. Our programs are culturally responsive and considerate of the fact that no two families are alike. We support and facilitate connections with First Nation, Metis, Inuit and other home communities and traditions.

Our programs and services are available to families in the privacy of their own homes and in their communities across Alberta and BC.

How To Access Services For Children And Families

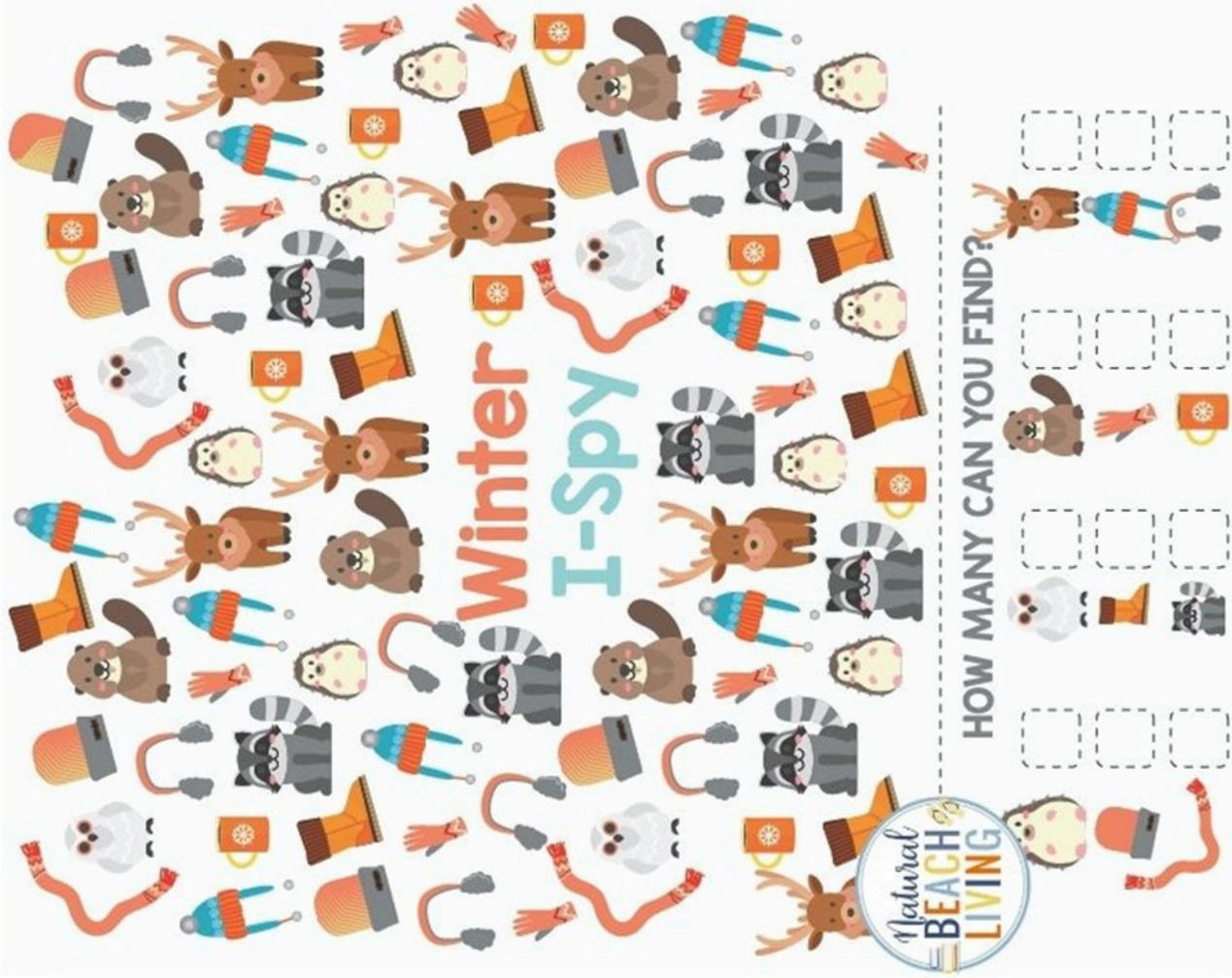
WJS Canada provides a variety of programs designed for children and families in Alberta and British Columbia. Contact us directly at 1-800-867-1987 for more information.

January Fun!

Trace and Color



NATURALBEACHLIVING.COM



NATURALBEACHLIVING.COM

11 Tips for Setting Screen Time Rules with Your Kids

1. "You show, I observe" time once a month — this involves having your teen scroll on their social media for a few minutes, and you get to see, with them, what comes up, and you don't react or critique, just observe. And then a day or two later is when you can reconvene to debrief a bit. Not to be judgy or mad, but to think together about some messages and dynamics happening over social media.
Pointer: try to define the actual day, like the first of each month this will occur.
2. "You show, I observe" time once a month — this involves having your teen scroll on their social media for a few minutes, and you get to see, with them, what comes up, and you don't react or critique, just observe. And then a day or two later is when you can reconvene to debrief a bit. Not to be judgy or mad, but to think together about some messages and dynamics happening over social media.
3. Same as above, but twice a month.
4. Same as above, but with social video gaming platforms and specific games, such as Roblox, Discord, Legend of Zelda, Minecraft, etc.
5. Everyone inventories their own screen time. Steps for conducting a family screen time inventory:
 - a. Agree on a time to share findings, such as at two dinners from now
 - b. Determine the method for tracking screen time that works best:
 - Check device settings to see if time spent gets recorded
 - Estimate time spent on different apps (e.g., Instagram, Facebook, TikTok, Snapchat, YouTube, Netflix, email) based on an average day
 - Log screen time for one day and estimate for the week
 - c. Each family member records their own screen time using the chosen method.
 - d. At the agreed time, share findings with the rest of the family.
6. Maximum of 1 hour at a time of video game play without a break
7. Matching offline activity time for an equal amount of time engaged in online entertainment. For example, after scrolling TikTok for 20 minutes, maybe they help with cooking for that same amount of time.
8. Devices away at meal times
9. Devices away at dinner, but if eating other meals alone, like breakfast, it is okay.
10. Devices away in the kitchen at dinner time, i.e., when making dinner and while cleaning up after dinner
11. Devices out of the bedroom for sleep every night of the week



For more information on this topic and others relating to screentime, please visit:

www.screenagersmovie.com/resources

January 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 EIPS—Early Out EIPS Classes Resume	5	6 P&T - Andrew	7
FCSS & FRN Offices Closed for the holidays—Happy Holidays!						
8	9	10 P&T - Bruderheim	11 P&T - Lamont ROE - Andrew School	12 Cooking with Your Littles - Bruderheim	13 P&T - Andrew P&T - Mundare	14
15	16	17 P&T - Bruderheim Infant Massage - Mundare	18 P&T - Lamont ROE - Andrew School Cooking with Your Littles - Andrew	19	20 Connecting Generations	21
22	23	24 P&T - Bruderheim Infant Massage - Mundare	25 P&T - Lamont ROE - Andrew School	26 Family Activity Night - Lamont	27 P&T - Mundare	28
29	30 EIPS No School	31 P&T - Bruderheim Infant Massage - Mundare				