

February 2023



Teenagers & Procrastinating 4 Ways to Help

Procrastination is not an easy habit to break, particularly for teens. We don't like to be called lazy when we just can't seem to get around to something so we can probably understand why our teens don't respond well to adult voices call them out on their procrastination. Procrastination is actually difficulty with emotion regulation and not a problem with laziness. We put things off because it is difficult for us to tolerate a feeling that the activity brings up for us. A teen's emotions are often big, extreme, not easily managed because their brains are still developing. Brains were thought to be mostly developed by the age of 23 but recent research is showing that major development is still happening until 30 (the major development is complete but our brains never cease developing). Simply put, teens often procrastinate because it is the easiest way to avoid these unpleasant emotions.

While there is no 'cure' for procrastination, there are approaches that we can use with and encourage our teens to use.

- 1) Try to be mindful of the emotions that your teen is avoiding instead of the task(s) they are avoiding. Do not insult by calling them lazy.
- 2) Explain to your teen that avoiding the task only reduces the emotion short-term and instead increases it in the long-term. They will actually save time (and worry) if they complete the task now versus pushing it off until later.
- 3) Break the task up into smaller, achievable parts. This allows for more feelings of success. The more success we feel, the more likely we are to tackle a new task. This creates motivation.
- 4) Plan a small reward for completion of the task. Think along the lines of a small treat, activities like shooting hoops. Encourage your teen to set up their own rewards.

This isn't going to end all procrastination, like I said there is no cure. As adults we understand the effects of procrastination and still procrastinate (some more than others). But if we can work towards breaking a habit, one small step at a time, we are likely to be more successful in our goals.



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 do you call two birds in love?
2. What do you call a very small valentine?
3. What does a pig farmer give for Valentine's Day?

Answers: 1. Tweetharts
2. A Valen-tiny 3. Hogs and kisses



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 (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 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:
Cookies!



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.

Lamont Meeting Room - Thurs., Feb. 16, 2023 (1:00 - 2:30pm)

Lamont registration due by Feb. 10 at noon

Chipman Hall - Thurs., Feb. 23 (1:00-2:30pm)

Chipman registration due by Feb. 17 at noon

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



Max 5
families
/session



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

KALYNA FRN PRESENTS

LET'S GET COOKING

A cooking program for youth ages 10-15

Spending some time learning about kitchen and food safety while whipping up an entree that can easily be made at home

Food theme: Comfort Food

Location: Bruderheim Memorial Community Centre
Date: February 9, 2023
Session 1: 10am-noon - ages 7-12
Session 2: 1pm-3pm - ages 13-18

Registration required by NOON on Feb. 6, 2023.
Space is limited.

TO REGISTER follow link or scan QR code:
<https://signup.com/go/deftSLV>

For more information, email: erin.b@lamontcounty.ca

Connecting Generations

VALENTINE'S PARTY

14 FEBRUARY
9:30-11:30AM

Join us for some Valentine's Day fun! We will craft, snack, and make connections with our friends at Beaverhill Pioneer Lodge in Lamont.

The program is free to families with children ages 0-6 and homeschool families but registration is required so we can plan for supplies. Please register by noon February 9, 2023.
Registration link: <https://signup.com/go/ewoqjCB>

Please park on the street and enter around back at the main doors.
We will be upstairs in the activity room.



Beaverhill
Pioneer Lodge



FAMILY ACTIVITY NIGHT

Free Drop-in:
Wear your Pjs (parents too!) and join us for fort building, stories, and a snack!

All families welcome!


Family Fort Night

And its International Polar Bear Day!

In Mundare at the Hub at Victory Park
Monday, February 27, 2023
5:00pm-7:00pm

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!!

Ready when you are.

Rapid Access Counselling
Change. One conversation at a time.
Contact your local Family Resource Network (FRN) to book a session
Visit <https://rac.janeapp.com/> or call 1.877.244.2360

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 *Registration is now required For 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

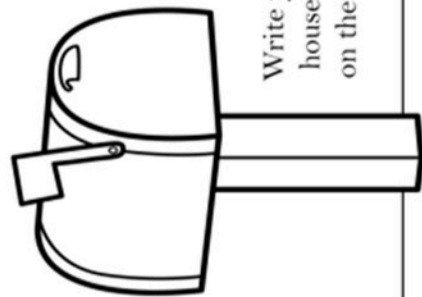
www.albertahealthservices.ca

February Fun!

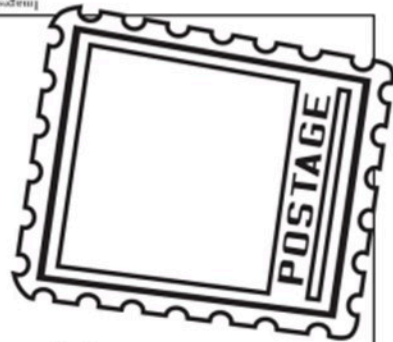
Love Letter Maze



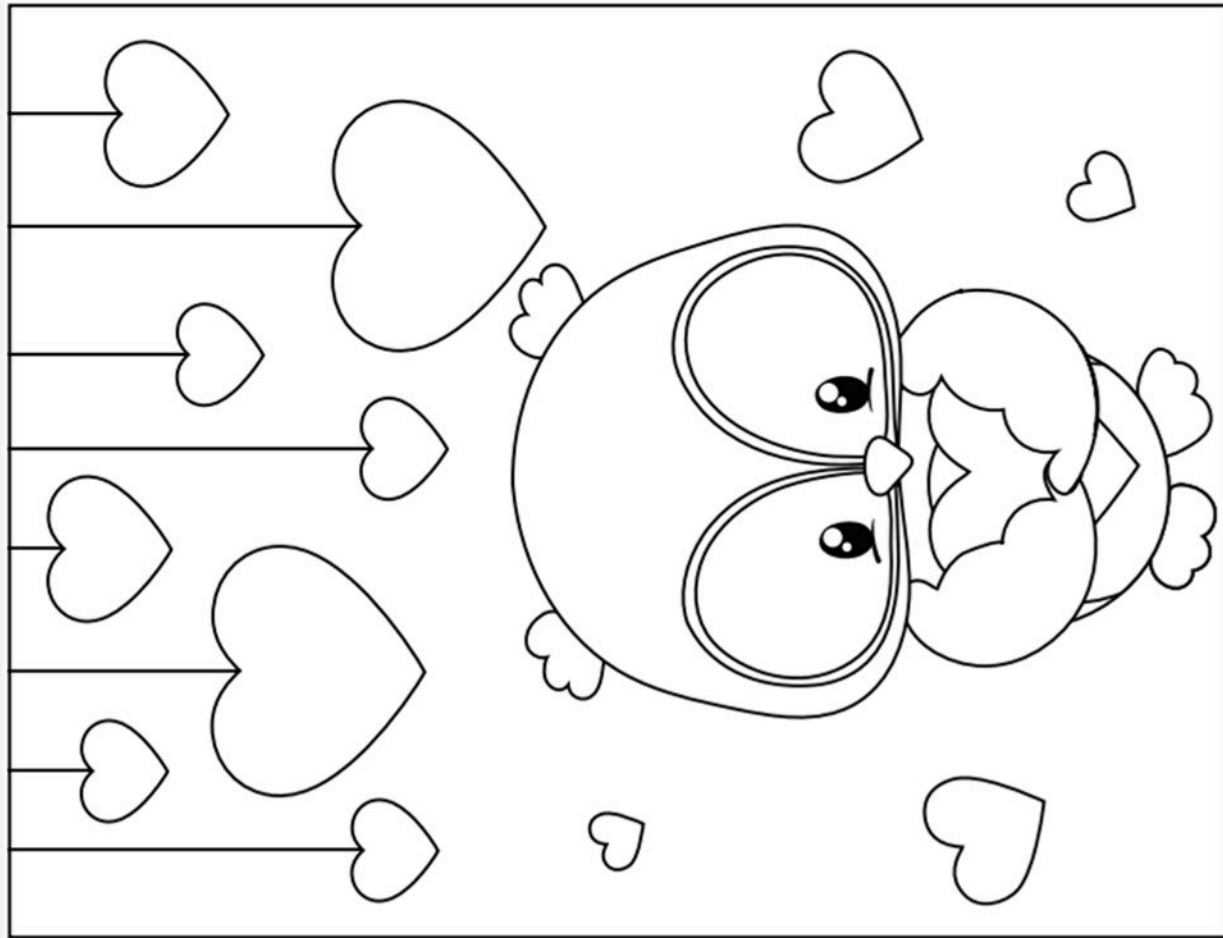
Love letter



Design your own
Valentine's Day
postage stamp:

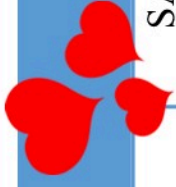



Write your own
house number
on the mailbox.



Images (c) Freyermads, Ken Bell and Little Boats Clipart

February 2023



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---|--|---------------------|-----|
| | | | 1 ROE - Andrew School | 2 | 3 P&T - Andrew | 4 |
| 5 | 6 | 7 P&T - Bruderheim | 8 P&T - Lamont ROE - Andrew School | 9 Let's Get Cooking Am—ages 7-11 Pm—ages 12-18 Bruderheim | 10 P&T - Mundare | 11 |
| 12 | 13 | 14 Happy Valentine's Day! P&T - Bruderheim Connecting Generations  | 15 P&T - Lamont ROE - Andrew School | 16 Cooking with Your Littles - Lamont | 17 P&T - Andrew | 18 |
| 19 | 20 Family Day FRN Office closed | 21 P&T - Bruderheim | 22 P&T - Lamont ROE - Andrew School | 23 Cooking with Your Littles - Chipman | 24 P&T - Mundare | 25 |
| 26 | 27 Family Activity Night - Mundare | 28 P&T - Bruderheim | | | | |