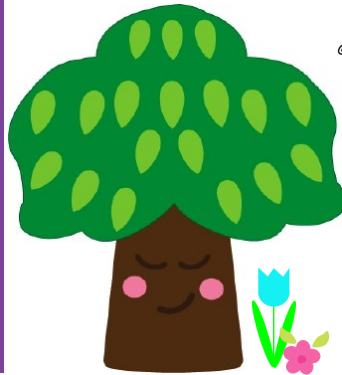


April 2023



Caregiver Fatigue

Why is this important?

Caring for children can be very rewarding but it can also involve many stressors, especially under the current circumstances. Giving yourself permission to take care of yourself is important so that you are in the best mental and emotional state to care for any children in your care. Understanding what caregiver fatigue is, how to identify the symptoms, and how to manage your stress to avoid it can help decrease the impact of caregiver fatigue.

What is caregiver fatigue?

Caregiver fatigue is “a debilitating psychological condition brought about by unrelieved stress.” By the time most caregivers suspect caregiver fatigue, they’re already suffering many symptoms. Symptoms of caregiver fatigue can include:

- Anxiety, depression, irritability
- Lack of energy
- Overwhelming fatigue, constantly exhausted
- Sleep problems
- Change in eating habits
- Feelings of hopelessness and helplessness
- Neglecting your own physical and emotional needs

To prevent or reduce caregiver fatigue, here are a few tips:

- Ask for help! Reach out to a friend, family member or community agency. They may be able to help, even from a distance.
- Take breaks throughout your day.
- Exercise, eat well and get enough sleep.
- Start your day 15 minutes before children wake up and do something for you. Enjoy your first cup of coffee in silence, meditate, stretch... something, anything, just for you!
- Make a list of everything you need to do during the day. See if there are any items you can delegate to someone else.
- Focus on things you can control. Some examples of things you can control could be how you react to situations and where you invest your time and energy.
- Set realistic goals. Break larger tasks into smaller manageable steps and focus on one step at a time.
- Explore community agencies or supports that might be able to help. The Kalyna Family Resource Network is here to support families and focus on caregiver capacity and building supports!

Excerpt from: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/>



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.janapp.com/> or call 1.877.244.2369

Wholesome Dad Jokes

1. Why should you tell dad jokes to an Easter Egg?
2. How does a sleep egg feel?
3. Why did the Easter egg hide?

Answers: 1. It might crack up!
2. Egg-zosted! 3. Because it was a little chicken.



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 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 for more information on 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: Fun Snacks!



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 Arena Meeting Room - Tues, April 11 2023 (1:00 - 2:30pm)
Lamont registration due by April 5 at noon
Chipman Hall - Thurs, April 20 (1:00-2:30pm)
Chipman registration due by April 13 at noon

Please sign up for one Session by link or QR code: <https://signup.com/go/CZQoPMB>
For more info email: erin.b@lamontcounty.ca



Max 5 families /session

Scan me

Connecting Generations

HOP TO IT!

JOIN US FOR SOME EASTER THEMED FUN! WE WILL CRAFT, SNACK, AND MAKE CONNECTIONS WITH OUR FRIENDS AT BEAVERHILL PIONEER LODGE IN LAMONT.

THURS APRIL 6TH 10am - 11:30am

This program is FREE to families with children ages 0-6 and homeschool families but REGISTRATION IS REQUIRED.

Please register by noon April 4, 2023. Link: <https://signup.com/go/bMEHyH0>
Please park on the street and enter around back at the main door around back. We will be upstairs in the activity room beside the elevator

Made with PosterMyWall.com

FAMILY ACTIVITY NIGHT

FREE Drop-in!
Join us for some Springtime make & take and a snack!

All families welcome!

At the Lamont Public Library
Thursday, April 27, 2023 from 5:00 - 7:00pm



Lamont Public Library

Made with PosterMyWall.com

Lamont County Region Kalyna Family Resource Network

Attention 2023-2024 Kinders!

Lamont County Region Schools

Free bag for all 2023-2024 Kindergarten students

Your Kinder Welcome bag is filled with so many amazing materials and resources for talking, reading, singing and playing together every day!

Kalyna Family Resource Network
Lamont County Region
Presents:

A Kinder Welcome

You will receive your free bag when you attend your child's Kindergarten Open House.


Bruderheim: April 12 @ 6pm
Mundare: April 27 @ 1pm
Lamont: May 25 @ 6pm
Andrew: May 29 @ 9:15am

erin.b@lamontcounty.ca
One WTK Bag per Lamont County Region child attending Kindergarten for the first time in 2023-2024

Our community partners:

Made with PosterMyWall.com


Programs & Information



**Chipman
YOUTH
Group**
Located at Chipman National Hall

Running Every Monday
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth
Aged 7 and older
Parents: Remember to fill out our one time permission
form for the year!!

**Bruderheim
YOUTH
Centre**
Located upstairs of Arena

Running Every Tuesday
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!!



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

**Alberta Health
Services**

**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.

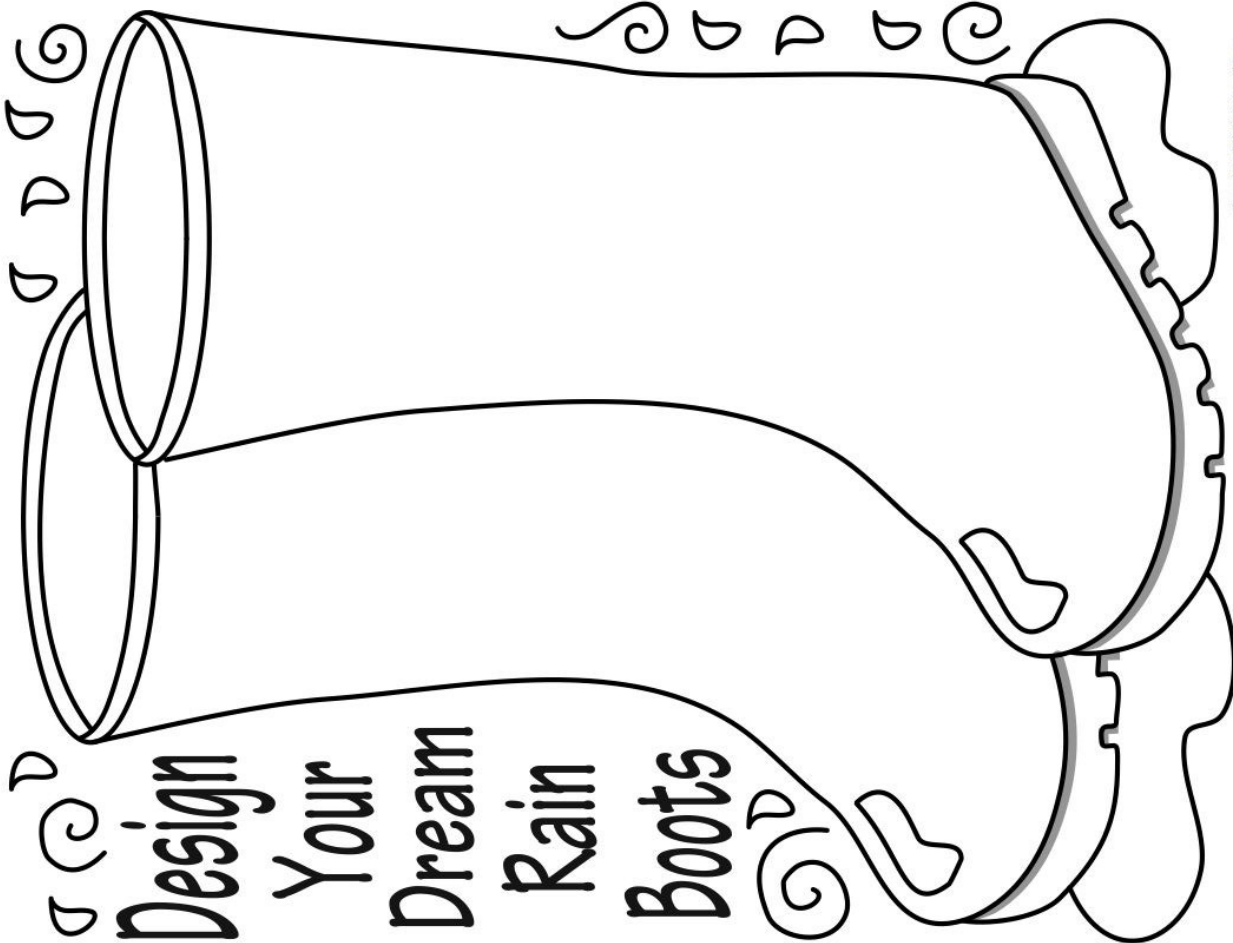
Virtual services that may be accessed include:

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

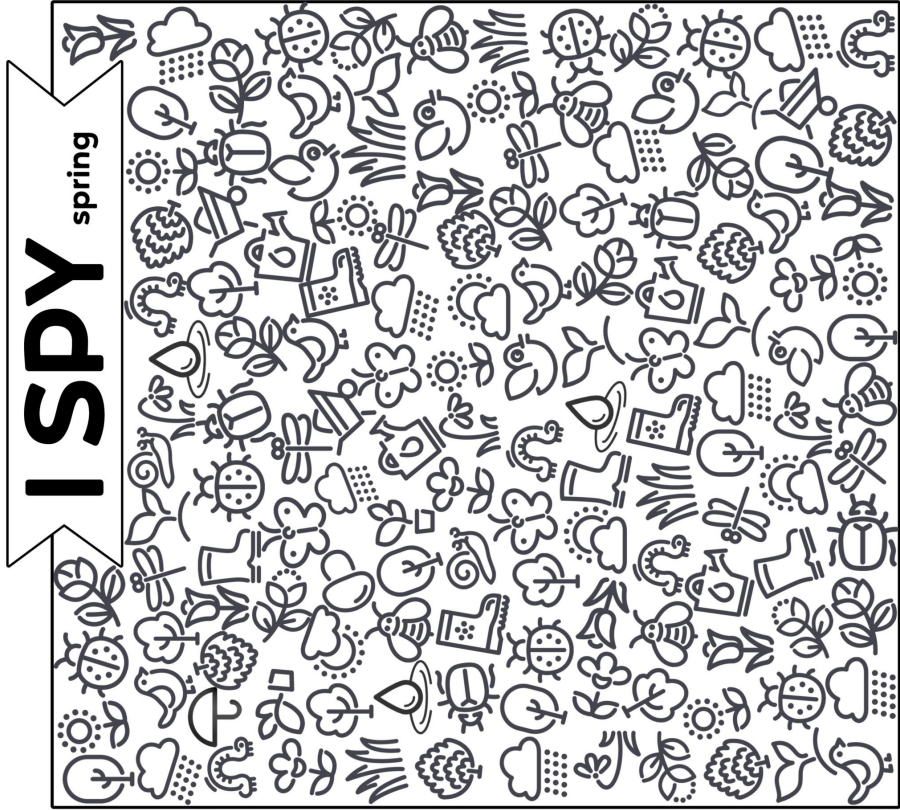
www.albertahealthservices.ca



April Fun!



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papertraildesign.com



April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 April Fools! 
2	3 Chipman Youth Group	4 P&T - Bruderheim Bruderheim Youth Group	5 EIPS—Early Out P&T - Lamont ROE - Andrew School	6 AHS Virtual Child Development Walk – in Clinic Connecting Generations	7 Good Friday No School FRN & FCSS Offices Closed	8
9 Happy Easter! 	10 Easter Monday No School FRN & FCSS Offices Closed	11 P&T - Bruderheim Bruderheim Youth Group	12 P&T - Lamont ROE - Andrew School Bruderheim Kinder Welcome	13	14 Happy St. Patrick's Day P&T - Andrew P&T - Mundare	15
16 Volunteer Appreciation Week →	17 Bruderheim Vol. Appr. Event Chipman Youth Group	18 P&T - Bruderheim Andrew Vol. Appr. Event Bruderheim Youth Group	19 P&T - Lamont ROE - Andrew School Lamont Vol. Appr. Event	20 Mundare Vol. Appr. Event	21	22 
23	24 Chipman Youth Group	25 P&T - Bruderheim Bruderheim Youth Group	26	27 Mundare Kinder Welcome	28 P&T - Mundare	29
						30