

May 2023



HOW TO MODEL EMOTIONAL WELLBEING FOR YOUR CHILDREN

We all want our children to be healthy and happy – and for them to be considerate, caring and kind. The good news is this is something your own actions can help achieve. The time you spend together and the things you show your child early in life assist your child with future relationships. Warm, consistent, and emotionally supportive relationships between you and your children encourage them to develop self-confidence, independence, and the ability to manage emotions and behaviours. These skills are helpful in school and beyond.

KIDS LEARN MOMENT BY MOMENT

When you respond to your child's needs, questions, and interests, you develop a healthy bond (referred to as "secure attachment"). This helps children feel safer when exploring new things and helps them build positive relationships with others. Without this support, navigating new situations and social relationships can be difficult.

Each day provides opportunities for parents to be role models for their children, as they watch how you react to everyday things. Children are figuring out what they see all the time, picking up little clues and cues about how to think, behave and react. When you show your emotions honestly and then manage them, your children see how they can do that, too.

Your modelling also shows your child how to deal with conflict and respond to powerful feelings, such as anger, in ways that don't hurt them or others. For example, if you apologize following a mistake or accidentally saying something hurtful, you help your child see they can handle emotions in similar situations.

Talking about this is best done when things have calmed down though. It can be difficult to think clearly about the situation right at the point of conflict or crisis, especially when everyone, including the child, is upset. Having a conversation and encouraging your child to see things from a different perspective allows them to put these experiences together, helping them to learn to handle anger and prevent aggression against their peers.

SOCIAL SKILLS AND SUCCESS

Children who can adapt and problem-solve in situations at preschool age show positive benefits throughout childhood and adolescence. They report higher wellbeing, higher social skills, higher academic achievement, reduced aggression, and improved mental health and socio-economic outcomes throughout their teen and adult years.

You can assist your children to develop social skills by talking about your family values, setting family rules or expectations for everyone to get along well and solve problems calmly, and teaching them how to be kind and gentle with other people and with animals. Show your child empathy, how to see things from another person's point of view and to be compassionate toward others who need help or support.

FEELING GOOD ON THE INSIDE

Parenting is filled with opportunities to help your children learn new skills. Children learn best with frequent practice, so in the early stages when little ones are showing acts of caring you can encourage them through your attention and praise. As children do these things more often you can change from using praise to acknowledging their effort differently. A particularly effective way to do that is to ask your child to tell you why they felt good about their actions. When they say the reason behind their behaviour, it helps them to understand and tell themselves what they did well.

That way, when they do something socially responsible as they get older, they'll experience what we call an "intrinsic reward" – much like a warm inner glow – that comes from having the chance to show values like kindness, caring and generosity.

All this, and the confidence they gain, helps children be more successful in school and other settings – and become the considerate, caring and kind people we want them to be!

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

Wholesome Dad Jokes

1. Why is Yoda such a good gardener?
2. What is a flower's favourite kind of pickle?
3. How do Spring flowers greet each other?

Answers: 1. He has a green thumb.
2. A daffo-dill 3. Hey bud!



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



Join us for

PARK PLAY & PARENTING

Dress for the weather and bring a chair & something to drink. We will talk parenting challenges and successes while the children spend time at play. 30 minutes will also focus on parent-child connection.

1:00pm
to
2:30pm

Wed., May 10 - Lamont Hillside Park (50 Street)
Wed., May 17 - Mundare Victory Park (54 Ave)
Wed., May 24 - Bruderheim Sunset Park (51 Street)
Wed., May 31 - Lamont Hillside Park (50 Street)

Please register at least ONE week in advance.
Please register only if you will attend.

To register: <https://signup.com/go/KjcrRdA>

or scan
this code:



Programs are weather dependent. If there is indoor space available then we will move indoors. The facilitator will message you if there is a change.

Connecting Generations

Join us for a
Tea Party

Join us for a tea party to celebrate everything Spring!
We will craft, snack, and make connections with our friends
at Beaverhill Pioneer Lodge in Lamont.

Monday, May 15, 2023
1:30 - 3:00pm

This program is FREE to families with children ages 0-6 and
homeschool families but REGISTRATION IS REQUIRED.
Please register by noon May 8, 2023.
Registration Link: <https://signup.com/go/eUBztUr>
Please enter around the back at the main doors.
We will be upstairs in the Activity Room beside the elevator.

Beaverhill Pioneer Lodge

Lamont County Region Kalyna Family Resource Network

Attention 2023-2024 Kinders!

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!

Lamont County Region Schools
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:

Small changes, big differences.

Triple P, Positive Parenting Discussion Groups (for parents of children 0-12 years)

Join us for free Triple P Positive Parenting Discussion Groups. Space is limited. Childcare available if requested on registration.

DATES: Tuesday, May 9, 2023 - Hassle Free Shopping
Register by May 2 at noon
Tuesday, May 16, 2023 - Developing Good Bedtime Routines
Register by May 9 at noon
Tuesday, May 23, 2023 - Dealing With Disobedience
Register by May 16 at noon
Tuesday, May 30, 2023 - Managing Fighting & Aggression
Register by May 23 at noon

TIME: 1:00-3:00pm (please arrive by 12:45pm to check into childcare)

VENUE: Lamont Alliance Church

Please register for each session that you plan to attend.
Please register online: <https://signup.com/go/dQkwUNq>

www.triplep-parenting.net For more information email erin.b@lamontcounty.ca or call 1-877-895-2233 ext 244

Programs & Information

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

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



**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
Aged 7 and older**
**Parents: Remember to fill out our one time permission
form for the year!!**




**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!!**

Nutrition Services | Central Zone

FREE Online Nutrition Classes

Join Public Health Dietitians in family-centred classes to learn more about nutrition topics that matter to you! Classes include:

- 
Infant Nutrition:
Starting Solid Food
- 
Goodbye Mealtime
Struggles: 1-5 Years
- 
Positive Mealtimes:
6-12 Years

Scan here
or visit:
qrco.de/centralzonenutrition



Check out these pre-recorded videos:

**Feeding Babies:
Mini Series**



bit.ly/feedingbabiesvideos
Created by AHS
South Zone Public
Health Dietitians

**Tips for Success:
Mealtime
Struggles**



bit.ly/peasTipsForSuccess
Created by AHS
Pediatric Eating and
Swallowing

Looking for more help?

Call your local **Community Health Centre** and ask to talk to your **Public Health Dietitian**.

You can also call **811** and ask to speak with a dietitian.

Nutrition Handouts: ahs.ca/NutritionHandouts



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:

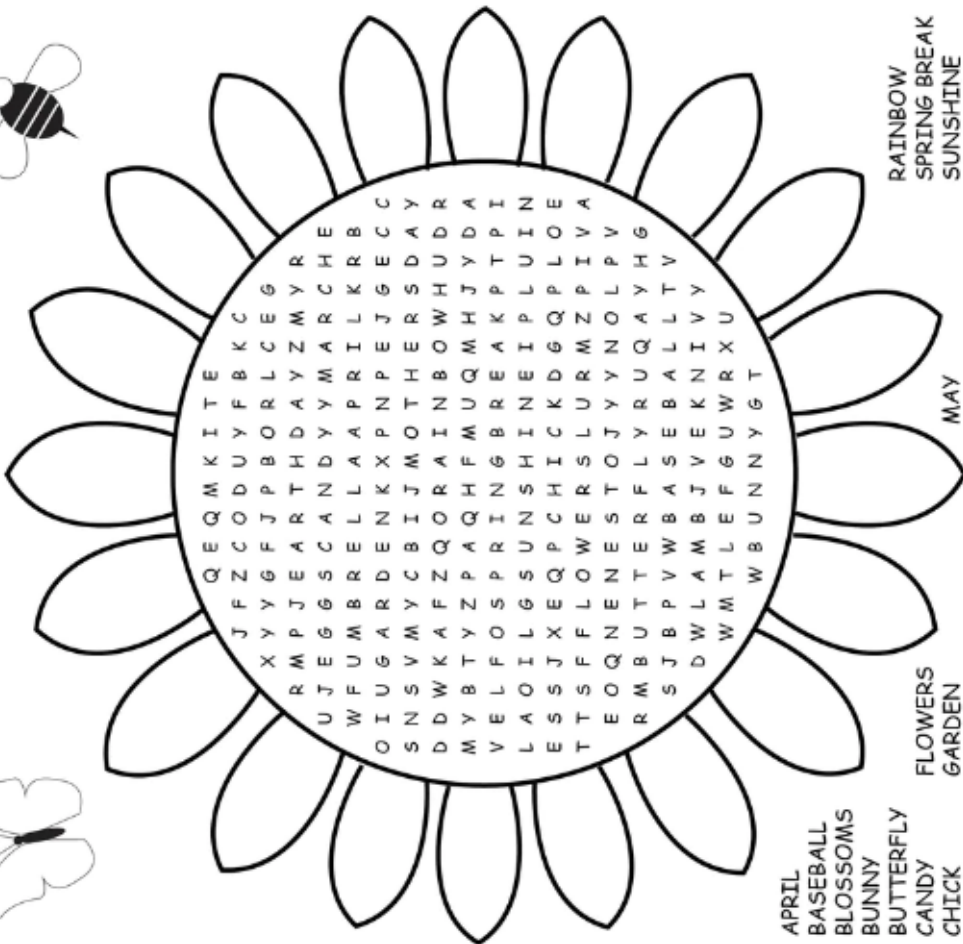
Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

Physical Therapy
Speech-Language Pathology
Social Worker

www.albertahealthservices.ca

May Fun!

It's Spring Time!



Q E Q M K I T E
 J F Z C O D U Y F B K C C
 X Y Y G F J P B O R L C E G G
 R M P J E A R T H D A Y Z M Y R E
 U J E G G S C A N D Y M A R C H E
 O I U G A R D E N L A A P R I L K R B B
 S N S V M Y C B I J M O T H E R S D A Y
 D D W K A F Z Q O R A I N B O W H U D R
 M Y B T Y Z P A Q H F M U Q M H J Y D A
 V E L F O S P R I N G B R E A K P T P I
 L A O I L G S U N S H I N E I P L U I N
 E S S J X E Q P C H I C K D G Q P L O E
 T S F F L O W E R S L U R M Z P I V A
 E O Q N E T E R F L Y R U Q A Y H G
 R M B U T T E R F L Y R U Q A Y H G
 S S J B P V W B A S E B A L L T V
 D W L A M B J V E K N I V Y
 W M T L E F G U W R X U
 W B U N N Y G T

- APRIL
- BASEBALL
- BLOSSOMS
- BUNNY
- BUTTERFLY
- CANDY
- CHICK
- EARTH DAY
- EASTER
- EGGS

- FLOWERS
- GARDEN
- KITE
- LAMB
- MARCH

- MAY
- MOTHERS DAY
- NEST
- RAIN

- RAINBOW
- SPRING BREAK
- SUNSHINE
- TULIP
- UMBRELLA
- WINDY

I SPY A RAINY DAY

Count how many of each rainy day items there are and write the number in the boxes below.



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May 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 EIPS—Early Out ROE - Andrew School	4 May the 4th be with you! AHS Virtual Child Development Walk— in Clinic	5 EIPS—No School	6
7	8 Chipman Youth Group	9 Triple Discussion Group Hassle Free Shopping Bruderheim Youth Group	10 ROE - Andrew School Park Play & Parenting Lamont	11	12	13
14 HAPPY mother's DAY	15 Connecting Generations	16 Triple Discussion Group Bedtime Routines Bruderheim Youth Group	17 ROE - Andrew School Park Play & Parenting Mundare	18	19 EIPS—No School	20
21	22 Victoria Day FRN & FCSS Offices closed	23 Triple Discussion Group Dealing W/ Disobedience Bruderheim Youth Group	24 ROE - Andrew School Park Play & Parenting Bruderheim	25 Lamont Kinder Welcome	26	27
28	29 Andrew Kinder Welcome Chipman Youth Group	30 Triple Discussion Group Fighting & Aggression Bruderheim Youth Group	31 ROE - Andrew School Park Play & Parenting Lamont	27	28	29