

Key Message ...

Make Health and Wellbeing a Priority

Play

Play is not just for kids...it helps stimulate brains and bodies of all ages. Children learn how to jump, catch, draw, think, problem solve, communicate and be creative through play.



Playing also helps relieve stress.

Play...hide and seek, eye spy, play dough, build a fort, go on a nature walk, have a dance party.

Positive back and forth interactions (serve and return) build sturdy brain architecture.

Grow

Key factors for healthy brain development:

- Make time to talk, read, sing and connect with your child.
- Stimulate your child's brain development with back and forth (serve and return) interactions
- Remember that sleep and healthy food are important for our brains and bodies.
- Try to recognize and reduce stress in yourself and your child.

Research shows prolonged stress in childhood is toxic and can disrupt brain development.

Executive function skills help your child learn to focus, problem-solve, get along with others and manage their emotions.

Connect

Connect to supports in your community.

Many services for children are free.

- Doctor check-ups
- Pre-School Oral Health clinics
- Public Health Immunizations
- Eye checkups
- High River Parent Link Center for parenting support and connecting with other parents.
- Intake Mental Health NEED NUMBER

*Stress is a part of life and shapes the brain.
Connect with and support your child to build a stronger brain.*

Shine

As parents and caregivers we are **role models** for our children. Developing healthy routines early builds a strong foundation for lifelong health and wellness.

Children learn what they live.

Set a good example by:

- Making healthy food choices
- Staying active
- Managing stress
- Getting enough sleep
- Expressing emotions in a healthy way

Brains are not just born; they are built over time and continue to grow into adulthood. Early experiences build brains!

Some resources in your community include:

Visit your local Public Health Centre:

- Black Diamond (717 Government Road). Telephone: (403) 933-8505
- High River (310 Macleod Trail S.W.). Telephone: (403) 652-5450
- Okotoks Health & Wellness Centre (11 Cimarron Common). Telephone: (403) 995-2600