

Key Message ...

Build Strong Relationships with Families Every Day

Play

Some family fun ideas for everyone to play together:

- Theme dinner (from another country)
- Make Sock Puppets
- Family Game Night
- Have an Arts & Crafts Extravaganza
- Bake something together
- Build a fort
- Family Meetings to share feelings and accomplishments.

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

Grow

Children learn about the world through their relationships with important people.

Take time every day to:

- Talk to and make eye contact with your child
- Have back and forth (serve and return) conversations
- Show affection (hug, kiss, snuggle)
- Model respect for children and adults

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

Connect

Children need adults to respond quickly when they are ill, hurt or upset.

When children have stress (moving, death of a pet, divorce) they may react in different ways. It is up to the adults to show them how to deal with the stress. It's OK to ask for help with a child's stress.

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

Shine

It is important for children to know they are loved, trusted and believed in. They need to hear:

- I believe you
- I trust you
- I know you can handle this
- You are listened to
- You are cared for
- You are important to me
- I love you (Barbara Coloroso)

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:

Okotoks Public Library: www.okotokslibrary.ca (403) 938-2220

High River Public Library: www.highriverlibrary.ca (403) 652-2917

Sheep River Public Library: www.sheepriverlibrary.ca (403) 933-3278

Inclusion Foothills: (403) 603-3232

