

## Key Message ...

### Parenting is a big job ... it's ok to ask for help

#### Play

Connect with other parents and families:

- Play at the park
- Walk around town or by the river
- Go for a picnic
- Visit the library
- Have coffee with a neighbor
- Connect with local parents online

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

#### Grow

Being a parent involves a lot of learning. Just when you figure out what is going on with your child, they change!

Many parents find a group of similar minded parents is a big help. Look for a local group, class or an online forum.

*~Learn and Grow with your child~*

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

#### Connect

It's OK to ask for help – go to people and places you trust:

- Family and friends
- Parent Link
- Parenting groups
- Doctors or Public Health Nurses
- Intake Mental Health
- Network Navigator, Christine Bates

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

#### Shine

- Take care of yourself
- Book a date with your partner or a friend
- Find a babysitter you trust
- Do something you really enjoy
- Take 15 minutes each day for yourself, make a cup of tea, do some yoga, read a book. It will help you “fill up” for the rest of the day!

*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:

Foothills Children's Wellness Network – [www.foothillsnetwork.ca](http://www.foothillsnetwork.ca) (403) 995-2706

Parent Link Centre - [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca) (403) 652-8633

Wild Rose Community Connections - [www.wildrosecommunityconnections.com](http://www.wildrosecommunityconnections.com) (403) 601-2910

Foothills Fetal Alcohol Society – [www.foothillsfas.com](http://www.foothillsfas.com) (403) 652-4776

Inclusion Foothills: (403) 603-3232