

Key Message ...

Provide Love and Limits

Play

- (1) **Red light, green light** (instructions on back)
- (2) **Simon Says**(instructions on back)

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

Grow

Discipline is about helping children learn how to make good decisions. Toddlers can learn how to put toys away in a bucket. Preschoolers can learn how to clean up a spill. Family rules and routines can help children learn what is expected.

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

Connect

Build healthy brain connections by using consistent and positive discipline. This helps your child learn:

- Responsibility
- Self control
- Empathy
- Independence
- Decision making skills

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

Shine

- Give your child simple chores to help them feel important in their family.
- Be positive when children do things they are supposed to do. "Good job wiping up that milk that spilled". *Catch Them Being Good!*
- Love and limits are important for all children.

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 (403) 995-2706

Parent Link Centre – www.parentlinkalberta.ca (403) 652-8633

Okotoks Family Resource Centre – www.ofrc.org (403)995-2626

McMan Journeys Family Development – www.mcmancalgary.ca (403) 995-5473

Foothills Fetal Alcohol Society – www.foothillsfas.com (403) 652-4776

Key Message ...

Provide Love and Limits



Red light, green light.

- Line children up facing adult.
- Adult shouts “green light”!
- Children walk or run around room.
- Adult shouts “red light”!
- Children freeze.
- Whoever doesn’t stop is “out”.
- Adult repeats until only one child remains.

Simon Says



- Adult says "Simon says put your finger on your nose".
- Children do the activity.
- If adult does not say "Simon says" first when giving direction of what to do next, and a child does the action, then the child is “out”.
- Adult repeats until only one child remains.

Learnings from the above activities:

- **Listening**
- **Following instructions**
- **Social interaction**
- **Learning rules**
- **Dealing with emotions**
- **Learning how to move and control their body**