



## Supports for Families Program Guide 2018/2019

### Programs (Registered)

#### Messy Play is Fun Play

This program is designed mainly for children between the ages of 2.5 And 4 years of age. During each class we will be exploring different types of messy play as well as Open ended art experiences. At the end of each class we will come together as a group to participate in a circle time activity that may include a story, songs and parachute play. Parents will be given a copy of any of the recipes used during the program so that you may create your own messy play fun at home!!!!

Mondays from 9:30 -10:30am Fulton Place Community League 6115 Fulton Road

October 15 – December 3, 2018 (Omit Nov12 & 26) January 7 – February 11, 2019

April 1- May 13, 2019 (Omit April 22)

#### Infants talk with their hands Sign language program

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. By using both sign language and speech you will not only ease your frustration but also the frustration of your infant. By using sign language you are promoting whole brain development in your infant. This is a 4 week program.

Tuesdays from 9:15 -9:45am Fulton Place Community League 6115 Fulton Road

October 9 – 30, 2018 November 20 – December 11, 2018 January 8 – 29, 2019

February 12 – March 5, 2019 March 19 – April 16, 2019 (Omit March 26<sup>th</sup>)

April 30 – May 28, 2019 (Omit May 21<sup>st</sup>)

#### Music and Movement with Nancy's Notes

In this program is designed for children 0- 5 years of age to enjoy with their parents/ caregivers. Enjoy singing, dancing and playing instruments with your little one. It is proven that early musical experiences provide opportunities for whole brain development. These developmental skills include, social, emotional, language, as well as early reading and early math skills. This is a fun, lively and interactive class.

Tuesdays from 9:45-10:45am Fulton Place Community League 6115 Fulton Road

October 9 – December 4, 2018 (Omit Nov. 13<sup>th</sup>) April 2 – May 28, 2019 (omit May 21<sup>st</sup>)

### Baby and Me Yoga

There are many benefits both for the mind and body by participating in Yoga. This 8 week yoga program is suitable for all levels and each pose can be altered to suit your needs. Through our yoga program you will have a chance to stretch and strengthen your muscles all while making connections with your little one. Both during and after the program you and your little one will have a chance to meet and socialize with other parents with young children. In order to participate in the program you have to be 6 weeks postpartum and have clearance from your doctor to resume exercise. We ask that participants make an 8 week commitment that way you are getting the most out of the program

Wednesdays from 2:00 -3:00pm     Fulton Place Community League 6115 Fulton Road

October 10 – December 5, 2018 (omit Nov. 14<sup>th</sup>)     January 9-February 27, 2019     April 10- May 29, 2019

All programs are Free

To register for any of these great programs or if you have any questions  
please contact Jessica

[fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)

Phone: 780-465-4383 ext. 26





## Supports for Families Workshop Guide 2018/2019

### Building Communication Together

Register with Jessica at [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)

Location: Fulton Child Care Association 10310 56st (West Doors)

Tuesday October 16, 2018      6:30 – 8:00pm

This workshop will focus on ways to help build language skills in children who speak very few words or no words at all.

A skilled Speech-Language Pathology Assistant (SLP-Asst.) will:

- Present information on typical language development in young children.
- Present information on what strategies can be used to encourage language development in children aged 0 – 3 years old. (strategies can be adapted for older children as well)
- Discuss ways to use these strategies during your regular routines.
- Discuss ways to build language using the children's interests.

Certificate of attendance will be available at the end of the workshop

### ABC's of Down Syndrome

Register with Jessica at [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)

Location: Fulton Child Care Association 10310-56st (West Doors)

Tuesday December 4, 2018      6:30 – 7:30pm

Presenter Julie Boucher – Family Support Liaison at the Edmonton Down Syndrome Society

“The ABC's of Down Syndrome” workshop was designed for Daycares, Afterschool Care and Schools to help staff feel more informed, more empowered and more confident in supporting children with Down Syndrome in their care. “We want to bring awareness and help you build capacity to include children with Down Syndrome. So they can reach their full Potential.”

Presenter: **Julie Boucher - Family Support Liaison at the Edmonton Down Syndrome Society.**

For the Last 2 years Julie has assisted families in our region, which is Red Deer north to the Territories to navigate the many systems of government, support education, health, transition, and other systems of service. An FSL is an additional source of support for parents and guardians to help with a wide variety of issues

## **Triple P Seminars – Positive Parenting in a Nutshell**

**Location Fulton Child Care Association 10310 56st (West doors)**

**To register for seminars please contact Eri with KARA Family Resource Centre 780-478-5396**

**To register for child care please contact Jessica with Fulton Child Care Association  
fcssdodie@shaw.ca**

**Is this you?**

Most of the time, parenting is fun. You know you are doing a good job. But there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't pick up his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Triple P Seminar may be right for you.

### **What are Triple P Seminars?**

Triple P Seminars are for large groups of parents – possibly 20 or more. It's an informal presentation, a little like a public forum. There are three seminars in the Triple P series and you can choose to do one, two, or all three:

#### **March 7, 2019**

**6:30-8:30 (light snacks and childcare will be provided)**

**The Power of Positive Parenting:** For every parent who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don't like.

#### **March 14, 2019**

**6:30-8:30 (light snacks and childcare will be provided)**

**Raising Confident, Competent Children:** You can help your child become confident and successful – at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers.

#### **March 27, 2019**

**6:30-8:30 (light snacks and childcare will be provided)**

**Raising Resilient Children:** How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

## Coping With Toddler Behaviours

**April 4 - May 30, 2019 6:30 - 8:30 (light snacks and childcare will be provided)**

**Location: Fulton Child Care Association 10310 56St (West Doors)**

**To Register please contact Eri with KARA Family Resource Centre 780-478-5396**

**For Child Care Please Contact Jessica with Fulton Child Care Association [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)**

Parents of toddlers (12 to 36 months) will explore how: their parenting style; their relationship with their child; and, their child's personality can all shape their toddlers behaviour. Parents will also explore ideas to prevent challenging situations from happening and ways to respond to challenging toddler behaviours. Group members will view videos of common parenting challenges then spend time having problem solving discussions and doing skill building exercises together.

Please note: parents are expected to complete homework tasks that give them a chance to practice what they are learning.

