



Supports for Families Program Guide 2019

(All programs are free of charge, however registration is required)

Messy Play is Fun Play

This 5 week program is designed mainly for children between the ages of 2 and 5 years of age. During each class we will be exploring different types of messy play as well as open ended art experiences. At the beginning of each class we will come together as a group to participate in a story that relates to the experiences that are out that day. Parents will be given a copy of any of the recipes used during the program so that messy play can be created at home as well!

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

January 7 – February 11, 2019

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

September 30 – November 4, 2019 (Omit Oct. 14th) November 18 – December 16, 2019

Infants Can Talk With Their Hands

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

January 8 – 29, 2019

February 12 – March 5, 2019

March 19 – April 16, 2019 (Omit March 26th)

April 30 – May 28, 2019 (Omit May 21st)

October 1 – 22, 2019

November 19 – December 10, 2019

Music and Movement with Nancy's Notes

In this 8 week 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 10:00-11:00am Fulton Place Community League 6115 Fulton Road

April 2 – May 28, 2019 (omit May 21st)

October 1 – November 26, 2019 (Omit Nov.12th)

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.

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

January 9-February 27, 2019

April 10- May 29, 2019

October 2 – November 27, 2019 (Omit Nov. 13th)

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

fcssdodie@shaw.ca

Phone: 780-667-4383

FCSS
Family & Community
Support Services





Supports for Families Workshop Guide 2019

(All workshops are free of charge, however registration is required)

Goodbye Bedtime Battles

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

Thursday January 17, 2019 6:15 – 8:30pm

Register for workshop and/or arrange childcare with **Jessica** at **780-667-4383** or **fcssdodie@shaw.ca**

Bedtimes can be a struggle for your child and family. Come to this free introductory workshop to help make bedtimes more peaceful. The workshop is for parents of children 6 months to 5 years of age. Join other parents and the pediatric Occupational Therapist (OT) to: Learn more about the many different factors that influence a child's sleep: routine, environment, and positive sleep-time associations. Discover how to begin and continue healthy sleep habits. Choose which *first step* strategies best fit your child and family.

Triple P Seminars – Positive Parenting in a Nutshell

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

To **Register** please contact **Winifred** with KARA Family Resource Centre **587-525-6679**

For **Child Care** please contact **Jessica** with Fulton Child Care Association at **780-667-4383**, or **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 The Power of Positive Parenting 6:30-8:30pm

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 Raising Confident, Competent Children 6:30-8:30pm

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 21, 2019 Raising Resilient Children 6:30-8:30pm

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

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

April 4 - May 30, 2019 6:30 - 8:30pm

To **Register** please contact **Winifred** with KARA Family Resource Centre **587-525-6679**

For **Child Care** please contact **Jessica** with Fulton Child Care Association at **780-667-4383**, or **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.**

I Am A Parent Workshops

Location: Fulton Child Care Association

Saturday April 27, 2019 8:30am – 12:30pm

The Edmonton Public Library, Edmonton Catholic Schools, Fulton Childcare Association, Primrose Place Family Resource Centre and The South East Edmonton Early Childhood Community Coalition are excited to be working together to plan the 5th Annual South East Edmonton I Am A Parent Workshop.

8:30am	Doors Open
8:30am – 9:00am	Registration and Resource Fair
9:00 – 10:30am	Brief Welcome and Break Out Session 1
10:30 – 10:45am	Refreshment Break and Resource Fair
10:45 – 12:15pm	Break Out Session 2
12:15 – 12:30pm	Resource Fair

Please see the IAAP Workshop poster for session choices and registration information.

Autism Workshop

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

Thursday October 10, 2019 (subject to change) 6:30 – 8:00pm

To **register** for workshop, or to arrange childcare, please contact **Jessica** at **780-667-4383** or **fcssdodie@shaw.ca**

This workshop is primarily intended for parents, caregivers and professionals. Participants will gain knowledge on the SCERTS model and how it is used to support children and families at home and in the community.

Goodbye Mealtime Struggles

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

Thursday October 24, 2019 6:15 – 8:30pm

To **register** for workshop, or to arrange childcare, please contact **Jessica** at **780-667-4383** or **fcssdodie@shaw.ca**

Join in a discussion with other parents, a pediatric occupational Therapist (OT) and a Registered Dietitian (RD) to learn more about how children grow and develop eating skills. Explore the many reasons behind meal time struggles, and decide which first step strategies best fit your child and family. Learn about setting consistent routine, connecting with your child, introducing healthy new foods and appropriate portion sizes. Options for follow-up by an OT or RD are reviewed at the workshop.

***Suitable for parents of children aged 6 months to 5 years, who do not have complex medical/feeding concerns or have had extensive feeding intervention.**

Childhood Anxiety

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

Thursday November 14, 2019 6:30 – 8:00pm

To **register** for workshop, or to arrange childcare, please contact **Jessica** at **780-667-4383** or **fcssdodie@shaw.ca**

Anxiety can make children and teens think that bad things will happen to them and that normal life situations will be much worse than they are. But if they can understand their anxious thoughts and feelings, and develop the right coping skills, they can move towards more independence and eventually become happy and secure adults. In this workshop, we will discuss the role of anxiety and how it impacts brain development. We will also discuss how to recognize anxiety in young children and offer strategies that parents and caregivers can use to help their children stay regulated.

Encouraging Clear Speech

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

Tuesday December 17, 2019 6:30 – 8:00pm

To **register** for workshop and/or to arrange childcare, please contact **Jessica** at **780-667-4383** or **fcssdodie@shaw.ca**

This workshop will be presented by a Speech-language Pathologist Assistant (SLP-Asst.) from Alberta Health Services. During this workshop, you will learn about typical speech sound development, ways to help your child with their pronunciation and clarity at daycare and at home. You will also have a chance to ask questions of the SLP Assistant. This workshop is for preschool children (age 3-6) who are putting words into sentences but not speaking clearly. It provides general tips on how to help reduce your child's frustration with speaking, and where to get more help for your child if needed. Participants will receive a Certificate of Attendance at the end of the workshop.

***This workshop does not provide strategies for stuttering.**

Light snacks and water are provided for all workshops.

Limited childcare is available upon registration.

If you have any questions or concerns, please contact Jessica Mantel by:

Email: fcssdodie@shaw.ca

Phone: 780-667-4383