

April 2022



Why Outdoor Play is Important to Childhood Development...at all ages!

Outdoor play is an important part of childhood. It's exciting to see children in their natural environment - exploring their surroundings, being curious about what's around them and finding joy in seeing new things. As a child, I always remember running around the park, digging and dumping sand in the sandbox, and climbing up and going down the slide.

The benefits:

Outdoor play improves physical development

Physical skills are important for growth, physical coordination and the movement of the body. When children play outdoors they increase their ability to balance, jump, climb, run, and skip.

More friends! (aka social development)

Outdoor play provides children with the opportunity to gain social skills by interacting, collaborating, and negotiating with others.

Increased imagination

Being outdoors gives children the opportunity to pretend to be anything they want, for example, to be a bear in the wild or a chef in the kitchen.

Gain knowledge and appreciation for the natural world

Children learn about the natural elements and their surroundings when they are outside. For example, they learn about the weather, change in seasons, and different animals that are found outside.



Simple fun ideas for outside play...Sidewalk chalk!

- Use chalk to draw roadways
- Hopscotch
- Draw your very own sensory pathway. Be sure to include spots to hop, skip, twirl, jump, and crab walk!
- Decorate the sidewalk with a flower garden

Parent Education & Caregiver Capacity Programs are available even if they are not on the monthly calendar.

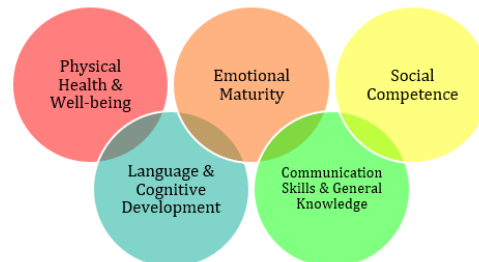
Contact Erin for more information.



Follow us on Facebook for the most up-to-date information:
Kalyna Family Resource Network
Lamont County Region

For more information please call:
Erin @ 780-895-2233 ext 244
Toll Free 877-895-2233 ext 244
or email at: erin.t@lamontcounty.ca

What is the Kalyna Family Resource Network?



KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.



UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

Child Development
& Well-being Support

Caregiver Capacity
Building Support

Social Connections
& Support

OUR FRN NETWORK:

Vegreville & Area
Lamont County Region
Mannville/Minburn/Innisfree
Two Hills & Area
WJS Canada

INTRODUCING Alberta Indigenous Virtual Care Clinic

Receiving healthcare from doctors who understand **Métis** culture is essential to the overall health and wellness of our community.



The Alberta Indigenous Virtual Care Clinic (AIVCC) virtually connects Métis Albertans with family doctors who are experienced in providing Indigenous and culturally-safe healthcare.

All appointments happen by telephone or by video using your device. The choice is yours.



Call 1-888-342-4822 to book your appointment or visit aivcc.ca for more information.

Hours: Mon – Fri 8:30am – 4:30pm, Sat – Sun 12:30pm – 4:30pm.

Please Note: Clinic is not an emergency care service. If you have an emergency, please call 911.



Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

Alberta Human Services
Alberta Children's Services
Alberta Health Services (AHS)
Early Childhood Coalitions of Alberta
Various municipal governments
Family Day Homes
Various Seniors Centres
Local Food Hampers
CALC

Family and Community Support Services (FCSS)
Primary Care Network
Local School Divisions
Local Libraries
Prairie Central FASD
Local Community Clubs

Kalyna FRN Programs & Info




Scan to register

STAY, PLAY & LEARN

Small group play sessions that focus on child development & caregiver capacity. For families of children, ages 0-6.

We will talk parenting challenges and successes while the children spend time at play. 30 minutes will also focus on parent-child connection. Play locations at Bruderheim Youth Centre, Mundare Cym/Town Office & Andrew School FRN Classroom.

Please register each family individually and at least ONE week in advance. Max 3 families or 10 people, whichever is fewer people. Please register only if you will attend.

Go to <https://signup.com/go/ZokVWhV> or scan QR to view/register for time slots

Please do not attend if you or your child(ren) are feeling ill. Please notify Erin ASAP if you are unable to attend.

Bruderheim: April 13 & 27
Andrew: April 14 & 28
Mundare: April 20

For more information: erin.t@lamontcounty.ca



EARTH DAY SCAVENGER HUNT

Friday, April 22, 2022
1:00 - 2:30 pm
Lamont Spray Park

Families are invited to join us in the park to explore and see what we can find! Activities include a scavenger hunt, an earth friendly activity, and free play.

Follow link to register or scan QR Code:
<https://signup.com/go/a0nxZgc>



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What is an Ages & Stages Questionnaire?

The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

The Ages & Stages Questionnaire (ASQ) checks 5 developmental areas.

1. Communication skills
2. Gross motor skills
3. Fine motor skills
4. Problem solving skills
5. Personal-social skills



Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

For more information:
Call: (780) 895-2233 ext 244
Facebook: Family Resource Network Lamont County Region
Email: erin.t@lamontcounty.ca
<https://agesandstages.com/about-asq-for-parents>

The ASQ-SE checks 7 social-emotional areas:

1. Self-regulation
2. Compliance (trust & respect)
3. Communication
4. Adaptive functioning
5. Autonomy (ability to function independently)
6. Emotional responses
7. Interaction with people



How do I complete one?

Go to these links (we recommend completing both screenings):
ASQ-3
<https://www.asqonline.com/family/70d5a8>
ASQ-SE
<https://asqonline.com/family/af517f>





LiddleKidz Infant Massage Classes

This three class series teaches valuable infant massage techniques.

For Babies to Movers & Shakers

*Enhance infant-caregiver bonding *Improve digestion
*Increase deep sleep and relaxation *Connect with other parents

April 26, May 3 & 10, 2022
10:30 - 11:30 am @ Lamont Arena Meeting Room
Register by April 21, 2022

To register follow link <https://signup.com/go/dmHwgod> or scan QR code.

For more information, please email: erin.t@lamontcounty.ca



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Community Family Programs & Info

Public Health Nutrition – Central Zone Online Classes and Resources

FREE Online Classes – join by phone or zoom!

See class details below! To register, call your local [Community Health Centre](#). You will receive an email with the Zoom link (or dial in number) one day prior to the class

No email? No problem! We can provide registration details by phone ☎



Infant Nutrition Class

FREE online class:

Join a Registered Dietitian to learn about:

- Starting solid foods
- Helping baby accept new foods
- Making healthy baby food
- Hot topics like baby-led weaning

Class includes food demo & handouts.

Class Time:
10:00 - 11:30 a.m.

Select **one** 2022 upcoming date:

- January 12th or 26th
- February 9th or 23rd
- March 9th or 23rd
- April 13th or 27th
- May 11th or 25th
- June 8th or 22nd
- July 13th or 27th



Goodbye Mealtime Struggles

FREE online introductory workshop:

For parents of children one to five years of age*
Join an interactive discussion with other parents, a pediatric Occupational Therapist (OT) and a Registered Dietitian (RD)

- Explore the various reasons behind mealtime struggles
- Leave with strategies that best fit your child and family to help make mealtimes happy times

Jan 19, 2022 from 6 p.m. to 8 p.m.
Feb 17, 2022 from 1 p.m. to 3 p.m.
Mar 17, 2022 from 1 p.m. to 3 p.m.
Apr 20, 2022 from 6 p.m. to 8 p.m.
May 19, 2022 from 1 p.m. to 3 p.m.
June 16, 2022 from 1 p.m. to 3 p.m.



Use the camera on your phone to scan and register for this class!



SCAN ME

What to eat during pregnancy

FREE online class:

Are you pregnant or trying to get pregnant?

Join a Registered Dietitian to learn about:

- Meal and snack ideas
- Nutrients you need in pregnancy
- Choosing a multivitamin supplement
- Tips for managing pregnancy discomforts
- Safe foods to eat during pregnancy

For more information and to register visit Eventbrite at:
qrco.de/centralzonenuitration

Highlights - Community Resources & Information!

How to Market Healthy Food and Drinks



Support Positive Mealtimes

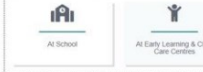


Newcomer Nutrition Education Toolkit



Healthy Eating Starts Here

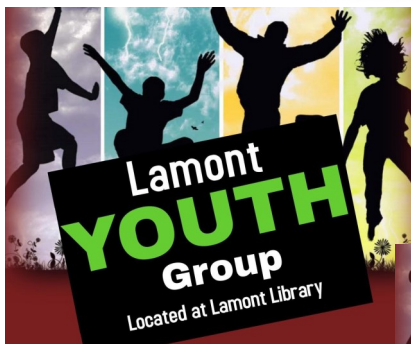
Starting where you live, work, learn and play



For more community nutrition resources, visit: healthyeatingstartshere.ca



Communities ChooseWell: Healthy Eating in Recreation Settings eCourse

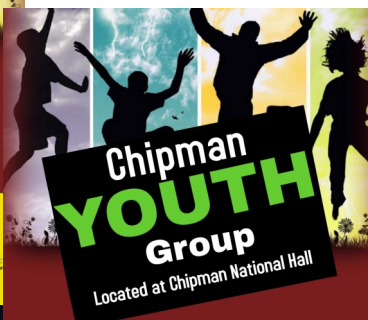


Lamont Youth Group
Located at Lamont Library

Starting Thursday November 18th, 2021
Running Every Thursday
Call 780-895-2233 for more info

5:00 - 6:30pm All Children and Youth
6:30 - 8:00pm Junior & Senior High
Parents: Remember to fill out our one time permission form for the year!!

Lamont Public Library



Chipman Youth Group
Located at Chipman National Hall

Starting Tuesday March 29th, 2022
Running Every Tuesday
Call 780-895-2233 for more info



4:00 - 7:00pm All Children and Youth
Aged 7 and older
Parents: Remember to fill out our one time permission form for the year!!



Bruderheim Youth Centre
Located upstairs of Arena

Starting Wednesday November 10th, 2021
Running Every Wednesday
Call 780-895-2233 for more info

3:30 - 6:00pm All Children and Youth
6:00 - 8:00pm Junior & Senior High Only
Parents: Remember to fill out our one time permission form for the year!!



Those attending to watch only will need to follow AB Gov't REP guidelines.



Virtual Child Development Walk-in Clinic

Birth to Five Years

Do you have questions or do you want to learn more about...

How your child:

- Speaks
- Hears
- Colours
- Moves
- Plays
- Follows Directions
- Sleeps
- Eats



Sensitivity to:

- Noise
- Clothing
- Food Textures
- Messy Play



Your child's:

- Routines (bedtime, toileting)
- Emotions
- Growth
- Development



Call us at our Virtual Walk-in Clinic!

~ 780-895-5817 ~

FREE

The first **THURSDAY** of every month
Community Rehabilitation Program – Pediatrics
9:00 a.m. – 11:30 a.m.

Virtual services that may be accessed include:

Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

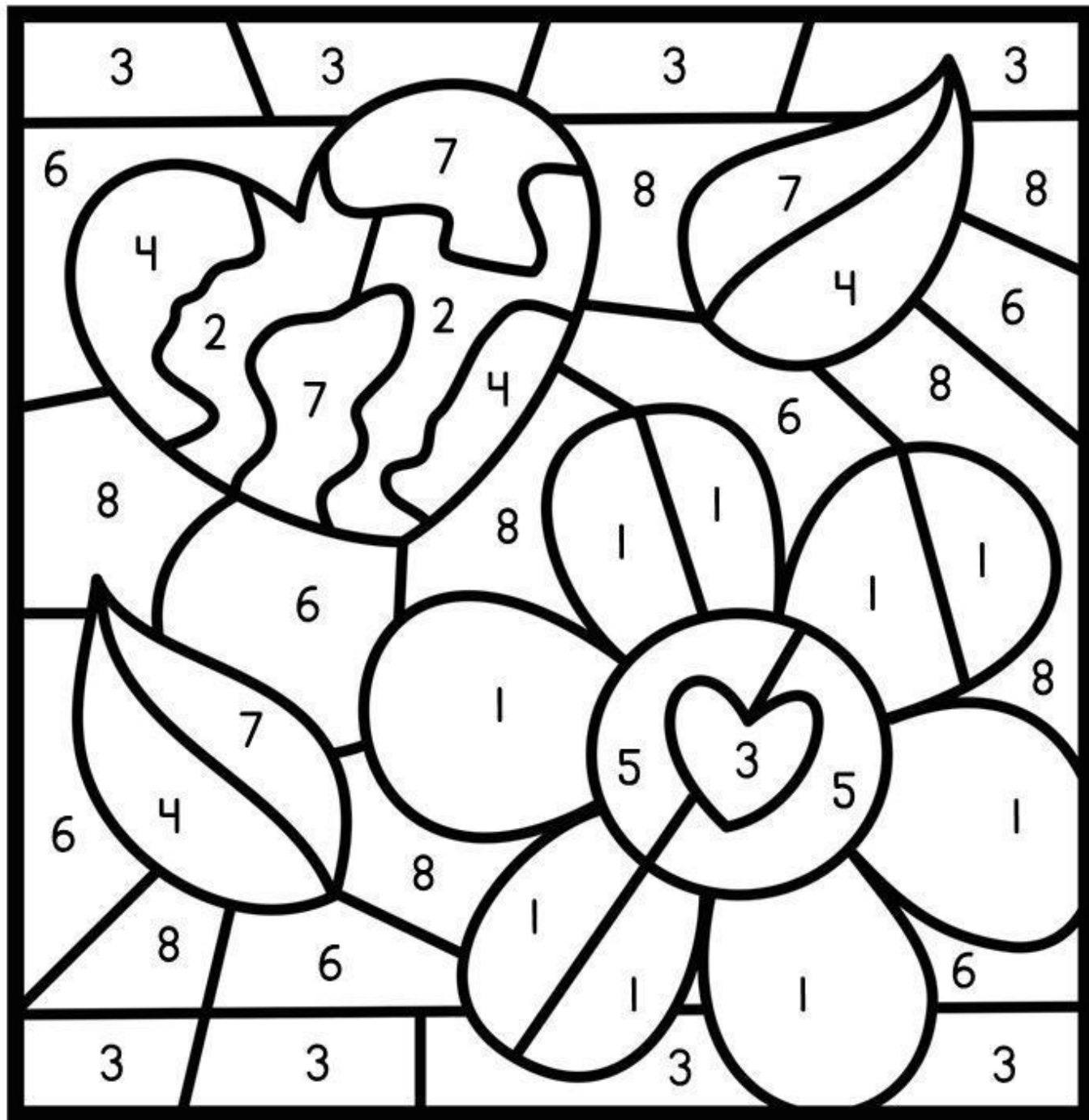
Physical Therapy
Speech-Language Pathology
Social Worker

www.albertahealthservices.ca

Name _____

Earth Day Color By Code: Numbers

1 = purple 2 = blue 3 = pink 4 = green
5 = orange 6 = yellow 7 = green 8 = yellow



April 2022



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Babysitters Course (Bruderheim)	2
3	4	5	6	7	8	9
Closed for year end reporting —————→						
10	11	12	13 Bruderheim Stay, Play & Learn	14 Andrew Stay, Play & Learn	15 Good Friday - Closed	16
17 	18 Easter Monday - Closed	19	20 Mundare Stay, Play & Learn	21	22 Lamont Earth Day Scavenger Hunt	23
24	25 Infant Massage (Lamont)	26	27 Bruderheim Stay, Play & Learn	28 Andrew Stay, Play & Learn	29	30