

Key Message ...

Support Children as They Learn and Grow

Play

All children benefit from playing with adults and other children. Playing builds brain connections. Some ideas to try are:

- Peek a Boo
- Hide n Seek
- Simon Says
- Eye Spy

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

Grow

Reading and talking are part of play. Do this every day to develop language and communication skills.

Children who are read to enjoy books and have brains that are ready for learning.

Learn about what things children can be doing at different ages at: www.foothillsnetwork.ca

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

Connect

Provide opportunities for your child to grow and develop in these areas:

- Physical – encourage tummy time, floor play, active play and playing outside
- Emotional – respond quickly and sensitively to babies and children when they need you
- Thinking skills – provide fun and safe places and activities for your children to explore
- Language/Communication – read, talk and listen with your child
- Social – play with others

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

Shine

Babies and children rely on adults to meet their needs. When we meet our children's needs we develop a trusting relationship - a strong foundation for happy, healthy 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

Literacy for Life – www.litforlife.com (403) 652-5090

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

Inclusion Foothills: (403) 603-3232

