

Key Message ...

Value the Time You Spend with Children

Play

Play Dough Recipe:

1 cup white flour
1/2 cup salt
2 tablespoon cream of tartar (find it in the spice section)
1 tablespoon oil
1 cup water
food coloring
Mix first 4 ingredients in a pan. Add water and mix well. Cook over medium heat, stirring constantly, for 3 – 5 minutes. Dough will become difficult to stir and form a “clump.” Remove from stove and knead for 5 minutes—add food coloring during kneading process. Play dough will keep for a long time stored in a covered plastic container or plastic sandwich bag.

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

Grow

Every child needs to learn how to get along with others and how to make friends. This starts with spending time playing and working together as a family. Learning from mistakes, how to communicate well and having fun are all part of building strong relationships. Good relationships take time to develop.

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

Connect

Early experiences and relationships stimulate brain development. Make time every week to play outside with your children, your family and friends.

Preparing and eating meals together is a great and easy way to connect with your child.

Limit screen time, especially at mealtimes and before bed. Give screens a time-out while you and the children are sleeping.

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

Shine

By:

- Being a stable, caring adult in a child's life
- Offering consistent love and affection
- Making time to spend with the children in your life
- Letting children learn how to get along with others
- Learning what children need at different ages

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:

Wild Rose Community Connections - www.wildrosecommunityconnections.com (403) 601-2910

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

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

Inclusion Foothills: (403) 603-3232