

For more information
please contact:

Golden Prairie Parent Link Centre

Kimberly Thompson
Kneehill Coordinator
403.443.3253
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www.goldenprairieplc.ca

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Parent Educator
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parented@goldenprairieplc.ca



**Government
of Alberta** ■

Visit www.parentlinkalberta.ca for
more online resources!

Alberta
Children and
Youth Services

Kneehill June 2010 Calendar



Providing fun activities and
information for parents and
caregivers with children ages 0 –
6 in the communities of Acme,
Carbon, Linden,
Three Hills and Trochu.

**PLAY! LEARN!
CONNECT!**

Kneehill Office:
Kimberly Thompson
403.443.8502
Cell: 403.443.3253
Box 400
Three Hills, AB T0M 2A0

E-mail: kneehill@goldenprairieplc.ca
Website: www.goldenprairieplc.ca

OTHER FAMILY PROGRAMS

Step Into Spring!!

Are you struggling with finding time to get
active with your children?

Well then this program is right for you!!!

Wednesday at 7:30 pm starting May 12, 2010
(Weather Permitted) Meeting Place - Town of
Three Hills Park

Call or Email to register or to receive more
information:

Email: alana@bigcountrypcn.com Phone
Number: (403) 442-2252

Baby Play Programs:

Baby Play is a program for families with babies.
Tuesdays May 4th through June 8th from 1:00-
2:00pm
Come and see what Golden Prairie Parent Link
has to offer.

June 1st Big Country Outreach to give a
presentation on baby development.

June 8 Tracy Gustafson
Goodbyes - come pick up your "baby
impressions" and enjoy a "pot-luck snack" wind-
up party.

Chillin With Dad

**Dads come with kids - toddler to twelve
for lots of fun activities**

June 10 Trochu 5:30-7:30pm
Trochu Curling Club

June 17 Linden 5:30-7:30pm
Skate Shack

"Sleepless in the Suburbs"

by Professor Matt Sanders

We all move through a repeating cycle of sleep
that takes us from deep to light sleep,
dreaming to waking and then back to sleep.
Brief waking after each cycle is part of a normal
sleeping pattern. For babies, each cycle takes
about 45 to 50 minutes, half the time of adults.
This means babies will wake up through the
night. It takes time for babies to learn to sleep
to an adult routine so we as parents should
patiently help them develop a regular sleep
pattern.

Make your Baby's Room Comfortable

Place your baby on their back to sleep on a firm
mattress with no pillow. The room should be
well ventilated, smoke free, with an even
temperature.

Work towards a Regular Pattern and Develop Bedtime Routines

A good routine will settle down children and
ready them for sleep. A good bedtime routine
could contain a warm bath/brushing teeth,
dressing in night clothes, story or songs and
goodnight kisses/hugs.

Emphasize the Difference Between Night and Day

When you hear your baby wake in the morning,
don't rush in right away. Choose a regular rising
time and a different greeting than when you
put them to bed; brighten their room and let
the daylight in. During the day, avoid darkening
the room and reducing noise levels in an effort
to get your child to sleep.

Look After Yourself

Finally, remember if you become too stressed,
both you and your baby will suffer. Rest when
you can and take some time to do things you
enjoy, even if it is for only half an hour. Treat
you and your partner to break once in a while
by asking a relative or friend to look after your
baby for a short time. And remember to be
realistic about what you can get done in a day.

Professor Matt Sanders is founder of the Triple
P - Positive Parenting Program. Visit
<http://www.goldenprairieplc.ca> for more info.

Kneehill Monthly Schedule June 2010

For program information or parenting questions or concerns, please contact Kimberly Thompson at our office at 443-8502 or on her cell at 443-3253 or email kneehill@goldenprairieplc.ca

Golden Prairie Parent Link Centre Programs

Play Time

A drop-in playtime designed for families with children age 0-6. Come out and join the fun as we play games, read stories, sing songs and make crafts.

Baby Play Time

May 4- June 8th
Tuesdays 1:00pm-2:00pm
Three Hills Arena (up Stairs)

Trochu Play Time

May 5- June 16th
Wednesdays 10 - 11:30 a.m
In the Playschool located on second level of the arena.

Linden Play Time

May 6- June 17th
Thursdays 10 - 11:30 a.m.
Linden Cultural Centre (attached to Dr. Elliott School).

Three Hills Play Time

May 7- June 18th
Fridays 10 - 11:30 a.m.
Three Hills Community Centre

TRIPLE P SESSION 5:30-7:30pm
"see www.goldenprairieplc.ca for topic"
Three Hills Arena - En Cana Room
For more info see website or Face Book
PHONE or EMAIL to register

Turtle Time

"Turtle Techniques to help children deal with anger"
Wednesday June 2nd
Trochu Playschool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Baby Play 1-2pm Welcome Big Country Outreach	Trochu 10-11:30am *Turtle Time	Linden Play Time 10-11:30am	Three Hills Play Time 10-11:30am	
6	7	8	9	10	11	12
		Baby Play 1-2pm Welcome Tracy Gustafson	Trochu Play Time 10-11:30am	Linden Play Time 10-11:30am *Chillin ' With Dad 5:30 pm Trochu	Three Hills Play Time 10-11:30am	
13	14	15	16	17	18	19
		*Triple P Session "Raising Resilient Children" 5:30-7:30pm	Trochu Play Time 10-11:30am	Linden Play Time 10-11:30am *Chillin' With Dad 5:30 Linden	Three Hills Play Time 10-11:30am	
20	21	22	23	24	25	26
27	28	29	30			
						*Registration Required 403.443.3253

Drumheller
Hanna
Kneehill Regional
Starland County