

For more information
please contact:

Golden Prairie Parent Link Centre

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**Government
of Alberta** ■

Visit www.parentlinkalberta.ca for
more online resources!



Kneehill March 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!**

Quick Facts about Golden Prairie Parent Link Centre

- Golden Prairie Parent Link Centre is a community planned resource focusing on early childhood development for families with children ages 0 -6.
- Parent Link Centres are located throughout Alberta and are funded by the provincial government.
- The goal of Parent Link is to provide families with the supports and information needed to help their children develop to their full potential.
- Your local parent link coordinator can provide you with information on common parenting topics, such as potty training, positive parenting, discipline and much more! Better yet, sign up for a free parent workshop.
- Your local parent link coordinator can also provide you with information on how to access other supports and resources in the community.
- Parent Link provides free developmental screening. We would be happy to book an appointment to help you go through the checklist (Ages and Stages Questionnaire) and discuss any development questions you may have.
- All programming is free!

Telling Kids What to Do

By: Professor Matt Sanders

Often children refuse to cooperate because of how instructions are given. To prevent constant disobeying, be careful not to fall into these common traps:

- Too many.** The more instructions you give, the more opportunities to break the rules.
- Too few.** Often no one has taken the time to give children clear information on what they should do and when they should do it.
- Too hard.** Don't expect a 3-year-old to tidy up a big mess on their own - they just aren't old enough.
- Too vague.** Shouting your child's name, then pausing and frowning is too vague.
- Poorly timed.** Asking your child to do something while they are busy watching their favourite television show will probably result in them ignoring the instruction.
- Shouting from a distance.** These instructions are often ignored simply because parents are not there to back up the instruction.
- Emotionally laden.** Calling children "stupid" or an "idiot" makes the child feel unloved rather than understand that you are correcting the child's behaviour.

So what else can parents do?

First, think about what you actually want your child to do. Then when you tell them to stop doing something, be sure to let them know what to do instead as well as what will happen if they disobey. Give your child time to cooperate and praise them when they do so, or carry out the consequence if they refuse.

Make it clear when children have a choice and when they do not. Choose words that are clear and direct and make sure you have your child's attention before you begin. With younger children, come down to their eye level, within an arm's length. Face to face communication always works better.

Golden Prairie

parentLINKcentre

Kneehill Monthly Schedule March 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.

Trochu March 3 – April 14
Wednesdays 10 – 11:30 a.m.
Trochu Playschool (located in the Trochu Arena).

Acme March 4 – April 15
Thursdays 10 – 11:30 a.m.
Studio 87 (located on mainstreet)

Carbon March 4 – April 15
Thursdays 2 -3 p.m.
Carbon Baptist Church

Three Hills March 5 – April 16
Fridays 10 – 11:30 a.m.
Three Hills Community Centre

Triple P Positive Parenting*
March 16 5:30 – 7:30 p.m.
Three Hills Arena (upstairs meeting room). Supper included!

True Colour Parenting*
March 27 10 a.m. – 4:30 p.m.
Three Hills Best Western
Lunch included.

For more information or to register phone (403) 443-3253.

Check our website for more details.
www.goldenprairieplc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			Trochu Play Time 10 – 11:30 a.m.	Acme Play Time 10 – 11:30 a.m. Carbon Play Time 2- 3 p.m.	Three Hills Play Time 10 – 11:30 a.m.	
7	8	9	10	11	12	13
		Acme Discovery Night 5:30 – 7:30 pm	Trochu Play Time 10 – 11:30 a.m.	Acme Play Time 10 – 11:30 a.m. Carbon Play Time 2 - 3 p.m. Linden Discovery Night 6:30 – 8:30 p.m.	Three Hills Play Time 10 – 11:30 a.m.	
14	15	16	17	18	19	20
		Triple P Positive Parenting* Three Hills	Trochu Play Time 10 – 11:30 a.m.	Acme Play Time 10 – 11:30 a.m. Carbon Play Time 2 - 3 p.m.	Three Hills Play Time 10 – 11:30 a.m.	
21	22	23	24	25	26	27
			Trochu Play Time 10 – 11:30 a.m.	Acme Play Time 10 – 11:30 a.m. Carbon Play Time 2 - 3 p.m.	Three Hills Play Time 10 – 11:30 a.m.	True Colour Parenting* Three Hills
28	29	30	31			
			Trochu Play Time 10 – 11:30 a.m.		*Registration Required 403.443.3253	