

# Play! Learn! Connect!

## Connecting through play

Golden Prairie Parent LINK is part of an Alberta wide network of parenting support resources providing free services for families and caregivers of children ages 0-6.

### At Parent LINK you can:

- Attend workshops and programs
- Create a parenting plan
- Find out what's going on at your community
- Learn about parenting strategies
- Meet other parents and caregivers
- Play with your child
- Track your child's development

### For More Information, contact us:

**Shauna McAfee**  
Hanna & Delia Family Coach  
Cell: 403-857-9553  
[hanna@goldenprairieplc.ca](mailto:hanna@goldenprairieplc.ca)

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Kneehill Area Family Coach  
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**Margaret Manley**  
Parent Educator  
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[parented@goldenprairieplc.ca](mailto:parented@goldenprairieplc.ca)



Join: Hanna Parents And Tots  
Like: Golden Prairie Parent Link Centre  
Befriend: Shauna Gpplc

## January 2019 Event Calendar HANNA & DELIA



Serving Hanna, Drumheller,  
Starland and Kneehill Areas

## PLAY! LEARN! CONNECT!

Office: **At the Hanna Library**  
**202 1<sup>st</sup> Street West**

**Shauna McAfee**  
Family Coach  
Call/Text (403) 857-9553  
[hanna@goldenprairieplc.ca](mailto:hanna@goldenprairieplc.ca)

Most programs located at:  
Centennial Place 501B - 3 Street W



A checklist to give info on how your child is growing

Find us ONLINE at our website or contact Shauna for the forms or for further info.

Get activities and info that will be fun to do with your child for the next stage.

Do both the ASQ and ASQ-SE forms and claim your \$10 grocery gift card!

It's CONFIDENTIAL! It's ACCURATE!

It is EASY! It's FREE!

For a limited time, claim your \$10 gift card if you fill out both forms for a child (ASQ and ASQ-SE)

## Upcoming Events

**Kier Kutney Presentation –**  
March 25, 2019  
Kneehill FCSS Building

Behavior problems in children can be hard on caregivers especially when caregivers don't have the right tools. This presentation will provide strategies to help deal with difficult behaviors. Please call 403-443-3064 to register.

### Handle With Care-

Coming soon to Hanna!!

Please call 403-443-3800 for more details and to be put on the list for our next session!



## What is Triple P?

Triple P Positive Parenting is parenting tools that are proven to work.

**You** choose the strategies you need.  
**You** choose how you want to do it.

Ask for **Tip Sheets** - proven practical advice for children 0-12.

See Shauna for **Seminars, Discussion Groups or one-to-one consults.**

**NEW and COMING SOON to Hanna!**  
**Stepping Stones - a group for parents that have children with disabilities**

## TOP 5 TIPS FOR PARENTS

1. When your child wants to show you something, take time to connect with them.
2. Give your child lots of physical affection.
3. Talk to your child about things he/she is interested in and share parts of your day.
4. Tell your child when they do well, (e.g., "Thank you for doing what I asked straight away".)
5. Prevent misbehavior by providing lots of open-ended indoor and outdoor activities, e.g. playdough, colouring, cardboard boxes.



**We are grateful for the support of the Town of Hanna & Starland County Regional FCSS in providing direction as well as space for our programs.**



# Golden Prairie Parent Link Centre Hanna & Delia Early Childhood Calendar January 2019



For program information or parenting questions or concerns,  
Please call/text Shauna: 403-857-9553 or email: [hanna@goldenprairieplc.ca](mailto:hanna@goldenprairieplc.ca).

## PLC FREE WEEKLY Programs

### Hanna Laugh N Learn Playtime

Tuesdays, 10:00-11:30 am  
Hanna Centennial Place

Come for some fun: doing activities, craft, story, songs and more. Light snack is provided. Don't miss our ASQ Luncheon on January 22!

### Hanna Tumble Time

Wednesdays, 10:00-11:30 am  
Hanna Centennial Place

Children & a caring adult participate in a variety of gross motor activities & toys in the gym.

### Hanna Family Fun Gym Time

Thursday Jan 3, 10, 24, 31, 5:15-6:45pm  
Hanna Centennial Gym

Come to the Hanna Centennial Gym for an evening of fun active play time.

### Delia Frosty Fun Playtime:

Friday Dec 11<sup>th</sup> & 25<sup>th</sup> 10:00am-11:30am  
Delia Drop-In Centre

There will be free play, a craft, songs, stories, and a light snack.

### Triple P Discussion Group Developing Good Bedtime Routines

Provides positive parenting strategies to help you develop a good bedtime routine. It will also help guide you to developing a healthy, independent sleep pattern for your child.

Meet other parents and share your experiences. By the end of this session, you will have developed a personal plan for developing good bedtime routines in your family.

Register and attend with a friend, and receive a \$10 Grocery Gift Card!!

Supper & Childcare Provided

Hanna Provincial Building (upstairs in the boardroom)

January 29<sup>th</sup> 5:00-7:00pm

To register call/text Shauna at 403-857-9553

or

e-mail [hanna@goldenprairieplc.ca](mailto:hanna@goldenprairieplc.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<b>Hanna Arena</b> <b>FREE PUBLIC SKATING</b> Fridays: 6:30-7:30pm, Sundays: 5:30-7:00pm <b>MOM &amp; TOT SKATING</b> Mondays, Wednesdays, Fridays: 10:30am-11:30am		 NEW YEARS DAY No Playgroup	<b>Tumble Time</b> 10:00-11:30am Centennial Place	<b>Family Fun Gym Time</b> 5:15-6:45pm Hanna Centennial	<b>No Playgroup</b>	 for every parent
6	7	8	9	10	11	12
 ASQ Ages & Stages Questionnaires	 Alberta Health Services	<b>No Playgroup</b>	<b>Tumble Time</b> 10:00-11:30am Centennial Place	<b>Family Fun Gym Time</b> 5:15-6:45pm Hanna Centennial	<b>Frosty Fun Playtime</b> 10:00-11:30am Delia Drop In Centre <hr/> Hanna Moms Bethel Playgroup Starts!	
13	14	15	16	17	18	19
		<b>Laugh N Learn</b> 10:00-11:30am Centennial Place Playschool Room	<b>Tumble Time</b> 10:00-11:30am Centennial Place	<b>No evening playgroup</b>		
20	21	22	23	24	25	26
		<b>Laugh N Learn</b> 10:00-11:30am Centennial Place Playschool Room <b>ASQ Luncheon</b> after Playgroup	<b>Tumble Time</b> 10:00-11:30am Centennial Place	<b>Family Fun Gym Time</b> 5:15-6:45pm Hanna Centennial	<b>Frosty Fun Playtime</b> 10:00-11:30am Delia Drop In Centre	
27	28	29	30	31		
		<b>Laugh N Learn</b> 10:00-11:30am Centennial Place Playschool Room <hr/> <b>*Developing Good Bedtime Routines</b> 5:00-7:00pm Hanna Provincial Building	<b>Tumble Time</b> 10:00-11:30am Centennial Place	<b>Family Fun Gym Time</b> 5:15-6:45pm Hanna Centennial	The yellow highlighted programs are sponsored by Parent LINK * indicates registration required	