



I AM GROWING UP

**Family Resource Guide
for Brazeau County,
Breton, & Drayton Valley**

Presented by the
Community Parenting Coalition

**I Am Growing Up:
Family Resource Guide for Brazeau
County, Breton, & Drayton Valley**

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The Community Parenting Coalition

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Special Mention

Thank you to the local families who have allowed
us to use photos of their children in this guide.



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** We did our best! We sincerely apologize for anything
we may have missed.*

Early Childhood Coalitions

Through the Early Child Development Mapping Project (ECMap) with the help of funding provided by Alberta Education, coalitions were formed across Alberta. Coalitions are groups of individuals who have come together to plan and promote community-based supports for young children and families.



The first five years of a child's life are the most critical period in development and have a lifelong impact on learning, health, work, relationships and well-being.

By five years old a child should show age-appropriate knowledge and behaviours in the following five areas of development:

1. Social Competence
2. Language & Thinking Skills
3. Physical Health & Wellbeing
4. Emotional Maturity
5. Communication Skills & General Knowledge

The Community Parenting Coalition

The Community Parenting Coalition was established in 2009 and includes representation from a wide range of community partners. It works collaboratively towards the common goals of coordinated planning, sharing resources and assessing the community's needs.

Our Community Coalition mandate is to:

- maximize community resources
- educate parents about the services available
- help to identify barriers & gaps to successful families
- educate the community about the importance of early learning years and quality early childhood education

For more information please visit www.communityparentingcoalition.ca or our CPC Facebook page at: facebook.com/Community-Parenting-Coalition-375996489154089



SOCIAL COMPETENCE

These include:

- Hold your baby close
- Able to follow rules and instructions
- Able to follow routines
- Accepts responsibility for actions
- Shows respect for others

What you can do as your child grows:

- Hold your baby close and provide skin-to-skin contact
- Provide a safe environment so your child can explore
- Work on establishing a routine for sleeping, feeding and playtime
- Play turn-taking games such as peek-a-boo and ensure turn taking by saying "my turn" and "your turn"
- Provide opportunities for your child to be with other children

LANGUAGE & THINKING SKILLS

These include:

- An interest in reading, writing, and language-related activities
- Age-appropriate reading, writing, and counting skills
- Recognition of shapes, sizes, and colours
- Can easily remember things

What you can do as your child grows:

- Read to your child every day. Name the objects you see in books and their environment
- Provide quiet opportunities for play without interruptions
- Provide age-appropriate toys such as nesting cups, ring stack, toy animals, puzzles, blocks, etc.
- Provide only one or two toys at a time. Alternate them several times a day
- Limit screen time (time spent with TVs, computers)
 - *No screen time for children under 2 years*
 - *Less than one hour per day for children 2 - 4*
 - *Less than 2 hours per day for older children*

COMMUNICATION SKILLS & GENERAL KNOWLEDGE

These include:

- Ability to tell stories
- Can say words clearly
- Age-appropriate knowledge about life and the world
- Ability to take part in imaginative play

What you can do as your child grows:

- Talk to your baby; describe what you're doing and name familiar objects
- Reply when your baby babbles to encourage her to take a turn to communicate
- Praise your child's attempts to speak and repeat the word correctly when pronounced incorrectly
- Take time to talk to your child and ask open ended questions that start with who, what, or where

EMOTIONAL MATURITY

These include:

- Able to deal with feelings at an age-appropriate level
- Able to separate from parent/guardian
- Not too fearful or impulsive
- Able to focus

What you can do as your child grows:

- Get close and make eye contact with your child when you feed, talk, sing, and read to her
- Help baby self soothe by offering a pacifier and providing a comforting environment
- Name your child's feelings so she learns the words
- Creating art allows children to express themselves. Provide clay, paints, building materials. These items can be used to recreate things children experience
- Maintain consistent expectations for your child's behaviour and tell them in advance about changes in their routine or when you are going somewhere

PHYSICAL HEALTH & WELLBEING

These include:

- Fine and gross motor skills (can hold a pen, crayons or brush, can climb stairs, etc.)
- Independence in looking after own needs (able to go to the washroom most of the time)
- Physically prepared for school
- Able to sustain energy levels throughout the day

What you can do as your child grows:

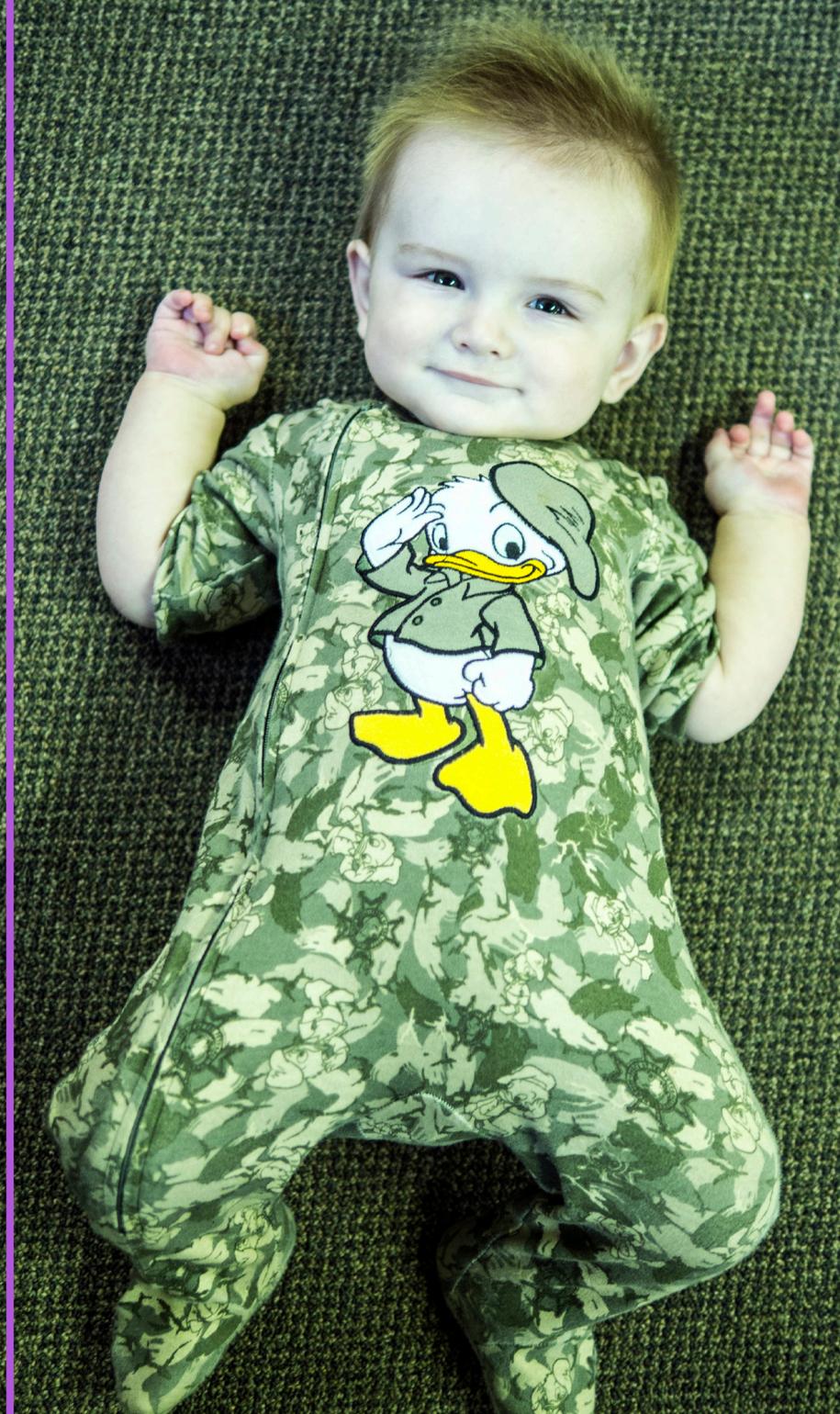
- Provide supervised tummy time to help strengthen baby's neck, back, upper trunk and arms
- Provide a variety of healthy foods for meals and snacks
- Ensure your child has adequate sleep and encourage good sleeping habits by keeping a regular sleep routine in a darkened, quiet place
- Provide plenty of outside play and activity such as walking, bike riding, etc.
- Encourage fine motor activities such as reaching, grasping, beading, drawing and cutting

I AM NEW

(nurture me)

What You Can Do:

- Work on establishing a routine for sleeping, feeding and playtime
- Talk to your baby: describe what you're doing and name familiar objects
- Provide supervised tummy time to help strengthen baby's neck, back, and upper trunk



	3 Months	6 Months	9 Months
SOCIAL COMPETENCE	Recognizes and prefers familiar faces and voices	Smiles and approaches reflection in mirror	Enjoys turn taking games such as peek-a-boo
LANGUAGE & THINKING SKILLS	Makes pleasure sounds; coos, giggles	Responds to own name	Responds to simple verbal requests; waves bye-bye
COMMUNICATION SKILLS & GENERAL KNOWLEDGE	Cries to signal needs	Says "mama" and "dada" nonspecifically	Babbles a lot; imitates sounds and actions
EMOTIONAL MATURITY	Generally quiets when comforted; might still cry sometimes	Seeks comfort when upset	Starts to read emotions of others
PHYSICAL HEALTH & WELLBEING	Sucks, grabs, and kicks; based on reflexes	Sits up with support, then independently	Rolls and crawls

I AM ONE

(i'm not a little baby)

What You Can Do:

- Read to your child everyday; name the objects you see in books and in their environment (narrating your day)
- Provide age appropriate toys such as ring stack, nesting cups, and farm animals
- Provide a safe environment so your child can explore



12 Months

18 Months

SOCIAL COMPETENCE



Plays purposefully with toys



Finds it hard to share "mine"

LANGUAGE & THINKING SKILLS



Likes to stack, nest, and put things into containers



Points to pictures when named

COMMUNICATION SKILLS & GENERAL KNOWLEDGE



Uses one to three words, and expressions like "uh oh"



Uses voice in conjunction with pointing and gesturing

EMOTIONAL MATURITY



May show fear or anxiety over new people and situations



Explores from secure base of parent or caregiver

PHYSICAL HEALTH & WELLBEING



Pulls to stand; walks holding furniture



Likes to ride on toys; runs



I AM TWO

(don't underestimate me)

What You Can Do:

- Provide opportunities for your child to be with other children
- Praise your child's attempts to speak and repeat the word correctly when pronounced incorrectly
- Name your child's feelings so that she learns the words

2 Years

SOCIAL COMPETENCE



Begins to engage in pretend play

LANGUAGE & THINKING SKILLS



Able to sort objects by colour and size

COMMUNICATION SKILLS & GENERAL KNOWLEDGE



Uses two to three word sentences

EMOTIONAL MATURITY



Has poor impulse control; tests parental limits

PHYSICAL HEALTH & WELLBEING



Jumps, balances on one foot, dresses self (except buttons and zippers)



Wild Rose Photos
BY TIA SEKURA



I AM THREE

(let me play)

What You Can Do:

- Maintain consistent expectations of your child's behaviour and tell them in advance about changes in their routine or when you are going somewhere
- Provide quiet opportunities for play without interruptions

3 Years

**SOCIAL
COMPETENCE**



Begins to share and take turns

**LANGUAGE &
THINKING
SKILLS**



Able to complete a four-piece puzzle

**COMMUNICATION
SKILLS &
GENERAL
KNOWLEDGE**



Uses long sentences and tells more detailed stories

**EMOTIONAL
MATURITY**



Uses words more often to express feelings (I am mad/sad, etc.)

**PHYSICAL
HEALTH &
WELLBEING**



Walks upstairs alternating feet; eats with a fork and spoon. Kicks balls, climbs on playground equipment



I AM FOUR

(challenge me)

What You Can Do:

- Talk to your child and ask open ended questions that start with who, what or where
 - Provide clay, paints and building materials so children can recreate things they experience in their world
- Encourage fine motor activities such as reaching, grasping, beading, drawing and cutting

4 Years

SOCIAL COMPETENCE



Likes playing with other children

LANGUAGE & THINKING SKILLS



Has an active imagination; asks a variety of questions; listens to and understands short stories

COMMUNICATION SKILLS & GENERAL KNOWLEDGE



Speech is easily understood by others; uses complete sentences

EMOTIONAL MATURITY



Develops real fears (of the dark, etc.), as well as a sense of humour

PHYSICAL HEALTH & WELLBEING



Uses paint and scissors; able to draw shapes and faces



I AM FIVE

(don't rush my childhood)

What You Can Do:

- Provide a variety of healthy foods for meals and snacks
- Ensure your child has adequate sleep and encourage good sleeping habits by keeping a regular sleep routine in a quiet, darkened place
- Provide plenty of outside play and activities such as walking, bike riding, etc.

5 Years

SOCIAL COMPETENCE



Feels more empathy for others; can name at least one friend

LANGUAGE & THINKING SKILLS



Tells stories with beginning, middle and end; is starting to solve simple problems in everyday life

COMMUNICATION SKILLS & GENERAL KNOWLEDGE



Uses correct grammar; narrates long stories with details

EMOTIONAL MATURITY



Has a sense of right and wrong

PHYSICAL HEALTH & WELLBEING



Copies shapes, letters, and numbers; is developing more strength and coordination

For all community events and program registration please refer to the websites below, as well as the Drayton Valley & District Guide to Arts, Learning, Recreation and Support Services, available at various locations or your local newspaper:

- www.brazeau.ab.ca or phone (780) 542-7777
- www.draytonvalley.ca or phone (780) 514-2200
- www.village.breton.ab.ca or phone (780) 696-3636

Family & Children's Programs & Services

Aim for Success - (MHCB - Mental Health Capacity Building Project)

Ph: (587) 277-0147

Aim for Success works directly with students and educators within the Drayton Valley schools, to promote mental health and wellness. Through a variety of in school programs and initiatives, such as mentoring, social and emotional programs, summer camps and bullying prevention programs, Aim for Success empowers students to be strong, healthy and resilient. For more information please visit our website www.aimforsuccess.ca

Boys and Girls Club

Ph: (780) 514-3400

Offers licensed Out of School Care at 4 sites around Drayton Valley for children aged 5-12 years old. Fees vary depending on the number of children per family registered and subsidies are available. Registration is open year-round.

McMan Youth, Family & Community Services

Ph: (780) 898-1134

Healthy Families in Home Visitation – Early intervention programs to support families in providing nurturing, stimulating and safe environments from birth to 5 years.

Early Childhood Development (ECD) Centre

Ph: (780) 514-2248

The Drayton Valley ECD Centre offers a full range of child care options and family support in partnership with other family-orientated services in our community. This is a service delivery facility where the whole community works together to ensure the health and well-being of our children ages 12 months – 6 years of age. Full or part time. Subsidized spaces are available.

Evergreen Parent Link Centre

Ph: (780) 542-3713

“Working with Parents to create the best start for their children”, The Evergreen Parent Link Centre’s Four Core Services include: Parent Education, Early Childhood Development and Care, Family Support, and Information & Referrals.

Brighter Futures Family Resource Society (1994)

Ph: (780) 514-5070

A non-profit charitable organization serving as a resource to families and the community. Offering: free Drop-In Programs for children and caregivers, Home Visitation, Parenting Support, Prenatal Support, Summer Day Camps, Second Step Programs, Cooking with Friends, Breton After School Program, Emergency Baby Essentials as well as additional supports as needed

Central Alberta Child and Family Services

Ph: (780) 621-4021 or (780) 542-3824

Assess needs, sets priorities, plans, allocates resources and manages the provision of services to children, families and other community members.

Family & Community Support Services

FCSS is your community contact for information referrals along with direct programming for children and families.

- Drayton Valley Office: (780) 514-2204
- Breton Office: (780) 696-3636



Community & Emergency Supports

MAT Program (Homeless Shelter)

Ph: (780) 514-2221

Pembina Crisis Connection Society

Ph: (780) 621-2363

Warming Hearts (Soup Kitchen)

Ph: (780) 515-1219

Women's Shelter

Ph: 1 (877) 845-4141

AB Works: Income Support

Ph: (780) 542-3134

Food Banks

- Drayton Valley: (780) 514-3777
- Breton: (780) 696-3669

Child & Family Services

Ph: (780) 621-4091

Distress/Suicide Line

Ph: 1 (800) 232-7288

Safe Kids

Ph: 1 (800) 668-6868

Child Abuse Hotline

Ph: 1 (800) 387-5437

Addiction Hotline

Ph: 1 (866) 332-2322

Alberta Supports

Ph: 211

Supports for Children with a Disability

Early Intervention Program (EIP)

Breton/Winfield: (780) 682-4763 | Drayton Valley: (780) 514-7237

The Early Intervention Program provides in-home support to families of infants and children with developmental delays or disabilities from birth to 3 and a half years. EIP works with families who may benefit from additional support. If you have an older preschool child with developmental delays or a disability, and you don't know where to go for help, you can contact the Early Intervention Program for assistance.

McMan Youth, Family & Community Services FASD Outreach

Ph: (780) 898-1134

Provides education, information, support, assistance in gaining diagnosis and advocacy to parents and caregivers of children and adults who have, or suspected to have, Fetal Alcohol Spectrum Disorder (FASD).

Westward Goals Support Services Inc.

Ph: (780) 621-4020

Services provided include: in-home/out-of-home respite, community support aide, developmental and behavioral support aide, personal care, out of home placement and individual programs.

FSCD Family Supports for Children with Disabilities

Ph: (780) 310-0000

Supports and services for families that enhance their ability to meet the needs of their child.

Catholic Social Services

Ph: (780) 424-3545

Offering programs of individual and family counseling, group care, and foster care in-home support, home care, settlement support services for immigrants and refugees, residential and outreach programs for persons with physical and/or developmental disabilities.



Health & Wellness

Health Link 811

Alberta Health Services - Drayton Valley Community Health Centre

Ph: (780) 542-4415 | 4110 - 50 Avenue, Drayton Valley

- **Children's Rehabilitation Services | (780) 542-4415**
Provides physical therapy for concerns with infant head shape, movement, balance and strength and occupational therapy for concerns with colouring, cutting, printing, self care skills, sensitivity to the environment and eating challenges. Speech-language pathology services for concerns with communication including language understanding and expression, speech clarity and stuttering are also provided. Monthly audiology services are available for hearing concerns. We provide a team approach which centers on children, their families and other caregivers. Families can access services by calling coordinated intake or attending a monthly walk in clinic.
- **Early Intervention Program (EIP)**
Breton/Winfield: (780) 682-4763 | Drayton Valley: (780) 514-7237
See Page 23
- **Sexual Health Services - Alberta Health Services | (780) 542-4415**
Provides information and confidential counselling on birth control and sexually transmitted infections.
- **Young Moms | (780) 542-4415**
Young moms support group for pregnant and parenting teens. It is a place to meet other young moms and to learn about topics important to them and their children.
- **Nutritious Beginnings | (780) 514-7231**
A prenatal and early postpartum program that aims to provide education and support to mothers and their babies. The program provides vitamins and help to cover some of the cost of groceries during the mother's pregnancy. Nutritious Beginnings also aims to link mothers to other resources within the community.



Alberta Health Services - Drayton Valley Community Health Centre (Con't)

- **Oral Health Program | (780) 514-7035**
Provides free fluoride service for eligible children 12 to 35 months of age.
- **Childhood Immunizations**
Provides routine childhood immunizations, school health programs, and communicable disease control and health education.
- **Prenatal Education Programs**
Provides prenatal education classes addressing nutrition, labor and birth, breastfeeding, as well as care after birth.
- **Public Health Breast Pump Loans**
Provides the opportunity to borrow breast pumps. Priority is given to mothers with babies who are sick or have problems with breastfeeding.
- **Public Health Nursing**
Provides prenatal education; home visits and support for families following birth of a baby, breastfeeding support, travel, health services, immunization, school health and communicable disease follow up. Services also include Health Education.
- **Public Health Postnatal Services**
Provides contact within 48 hours after discharge from hospital to offer support and health assessments of the newborn, mother and family. Referrals to community resources are also provided.
- **Young Parent Outreach**
Provides information on parenting, life skills, and prenatal education. Also provides education, prevention and nutrition programs to support healthy pregnancy and health baby.
- **Mental Health Clinic**
Provides services for individuals who are having emotional and psychological concerns that are affecting their lives.
- **Addiction Services**
The goal of addiction services is to assist Albertans to achieve freedom from the harmful effects of alcohol, tobacco, other drugs and gambling. Services include: information, outpatient counseling, prevention and education to community and schools.

Primary Care Network

Ph: (587) 464-0228



Libraries & Literacy

Drayton Valley Municipal Library

Ph: (780) 514-2228

Rotary Children's Library

Ph: (780) 514-2528

Breton Library

Ph: (780) 696-3740

Drayton Valley & District Community Learning Association

Ph: (780) 542-3373

Schools

Wildrose School Division

Ph: (403) 845-3376

St. Thomas Aquinas Roman Catholic Separate Regional Division #38

Ph: (780) 542-4396

Playschools, Preschools & Kindergarten

Drayton Valley Playschool

Ph: (780) 542-4313

Breton Playschool

Ph: (780) 696-3636

Drayton Valley Preschool

Ph: (780) 542-4313

St. Anthony's Little Angels Preschool

Ph: (780) 542-4396

Foundations Pre-Kindergarten

Ph: (780) 542-5544

Recreation Facilities

Omniplex

Ph: (780) 514-2234

Park Valley Pool

Ph: (780) 514-2225

Available in Various Communities

Skating Ponds/Rinks, walking paths, parks, ball diamonds, soccer fields, etc.

Community Halls

Brazeau County

Ph: (780) 542-7777 | www.brazeau.ab.ca

Town of Drayton Valley

Ph: (780) 514-2200 | www.draytonvalley.ca

Village of Breton

Ph: (780) 696-3636 | www.village.breton.ab.ca

** Community Registration night is held in the Fall for sports, community groups and organizations. Look for this to be advertised in your local paper.*



Screen Time & Young Children

Screens and the Early Years

- Canadian Paediatric Society discourages screen-based activities for children under 2.
- Research shows that TV watching before bed interferes with children's sleep.
- TV does not develop language.
- Background TV interrupts play and reduces quality interactions between parent and child.
- Screen time prevents opportunities for social play and interaction.
- Time watching a screen could be much better spent reading, talking, and playing.
- Studies show the more TV children watch the lower their reading scores.

What You Can Do

- Set limits on your child's screen time.
- Keep TV's, computer, and electronic games out of the bedroom.
- Limit TV watching to 1 hour per day for children over 2 years.
- Talk to, play with, and respond to your baby.
- Avoid using TV as a babysitter.
- Avoid violent media, preschoolers will imitate what they see on TV.
- Read with your child, have books in your home, and visit the library often.

Source: *The Early Years* booklet, published by Alberta Health Services.



10 Things Every Child Needs

1. Interaction

Babies see and hear from birth and are ready to start communicating and learning. Cuddle, rock, talk, and sing to your child every day.

2. Touch

Babies and children need to be touched. Gentle touch tells the brain to grow (develop and make connections). Touch is a source of comfort and love. Being comforted immediately helps a child to calm more quickly.

3. Stable Relationships

A loving, trusting adult in a child's life is necessary for survival. Children with secure care have low levels of stress. Routines are important.

4. Environments

Safe indoor and outdoor play spaces provide opportunities to explore, play and thrive.

5. Self-esteem

Children who feel good about themselves will have balance and succeed in social interactions, feeling pride in accomplishments. They will be able to control their feelings.

6. Quality Care

Quality care will promote learning about self and others. It teaches a child how to control their environment.

7. Communication

The more words a child hears, the more connections are made in the brain. Talk and read to your child every day.

8. Play

Everything a child learns is through play. They duplicate the world around them. It is the experience of playing, NOT the toy that aids the development of the brain.

9. Music

Music can calm, sooth, and teach. It does not require expensive lessons or instruments.

10. Reading

Share the experience of reading. Hearing words, interacting, and touching are all the positive benefits of snuggling up with a book.

Source: *WTTW Chicago and Chicago Production Center. (1997) Ten Things Every Child Needs.* Robert McCormick Tribune Foundation. *Zero to Three: Brain Wonders. The First Years Last Forever,* by the Canadian Institute of Child Health



**Your guide to family
resources in our
communities.**

Brazeau County is a great place to raise a family. In this book you will find information on the services and resources that are available in our area communities.