

FRN Caregiver Capacity Programming At a Glance:

Developmental Screening - Ages & Stages Questionnaire



The ASQ & ASQ-SE are designed to show caregivers how the child is developing from 2 months to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver. The ASQ is strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops. The ASQ-3 checks development in five areas: Communication skills, Gross motor skills, Fine motor skills, Problem solving skills, and Personal-social skills. The ASQ-SE checks development in seven social emotional areas: Self-regulation, Compliance (trust & respect), Communication, Adaptive functioning, Autonomy (ability to function independently), Emotional responses, and Interaction with people. To receive access to the ASQ, please email erin.t@lamontcount.ca.

Triple P Positive Parenting

These parenting programs allow the parent/caregiver to choose techniques that work best for your family. Triple P is an evidenced based parenting program that provides simple and practical strategies to:

- Understanding the causes of behaviour
- Encourage behaviours that you like
- Learn strategies for dealing with misbehaviour
- Personalize parenting plans unique to your individual family.



Triple P Positive Parenting is currently offered in three formats at Kalyna FRN Lamont County Region:

- **Primary Care** - This program is offered via four private sessions (available by request)
- **Group** - This program is offered in a group setting and consists of four 2-hour sessions, followed by three telephone check-in, and a final in class session to wrap up.
- **Group Discussions** - This four part series focuses on 1) Dealing with disobedience, 2) Developing good bedtime routines, 3) Managing fighting and aggression, 4) Hassle-free shopping with children

Kids Have Stress Too

Stress can affect children's physical, emotional, social, and intellectual well-being. Children experience everyday stress in a different way than adults. KHST teaches parents/caregivers how to recognize stress in children and identify how they can help children learn to manage their stress.



Infant Massage—Liddle Kidz

Infant massage assists in the growth and development of baby's body, mind and spirit. In addition, it can bring relief to complaints of colic, constipation, respiratory disorders and sleeping difficulties. Many of the parents who have participated in our infant massage classes report that their child has experienced more restful sleep, longer napping periods and better digestion. This class is taught by an internationally Certified Infant Massage Teacher and consists of three to four sessions.



Make the Connection 0-3

MTC 0-3 helps parents develop an understanding of why secure attachment is so important, strengthen their relationship with their child in the give and take of everyday life, and feel more confident in their parenting. These practices help children develop and maintain a secure attachment, improve ability to communicate feelings, needs, and interests, and feel confident to explore, play, and learn.

