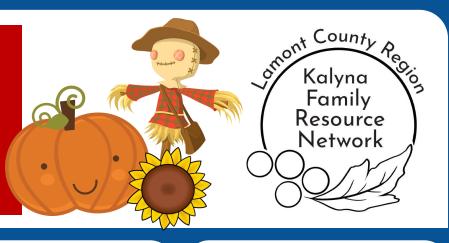
# October 2022



## **Lessons We Learn From Autumn**

Autumn marks the transition from summer to winter. Although this season is often seems so brief, it offers some valuable life lessons for our children.

Everyone remembers summer for the holidays and ice creams, winter for the lights and Christmas. The snowstorms are viewed with a mixture of awe and dread for although they make everything look fresh and clean, they also cause havoc by blocking roads and calling for snow days away from school. But one season appears so briefly that in Canada, people barely think of it at all outside of back to school and harvest. This is the season of autumn - when leaves change color, trees become bare and humans and animals alike prepare for the cold winter that lies ahead.

Autumn typically falls in the months of October and November in Canada. While this season has an earthy beauty to it, it can also teach our children some valuable lessons about life. Here are some things your child can learn from this season:

- 1. Accept change: Autumn shows us that nature is ever-changing. The leaves of last year must fall to make way for new ones. Human-kind is a part of nature. And even though we may not like it, change is an inescapable part of our lives and the lives of our children. We try to comfort and protect our children as much as possible. But eventually, they will have to learn how to deal with changes themselves. Whether a change is positive or negative, it's important to accept it and know how to adapt to it.
- 2. Appreciate what you have: We see green leaves on trees so often that we take them for granted. It's only when they are gone that we begin to miss them. Similarly, our children can be made to realize that there are so many beautiful things in their life that they take for granted—a good school, food on the table, loving parents, and a roof above their heads. It is important to learn how to appreciate these things and be grateful for them.
- 3. Let go: In the summer, each tree has bright and beautiful leaves. Come autumn, trees shed their leaves. Even though the trees look bare, they are in fact preparing themselves for spring and new leaves. Like the trees, our children also need to learn to let go of the past and embrace the future. As they grow, they will make friends and lose them as they move ahead in life. Autumn teaches us that letting go is part of growing up. When we learn to let go of the past, only then will they be able to fully live in the present and look forward to the future.
- 4. Live life to the fullest: The season of autumn is representative of the cycle of life. The leaves that are once new and green, change color and eventually wither away. The season is a reminder of the impermanence of life. Encourage your children to live life to the fullest when they are still in the spring of their youth.
- 5. Accept bad times as well as the good: The trees may look grim and bare in autumn, but you know that they will be full of bright new shoots by the next spring. This happens year after year. Similarly, our children can learn that there are times when life is bereft of happiness just as the trees are bereft of leaves. But if only we remain patient for a while, the joy will return, as the new shoots do. This can serve as a valuable lesson to our children in moments of sadness. When they feel like there's no way things can get better, all they need do is remember the trees and the promise of a new spring.

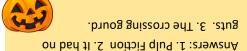
Whether your child likes the season of autumn or not, it is undeniable that through it, mother nature teaches him some valuable lessons. Children need simple tools to understand complex phenomena. Use the metaphor of the trees and their falling leaves to teach your little one some valuable life lessons.

Article written by: Ashwin Lobo for Parent Circle



# Wholesome Dad Jokes

- 1. What is a pumpkin's favourite movie?
- 2. Why was the jack o'lantern so afraid?
- 3. Who helped the mini pumpkin cross the road?





Follow us on Facebook for the most up-to-date information:
Kalyna Family Resource Network
Lamont County Region

For more information please call: Erin @ 780-895-2233 ext 244 Toll Free 877-895-2233 ext 244 or email at: erin.t@lamontcounty.ca

# What is the **Kalyna Family Resource Network?**











# KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

#### WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province either directly or through collaborative partnerships with qualified service agencies.

#### WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources. improving child and youth development, building resiliency and fostering well-being.

#### WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

# WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

# **UMBRELLA OF** SUPPORT PROVIDED **BY PROVINCIAL FRN:**

Child Development & Well-being Support

**Caregiver Capacity Building Support** 

**Social Connections** & Support

**OUR FRN NETWORK:** Vegreville & Area Lamont County Region Mannville/Minburn/Innisfree Two Hills & Area **WJS Canada** 

# Parent Education & **Caregiver Capacity Programs** are available even if they are not on the monthly calendar. Contact Erin for more information. sex and drinking Ages & Stages **Questionnaires**



- 1. Communication skills
- Gross motor skills
- 3. Fine motor skills

ASQ3

# Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's 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

## For more information:

Call: (780) 895-2233 ext 244
Facebook: Family Resource Nets
County Region
Email: erin.t@lamontcounty.ca



#### The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

#### The ASQ-SE checks 7 social-

- emotional areas:

  1. Self-regulation
  2. Compliance (trust & respect) 3. Communication
- Adaptive functioning
   Autonomy (ability to function independently)
- ASQ:SE2 6. Emotional responses

### 7. Interaction with people

How do I complete one? https://www.asgonline.com/family/70d5a8

https://asgonline.com/family/af517f



# Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

Alberta Human Services Alberta Children's Services Alberta Health Services (AHS) Early Childhood Coalitions of Alberta Various municipal governments **Family Day Homes** Various Seniors Centres CALC

Family and Community Support Services (FCSS) WJS Canada **Primary Care Network Local Libraries Prairie Central FASD Local Community Clubs Local School Divisions Local Food Hampers** 

# **Programs & Information**



Get eating, baby!

Sleep routines Social-emotional development Parent health & wellness Infant massage & connection

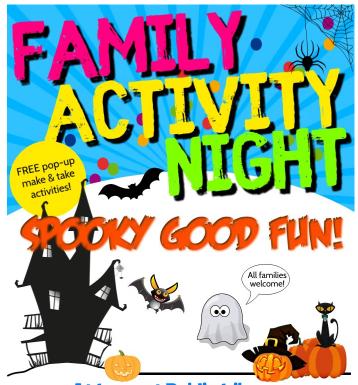




Alberta Health







At Lamont Public Library Wednesday, October 19, 2022 - 5:15-7:15pm









# Virtual Child Development Walk-in

**Birth to Five Years** 

Do you have questions or do you want to learn more about...

## How your child:

- Speaks Hears
- Colours
- Moves
- Plays
- Follows Directions
- Sleeps







## Sensitivity to:

- Noise Clothing
- Food Textures
- Messy Play

#### Your child's:

- Routines (bedtime, toileting)
- Emotions
- Development



# Call us at our Virtual Walk-in Clinic!

~ 780-895-5817 ~

The first THURSDAY of every month Community Rehabilitation Program – Pediatrics

9:00 a.m. - 11:30 a.m.

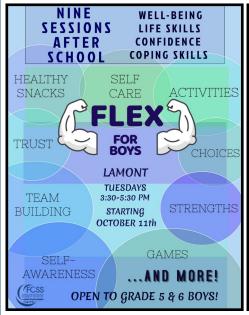
#### Virtual services that may be accessed include:

Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

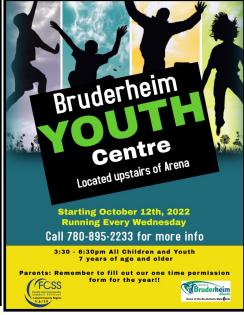
Physical Therapy Speech-Language Pathology Social Worker

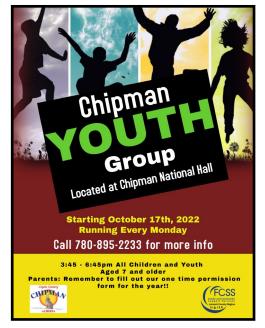
www.albertahealthservices.ca

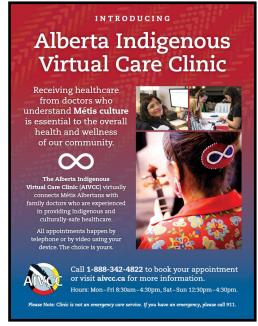
# **Programs & Information**











# FCSS Parents & Tots Programs ARE BACK!

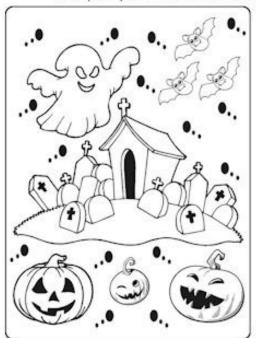
Bruderheim—Tuesdays 9:30-11:30am Lamont—Wednesdays 9:30-11:30am Mundare—2nd & 4th Fridays 10:00am-noon Andrew - Some Fridays 9:00-11:00am

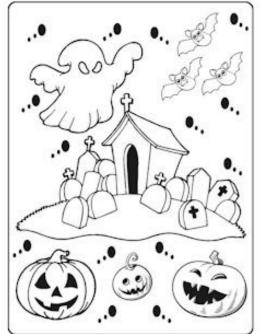
(Oct 21, Nov 4, Dec 2 & 9, Jan 6 & 13, Feb 3, Mar 10, Apr 14, May 12, June 2 & 9)

# October Funi

# SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?





Free printable courtesy of PrintitFree.net



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			ı		ı	high
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 EIPS—Early Out	6 AHS - Walk-in	7 Babysitters Course - Mundare	8 Andrew Garlic Festival
9	Happy Thanksgiving (Closed)	11	12	13	14	15
16	17	18 Parenting Survival Series	19 Family Activity Night - Lamont	20	21	22
23	24	25 Parenting Survival Series	26	27	28	29
30	Connecting Generations Halloween Party - Lamont	6.				
		<b>T</b>	1	0000		

# November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Parenting Survival Series	2 EIPS—Early Out	Cooking with Your Littles - TBA	4	5
6 Daylight Savings EIPS November Break	7 Babysitters Course - Lamont	8 Parenting Survival Series	9 Youth Retreat -	10 Camp Van Es	Remembrance Day (Closed)	12
13	14	15 Parenting Survival Series	16 FCSSAA Co	17 Inference—Office	18	19
20	21	22 Parenting Survival Series	23 Family Activity Night - Mundare	24 Cooking with Your Littles - TBA	25	26 MM Lamont Light Up
27	28	29 Parenting Survival Series	30			