

Jasper Place Child and Family Resource Centre
West Edmonton Parent Link
Program Guide

January 2012

Winter

Issue 11

Contact us:

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Coming March 2012!

**COPEing
With Toddler Behaviour**

An 8 week course for parents/caregivers
of 12-36 month old children
meet other parents and learn about:

- Different Parenting Styles
- Why does my child tantrum?
- What can I do to help my toddler?



Space is limited
See page 9 for details

Jasper Place Child and Family Resource Centre-
West Edmonton
Parent Link
16811-88 Avenue
Edmonton, AB
T5R-5Y6

Phone: 780-489-2243

Fax: 780-483-0249

Email:

adine@jasperplace-cfrc.com

Website:

www.jasperplace-cfrc.com

We look forward



to

seeing you soon!



**Our programs
are offered
at no cost**

Unless otherwise indicated

www.jasperplace-cfrc.com



Jasper Place
Child & Family Resource Centre
West Edmonton Parent Link

Government
of Alberta

parentLINKcentre



Early Learning Programming

Mondays

Program	Dates Times	Location
<p>NEW! <u>Grandparents Morning Out</u> Calling all grandparents! Are you looking for somewhere to spend special time with your grandchildren birth-five years? Come and join us for a play filled morning and an opportunity to meet other grandparents.</p> <p>No need to register, just drop-in!</p>	<p>10:00-11:30 AM</p> <p>Beginning January 9 Ending March 19 No Program February 20</p>	<p>West Edmonton Parent Link LaPerle Site #29,9606-180 St.</p>

Tuesdays

Program	Dates Times	Location
<p><u>Rhymes That Bind</u> An oral language program that promotes positive parent/child interactions. Parents/caregivers enjoy rhymes, finger plays, songs, and simple movement games with their infants and toddlers in a supportive peer group.</p> <p><i>* in partnership with Centre for Family Literacy *</i></p> <p>No need to register, just drop-in!</p>	<p>10:00-11:00 AM</p> <p>Beginning January 17 Ending March 20</p>	<p>Touchmark at Wedgewood 18323 Lessard Road</p> <p>Directions: Touchmark is the large complex on Lessard Road across from the Sobey's. Approach front gate slowly and it will open. Through the gates turn left, follow the road around to the right towards the next covered entryway. Parking is available on both sides of the doors.</p>
<p>NEW! <u>Infant/Toddler Stay n Play</u> An interactive playtime for parents/caregivers and their children. This program is offered in our play room and is best suited for children birth-two years, older siblings are welcome.</p> <p>No need to register, just drop-in!</p>	<p>10:00-11:30 AM</p> <p>Beginning January 10 Ending March 20</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>

Become a Fan!

West Edmonton Parent Link is on 

Keep updated on events and programming.
 Search us under

Jasper Place Child and Family Resource Centre-Parent Link



Early Learning Programming



Wednesdays

Program	Dates Times	Location
<p><u>Preschool Stay n Play</u> An interactive playtime for parents/caregivers and their children. This program is offered in our gym and is best suited for children two-five years, younger siblings are welcome. No need to register, just drop-in!</p>	<p>10:00-11:30 AM Beginning January 11 Ending March 21 No Program February 22</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>
<p><u>Baby & You</u> This program offers expecting parents and parents with young infants (not yet moving about) a chance to get together. It includes activities such as scrapbooking & crafts, Health for Two, rhymes and songs. Share and receive information and resources. Come out and make this <i>your</i> program! <i>This program is unable to accommodate older siblings.</i> No need to register, just drop-in</p>	<p>1:30-3:00 PM Beginning January 11 Ending March 21 No Program February 22</p>	<p>West Edmonton Parent Link LaPerle Site #29,9606-180 St.</p>
<p><u>Sign a Little</u> For parents/caregivers and their infants (under two years). Come join us in this early literacy program and learn the signs for simple songs, rhymes and stories. No need to register, just drop-in!</p>	<p>2:00-3:00 PM Beginning January 11 Ending March 21 No Program February 22</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>

Are you expecting a baby?

Health for Two is a prenatal nutrition program offering pregnant women information, support, milk coupons, and prenatal vitamins.

Drop-in Wednesdays,

January 11- March 21 (no program Feb. 22)

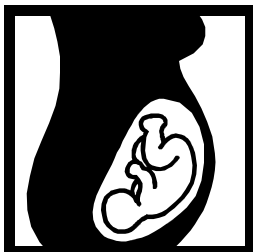
Baby and You at our LaPerle Site

#29, 9606-180 Street

1:30-3:00 PM

or call **780-489-2243**

to make an appointment to see
a Health for Two Provider



Dance like snowflakes

(Tune: "Are you sleeping")



Dance like snowflakes
Dance like snowflakes
In the air

In the air

Whirling, Twirling
snowflakes



Whirling, Twirling
snowflakes

Here and there

Here and there



Early Learning Programming

Thursdays

Candy Cane Shaped Breadsticks

Ingredients:

- Puff pastry sheets
- Seasoned salt
- Parmesan cheese grated



- Preheat the oven to 350 degrees
- Lightly oil a baking sheet.
- Lay out the puff pastry sheets.
- Sprinkle the salt and cheese on top.
- Cut thin, long slices of the pastry dough, twist the slices into spiral shapes, then shape the long strips like candy canes
- Place them on the baking sheet.
- Bake until light gold in color for about 10-15 minutes.

Enjoy!!!!

Program	Dates Times	Location
<p><u>Crawlers, and Rookie Walkers</u> An interactive playtime for parents/caregivers and their infants (under 2 years). <i>This program is unable to accommodate older siblings.</i> No need to register, just drop-in!</p>	<p>10:00-11:30 AM Beginning January 12 Ending March 22 No Program March 1</p>	<p>West Edmonton Parent Link LaPerle Site #29,9606-180 St.</p>
<p><u>Stay n Play</u> An interactive playtime for parents/caregivers and their children birth-five years. No need to register, just drop-in!</p>	<p>1:30-3:00 PM Beginning January 12 Ending March 22 No Program March 1</p>	<p>West Edmonton Parent Link LaPerle Site #29,9606-180 St.</p>
<p><u>Family Fun Night</u> Come and join us for theme nights filled with a variety of fun activities for the entire family to enjoy. Drop by to pick up a calendar and find themes that will inspire you and your children. No need to register, just drop-in!</p>	<p>6:30-7:30 PM Beginning January 12 Ending March 22 No Program March 1</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave.</p>

Early Learning Programming

Saturdays

Program	Dates Times	Location
<p><u>Family Fun Saturday</u> An interactive playtime for parents/caregivers and children birth-five years. This program is great for Dads! No need to register just drop-in!</p>	<p>10:00-11:30 AM Beginning January 14 Ending March 24 No Program February 18</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>

Gingerbread Play Dough Recipe

- 1 cup flour
- ½ cup salt
- 2 tsp cream of tartar
- 1 cup water
- 1 tsp vegetable oil
- ½ tsp cinnamon
- ½ tsp allspice
- ½ tsp ginger
- ½ tsp nutmeg



Combine flour, salt, cream of tartar, and spices.

- In a separate bowl, combine oil and water, mixing well.
- Slowly add the oil mixture to the dry mixture.
- Cook the mixture for 2-3 minutes over medium heat.
- Stir well so that the mixture does not burn.
- Once it starts to form a ball, remove it from the heat and let it cool.
- Knead the dough until it is smooth and has no lumps.
- Store the play dough in a zip lock bag.

Mittens on my hands

(Tune: "Wheels on the bus")

The mittens on my hands,
 Keep me warm,
 Keep me warm,
 Keep me warm,
 The mittens on my hands,
 Keep me warm,
 All winter long!



Visit the virtual Parent Link Centre at www.parentlinkalberta.ca for a listing of other Parent Link Centres in Edmonton and the rest of Alberta

Support for Immigrant and Refugee Families

An opportunity to receive one-on-one support and gain information about community resources such as, education, health, social services, housing and childcare services, legal, etc.

Mondays and Wednesdays	Tuesdays
3 rd Floor Parkington Plaza 10408-124 St. By appointment only call Firozeh Penhani at: 780-422-3543	West Edmonton Parent Link Main Site 16811-88 Ave By appointment only call Firozeh Penhani at: 780-489-2243 ext 227

*These services are offered in partnership with
the Multicultural Health Brokers Cooperative*



*Multicultural Health Brokers
Cooperative Ltd.*

Support for Young Parents

Are you a young person (under 20 yrs.) who is **pregnant or parenting?**

The **TALKS** Program is for you!
Teen **P**arents **A**chieving **L**ife-long **K**nowledge and **S**uccess

Information, support and resources

- Finances
- Transportation
- Housing
- Pregnancy
- Labour and delivery
- Parenting
- Education



Please call the TALKS program Family Support worker Tammy Downes at:
780-489-2243 ext. 234



*Edmonton & Area
Child & Family Services Authority*

Triple P Positive Parenting Programs

West Edmonton Parent Link is excited to offer parents this **evidence** based parenting program!

Triple P can be experienced in **four different ways**. Choose the options that best suit you and your family .



1. Looking for Positive Parenting Information?

Attend one, two or all three of these one hour seminars:

- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

See following page for dates and times



2. Looking for Parenting Strategies?

Triple P Individual Sessions:

Four **one on one sessions** with a Parent Link staff accredited in Triple P. Gives parents the opportunity to work through and find strategies for specific parenting issues.

Ask your Parent Link staff for details.



3. Looking for Parenting Tips?

Triple P offers **tip sheets** with information on a wide range of childhood behaviours that concern parents such as: bedtime routines, sibling rivalry and aggression. *Ask your Parent Link staff.*



4. Looking for Something More?

Triple P offers **parenting groups**. These groups provide the opportunity to explore parenting through observation, discussion, feedback, and practice in a group setting.

See the following page for dates and times.



For more information, or to make an appointment, call 780-489-2243



Programming for Parents and Caregivers



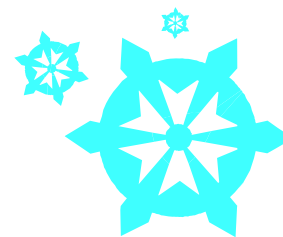
Program	Dates Times	Location
<p><u>Triple P Seminar Series</u> – Three one hour seminars. Attend one, two or all three.</p> <p><i>The Power of Positive Parenting</i>– Introduces parents to the five core principles of positive parenting.</p> <p><i>Raising Confident, Competent Children</i>– Explores the six key building blocks children need to do well in life.</p> <p><i>Raising Resilient Children</i> – A look at emotional resilience; the ability to manage feelings and cope with day-to-day stresses, as well as major life events.</p> <p>Call 780-489-2243 to register</p>	<p>Tuesday evenings 5:30 - 7:00 PM</p> <p>February 7</p> <p>February 14</p> <p>February 21</p>	<p>Lois Hole Library 17650-69 Ave</p>
<p><u>Triple P Group</u> This series of workshops offers suggestions and ideas on positive parenting to help you promote your child’s development, in an aim to make parenting easier. Parents will leave this set of four group sessions with a customized parenting plan.</p> <p>Call 780-489-2243 to register</p>	<p>Tuesday evenings 5:30-7:30 PM January 10, 17, 24 and 31</p> <p style="text-align: center;">Or</p> <p>Saturdays 1:00-3:00 PM February 4, 11, 18 and 25</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>
<p><u>Triple P Teen Group</u> This series of workshops offers suggestions and ideas on positive parenting to help you promote your teens development in an aim to make parenting easier. It is important to attend all sessions.</p> <p>Call 780-489-2243 to register</p>	<p>Available upon request</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>

More Programming for Parents and Caregivers

Program	Dates Times	Location
<p><u>COPEing with Toddler Behaviour</u> An 8 week course for caregivers of 12-36 month old children to meet other caregivers and learn about; Different Parenting Styles, Why does my child tantrum? What can I do to help my toddler? Call 780-489-2243 to register</p>	<p>8 Tuesday evenings March 6, 13, 20, 27 April 3, 10, 17 & 24 6:30-8:30 PM</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>
<p><u>Goodbye Mealtime Struggles</u> For families who are having difficulty feeding their children at mealtimes. This workshop will provide you with ideas to help with your child’s eating. Facilitated by an occupational therapist. <i>*In partnership with Alberta Health Services *</i> <i>Child Care available.</i> Call 780-489-2243 to register</p>	<p>Wednesday evening 6:30-8:30 PM April 18</p>	<p>West Edmonton Parent Link Main Site 16811-88 Ave</p>

Snowman

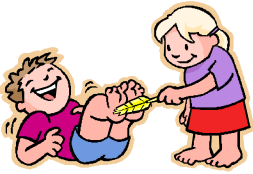
Once there was a snowman,
 snowman, snowman
 Once there was a snowman
 tall, tall, tall.
 (reach to the ceiling)
 Then the sun it melted,
 melted, melted
 Then the sun it melted small,
 small, small.
 (pretend to melt)



Snow is falling all around

(Tune: “Twinkle, Twinkle little star”)

Snow is falling all around,
 Falling, falling, to the ground.
 I catch snowflakes on my tongue.
 Building snowmen is such fun.
 Snow is falling all around.
 Falling, falling, to the ground.



Laughter in the Family

Children may laugh ten times more than adults. Studies have shown that children's laughter has the potential to improve our health, when we choose to laugh with them. Moreover laughing with our children can help them to develop their own sense of humour.

Why laughter is important

Laughter plays an important role in many aspects of a child's development including the following areas:

- **Cognitive** – the ability to see two sides of an issue in a creative manner
- Using words creatively can only enhance a child's overall **language** development
- Humour is an important social skill that is important for peer relations, and to help children develop a **sense of belonging**.
- A good sense of humour can really boost a child's **self-esteem**, particularly if a child knows they can make others laugh

When children develop a sense of humour, they are better able to see the "lighter" side of setbacks in their lives, and are more capable of dealing with difficult **emotions**.

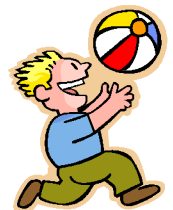
How humour effects the family

- Laughing together helps to strengthen **family relationships**, and develops resiliency within the family
- Joking between siblings helps to reduce some of the normal day-to-day tension that is a part of the **sibling relationship**
- Families that create jokes amongst each other have a stronger sense of **belonging**
- Humour is one of the best strategies for adults to use in order to guide a child's **behaviour**. Humour has the potential to transform an uncooperative child into a child who is happy and compliant.

How to enhance your child's sense of humour

Children develop their sense of humour in a similar fashion to other areas of development. Infants imitate us by laughing when we laugh. They like playing "tickle" and enjoy rhymes that simulate movement. Later on they laugh at unexpected games such as peek-a-boo and hide and go seek. As children get older, and see how to play with words, they enjoy the unexpected when they replace "silly" words into their familiar rhymes. By about the age of six, children use their own words to create their own jokes and riddles. They now realize that words may have more than one meaning, which often leads to a lot of fun using words.

Family life can be hectic and chaotic, but the tension is often broken with humour and laughter. The rough times may provide an opportunity for fun and laughter particularly when you step back to see the humorous side of life.



Along with regular programming **Jasper Place Child and Family Resource Centre-West Edmonton Parent Link** also offers families a range of ongoing services

Activity Lending Bags

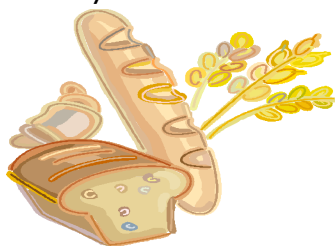
Looking for fun and interactive activities to do with your child at home? Come in and

borrow a lending bag and explore themes like science, math, literacy and much more.



Bread Day

Donated bread from Bon Ton Bakery and Cob's Bakery can be picked up in our main lobby



Health for Two



Offers prenatal information, support, milk coupons & prenatal vitamins to pregnant women with limited resources. Health for Two is a Canadian Prenatal Nutrition Program.



Wecan Food Basket

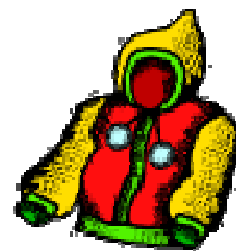
A city wide food buying cooperative. Members can buy fresh meat and produce at a savings of 20% or more off the regular grocery prices. Pick your groceries up right here at West Edmonton Parent Link.

(A Full order is \$25.00 with a membership fee of \$5.00)



Coats for Kids & Families

We are a pick up site for the Coats for Kids and Families Program. Drop-in if you need winter coats for yourself and/or your family.

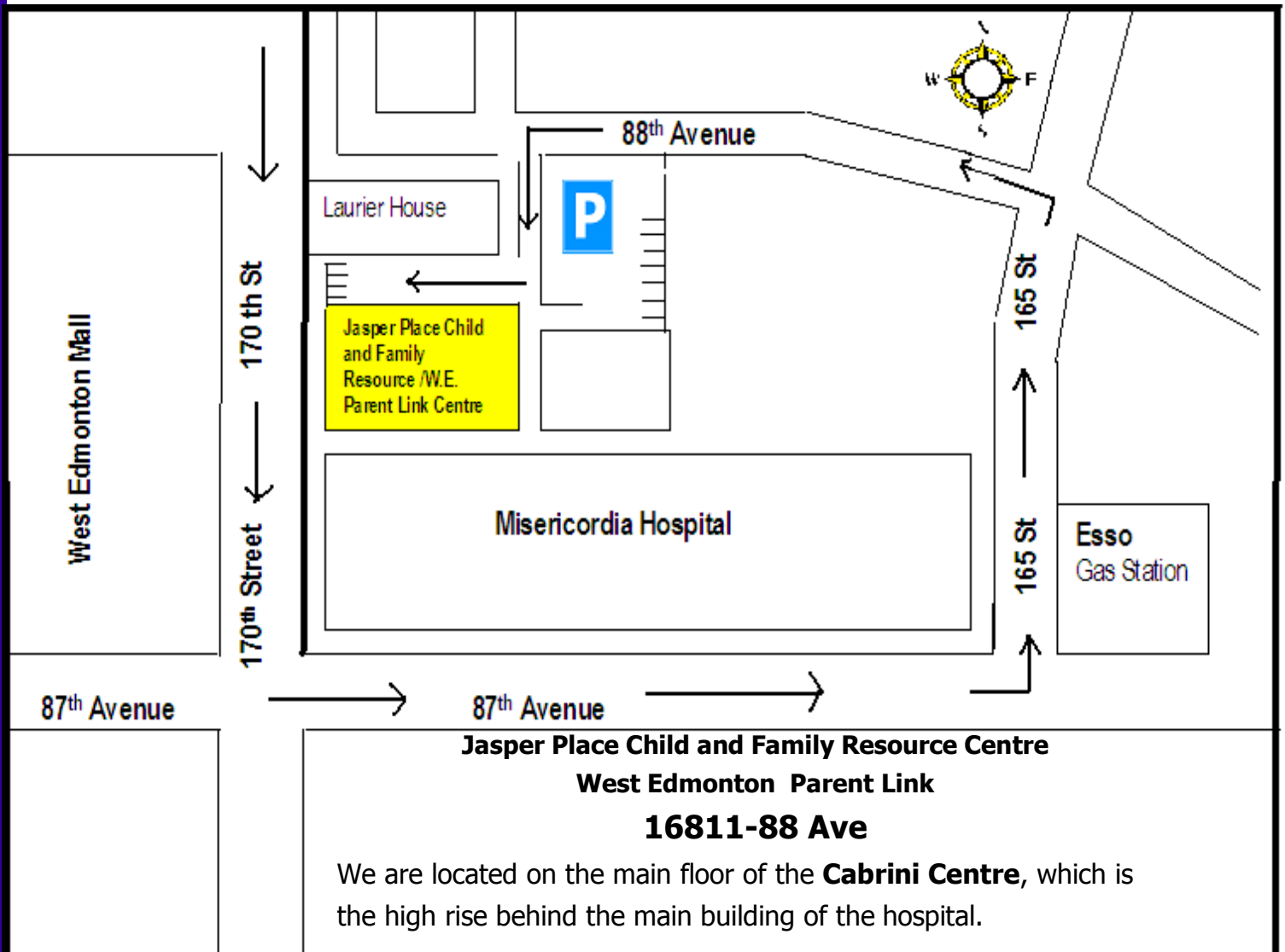


Clothing Exchange

Families are welcome to help themselves anytime to gently used clothing. Donate clothing that no longer fits your children to the exchange. Clothing will be on display in the front lobby January 9-13.

Call 780-489-2243 for more information on any of these services

Here is a map to our Main Site



Parking

We ask that if you are attending programs, services or meetings during day time hours at our main site, you park in the reciprocal parking lot labelled with a **P** on the above map.

You will be given a parking pass for the day and time you attend, and, if needed a pass for the next date you plan to attend.

These passes should be displayed on the front dash of your vehicle.

OUR VISION

TOGETHER WE GROW, LEARN AND SUCCEED
THE CHILD, THE FAMILY AND THE CENTRE
AS WE BUILD A HEALTHIER COMMUNITY

OUR MISSION

TO BE PARENT'S PARTNERS IN PROMOTING
CHILDREN'S HEALTHY GROWTH AND DEVELOPMENT
AND IN ENHANCING FAMILY WELLNESS.