

For program info, please call 403-443-3064 or email: kneehill@goldenprairieplc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year! 	2 Every WEDNESDAY Leapfrogs & Tadpoles TH Library 10:30-11:30am	3 No Programming	4 All of our programs are FREE and we welcome everyone!	5 
6 	7 No Programming	8 No Programming	9 Munson Play Munson Hall 10:00-11:30am	10 Linden Little Explorers Cultural Center 10:00-11:30am	11 Three Hills Stay & Play Community Hall 10:00-11:30am	12 
13 	14 Trochu Play Trochu Playschool 10:00-11:30am	15 **Triple P Stepping Stones FCSS Building 6:00-8:00pm	16 Munson Play Munson Hall 10:00-11:30am **Carbon Family Fun Carbon School Gym 5:30-7:00pm	17 Linden Little Explorers Cultural Center 10:00-11:30am	18 Three Hills Stay & Play Community Hall 10:00-11:30am	19 Visit the Kneehill Early Childhood Coalition website! zerotofivekneehill.ca 
20 	21 Trochu Play Trochu Playschool 10:00-11:30am	22 **Dealing With Disobedience Workshop Trochu Town Office Boardroom 6:00-8:00pm **Triple P Stepping Stones FCSS Building 6:00-8:00pm	23 **Handle With Care FCSS Building 10:00am-12:00pm Munson Play Munson Hall 10:00-11:30am **Acme Family Fun Carbon School Gym 5:30-7:00pm	24 Linden Little Explorers Cultural Center 10:00-11:30am	25 Three Hills Stay & Play Community Hall 10:00-11:30am	26  Kneehill Regional Family and Community Support Services We are grateful for the support of Kneehill County Regional FCSS in providing direction and space for our offices.
27 Walk, skate, slide with your child – you both need fun and fresh air	28 Trochu Play Trochu Playschool 10:00-11:30am **Managing Fighting & Aggression FCSS Building 6:30-8:00pm	29 **Triple P Stepping Stones FCSS Building 6:00-8:00pm	30 **Handle With Care FCSS Building 10:00am-12:00pm Munson Play Munson Hall 10:00-11:30am	31 Linden Little Explorers Cultural Center 10:00-11:30am	Join the 1000 Books Before Kindergarten Program. Sign up at Carbon, Trochu or Three Hills Library! 	

Trochu Play - Mondays

Trochu Playschool | 10:00-11:30am

Three Hills Stay & Play - Fridays

10:00-11:30am | Three Hills Community Centre

"Oh the weather outside is frightful" - so we are having fun indoors with weather experiments, fake snow & story time

Munson Play - Wednesdays

10:00-11:30am | Munson Hall

Linden Little Explorers - Thursdays

10:00-11:30am | Linden Cultural Center

"Do the Monster Mash" - we are learning about BIG emotions, self-regulation & hanging out with some nice, funny, happy, & joyful monsters!

SPECIAL EVENTS - Registration Required

Carbon Family Fun

Carbon School Gym | 5:30-7:00pm | January 16

Stuck inside because of the cold? Come in for an active play night. Open to children 0 -12 yrs. Please call 403-443-3064 to register.

Acme Family Fun

Acme United Church | 5:30-7:00pm | January 23

"Cook with me" is coming to Acme! Learn how to mix, pour, & safely cook a healthy meal with your family. Open to children 2-6 yrs. - siblings welcome. Register by calling 403-443-3064 - limited spots available.

Triple P Discussion: Dealing with Disobedience

Trochu Town Office Boardroom | 6-8pm | January 22

Offers practical skills and knowledge to help you manage and prevent disobedience. You will take home invaluable strategies to put to work in your own life! Limited spots available so please register with Mariah by calling 403-443-3064.

Triple P Stepping Stones

FCSS Building (779 2nd St N, Three Hills) | 6-8pm

Jan. 15, 22, 29, Feb. 5, 12, & Mar. 13

Do you have a child with special needs? Gain tools to help you manage problem behaviour and developmental issues common in children with disabilities. Also helps to encourage good behaviour, cope with stress, develop a close relationship with your child and teach your child new skills.

Handle With Care

FCSS Building | 10am-12pm | Jan. 23, 30, Feb. 6, & 13

Helps parents & caregivers promote positive children's mental health using hands-on engaging activities like stories, crafts, discussions, games, & videos.

Triple P Discussion: Managing Fighting & Aggression

FCSS Building | 6:30-8:00pm | January 28

Provides parents and caregivers with strategies and info to help them feel confident in dealing with misbehavior.

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 and to see what's going on in your area, please contact us:

Shauna McAfee

Hanna & Delia Family Coach
Cell: 403-857-9553

Yvonne Markotic

Drumheller Family Coach
Cell: 403-820-5157

Mariah Robinson

Kneehill & Munson Area Family Coach
Cell: 403-443-3253
kneehill@goldenprairieplc.ca

Margaret Manley

Parent Educator
Cell: 403-334-0884
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Kneehill Parents and Tots
Golden Prairie Parent Link
Kneehill FamilyCoach

January 2019 Kneehill, Munson Area Schedule



www.goldenprairieplc.ca

Serving Acme, Carbon, Linden,
Torrington, Three Hills, Morrin,
Munson and Trochu

**PLAY!
LEARN!
CONNECT!**

Office: KRFCSS Building
779 2nd Street N, Three Hills, AB

Mariah Robinson

Kneehill Family Coach
Call/Text: (403) 443-3253

kneehill@goldenprairieplc.ca



A checklist to give info on how your child is growing. Find us ONLINE at our website or contact Mariah 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 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)



What is Triple P?

Triple P Positive Parenting provides 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.

NEW! Ask about 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.**

Upcoming Events!

February

Anti-Bullying Awareness Month

ASQ Luncheon

February 1, 2019 | 11:30am
Three Hills Community Centre
Join us for a special presentation on the Ages and Stages Questionnaires and developmental milestones.

Random Acts of Kindness Week –

February 9-15, 2019
Keep an eye out on Facebook and our next calendar for more details!

Pink Shirt Day –

February 27, 2019
Keep an eye out on Facebook and our next calendar for more details!

March

Speech & Language Presentation –

March 15, 2019 | 10:00am-12:00pm
Kneehill FCSS Building
A FREE session that provides an overview of speech and language development in children, how to encourage growth and when to seek the services of a speech and language pathologist. Please call 403-443-3064 to register.

Kier Kutney Presentation –

March 25, 2019
Kneehill FCSS Building
Behavior problems in children can be hard especially when caregivers don't have the right tools. This will provide strategies to help deal with difficult behaviors. Please call 403-443-3064 to register.