



Early Steps to Success Newsletter

Our goal is to improve, create, and refer you to services and resources for children ages 0-6 in Lamont County.

September 2016

“Never underestimate your ability to make a difference in the life of a child.” - Fred Penner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Parents & Tots St. Michael Rec Centre 10 am - noon	2	3
4	5	6	7	8 Parents & Tots St. Michael Rec Centre 10 am - noon	9	10
11	12	13 Parents & Tots Lamont Alliance Church 10 am - noon	14 Parents & Tots Bruderheim Moravian Church 10 am - noon	15 Parents & Tots St. Michael Rec Centre 10 am - noon	16	17
18	19	20 Parents & Tots St. Michael Rec Centre 10 am - noon	21 Parents & Tots Bruderheim Moravian Church 10 am - noon	22 Parents & Tots St. Michael Rec Centre 10 am - noon	23	24
25	26 P.A.L. (Play and Learn) referral based program 9:30 am - 12:30 pm	27 Parents & Tots St. Michael Rec Centre 10 am - noon	28 Parents & Tots Bruderheim Moravian Church 10 am - noon	29 Parents & Tots St. Michael Rec Centre 10 am - noon	30	

CONNECT with us on:
 Our Facebook page: Early Steps to Success
 Our Pinterest Page: Early Steps to Success
 Twitter: @ESteps2Success
<http://www.lamontcounty.ca/Early-Steps-to-Success>

MAIL:
 Early Steps to Success Coalition
 c/o F.C.S.S. Lamont County Region
 5303-50 Avenue
 Lamont, AB T0B 2R0

CALL/EMAIL us:
 780-895-7751 ext. 223
 Or toll-free 1-877-895-2233 ext. 223
leah.j@lamontcounty.ca



August 2016

The Early Steps to Success Coalition is a group of community members and service providers that meet bi-monthly. Our goal is to improve, create, and refer you to services and resources for children ages 0-6 in Lamont County. **We welcome new members!** Send your e-mail address to leah.j@lamontcounty.ca to get more information about future programs and resources!

What Do YOU Want?!?? A few years ago, the Early Steps to Success Coalition surveyed the Lamont County families with children ages 0–6. You told us that we need an indoor play space. There is now an excellent indoor play space in the St. Michael Recreation Centre. The question now is...what next?? If you have input as to how we can serve you in the coming months and years, please fill out our survey. You can contact Leah Johnson using the contact information below and she will get you one. You can also find it online at: www.lamontcounty.ca/Early-Steps-to-Success Thank you for your feedback and ideas!!

Parents & Tots is back!!! This program provides an interactive playgroup for parents and caregivers of children ages 0-6. The program’s focus is to build literacy, support positive parenting skills and provide information and education on local programs and services available within the community in a safe and comfortable atmosphere. All programs are operated on a “drop in” basis. See you there soon!

P.A.L. (Play and Learn) Research has proven that the early stages of childhood, ages 0 to 6, are very important to a child’s development. Our P.A.L. program introduces healthy learning tools for parents to use. We create a learning environment for the family and we make it “fun.” P.A.L. is a three-hour program running in Bruderheim. It is available FREE to families who qualify. It is important to note that P.A.L. is not a drop in program. It is primarily a referral based program. Self-referrals are accepted on the understanding they must meet the qualification requirements determined during an intake process. Contact C.A.L.C. at 780-895-2233 ext 224 for more information.

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5 Developmental Domains

Reflect on how your child is developing. How can the Early Steps to Success coalition help you as you encourage your child’s health and development?



Physical health and well-being

* Fine and gross motor skills (your child can hold a pen, crayons or brush, able to climb stairs) * Independent in looking after own needs (your child is able to go to the washroom independently most of the time) * Physically prepared for school (dressed appropriately, well nourished and rested) * Able to sustain energy levels throughout the school day



Social competence

* Plays and gets along with other children * Able to follow rules and instructions * Able to follow routines * Accepts responsibility for actions * Shows respect for others



Emotional Maturity

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



Language and thinking skills

* Interested in reading, writing and language-related activities * Age-appropriate reading, writing and counting skills * Recognizes shapes, sizes and colors * Can easily remember things *



Communication skills and general knowledge

* Able to communicate needs and wants in socially appropriate ways * Able to tell stories * Can say words clearly * Age-appropriate knowledge about life and the world * Ability to take part in imaginative play *

Enhancing early childhood resources in our region