

JUNE 2018

ALL PROGRAMS & SERVICES ARE FREE



Phone: (403) 362-5056 #101, 327-3rd St. W.
parentlinkcentre@spec.ab.ca www.spec.ab.ca

Parent & Tot (10:00-11:30am)

These groups are a great opportunity for parents and child care providers to meet other parents. This is also an excellent opportunity for your children to interact with other children. Activities and toys are provided for children to learn through play. Sessions take place in Bassano (Community Hall), Rosemary (South Room), Cessford (Berry Creek School), Duchess (Duchess Recreation Centre), Rainier (Alcoma School), and Brooks 10:45-12 pm (JBS Canada Centre)

Little Gardeners

(Mondays OR Tuesdays 10:00-11:00 a.m.)

A hands on program for children interested in playing in the dirt, planting and growing plants. Children will learn to develop fine motor skills and how to plant, water and cultivate. These sessions will run monthly and registration is **REQUIRED**. Space is limited, call Melissa to register.

Option 1: Monday, June 11, 18 & 25

Option 2: Tuesday, June 12, 19 & 26



Tiny Tots (Thursdays 1:00-2:30 p.m.)

An exciting program designed for children 3-5 years of age. This program is designed to allow children to experience what a day at pre-school will be like. This is a **REGISTERED** program. Call to register for the next session.

COMMUNITY HELPERS



MEET AT LOCATION

KAREN HAS A TOUR SET UP TO GO AROUND BROOKS TO VISIT SOME OF OUR COMMUNITY HELPERS.

RCMP-Police Station (Friday, June 1 10:00-11:00 a.m.)

Pets Galore & More (Wednesday, June 13 10:00-11:00 a.m.)

Fire Hall (Wednesday, June 2 10:00-11:00 a.m.)

Play at the Park

(Thursday, June 14 & 21 10:00-11:00 a.m.) Join Karen at the Duke of Sutherland Park for some outdoor fun. She will bring sidewalk chalk, bubbles and toys. Come out and enjoy the sunshine.



**PLAYROOM OPEN FOR DROP IN
MONDAY TO FRIDAY
8:30 a.m. to 5:00 p.m.**

Ages & Stages Questionnaire

If you are curious to see where your child is developmentally, this questionnaire can help you.



All the questions are designed for you to do on your own. If you prefer one of our staff to assist you, we can make an appointment for us to help you. We have questionnaires for children as young as 2 months up to 56 months of age. Call a PLC Staff at (403)362-5056 to make an appointment.

Car Seat Clinic (Monday, June 18 at 1:00-3:00 p.m.) Stop by the Brooks Fire Hall (504 Cassils Road) to have your car seats checked. No appointments needed. If you need more information call (403)793-6667 or (403)502-8238.

Evening Drop In: (June 13 & 20 at 5:00-6:30 p.m.) Stop by and enjoy some downtime with your children during the evening in our playroom.



Getting Results By Professor Matt Sanders

It's natural to want your child to do well at school and some parents use a reward such as money to encourage their children to get better grades. I've often heard parents offering their child money for every 'A' on their end-of-term report card.

One of the problems with giving children financial incentives for good end-of-term grades is that the reward comes too long after the effort is made.

Rather than waiting till the end of term, it's much more effective to set up a system of rewards which are brief and frequent and which encourage positive daily habits. These daily habits then build towards an eventual outcome, such as good homework and study routine.

However, you can encourage to build good study and homework habits without having to resort to offering money.

Why not try a reward as spending time with your child doing an activity they really like? Or you could offer a special treat you know they'll enjoy. The object is to encourage good routines by giving extra attention and praise or small frequent rewards when they are doing the right thing.

When kids are struggling that little bit of extra attention can encourage them into new patterns of behavior – and they may end up getting that 'A' after all.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. To find out more about Triple P in Alberta go to www.triplep-parenting.net



JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				Community Helpers RCMP 10:00-11:00	1 2
4	5	6	7	8 9	3
Playroom Open for Drop In	Rosemary PT 10:00-11:30 Brooks PT 10:45-12:00 Playroom Open for Drop In	NO PROGRAMS PLC STAFF IN TRAINING Playroom Open for Drop In	NO PROGRAMS PLC STAFF IN TRAINING Playroom Open for Drop In	NO PROGRAMS PLC STAFF IN TRAINING Playroom Open for Drop In	10
11	12	13	14	15 16	17
Little Gardeners 10:00-11:00	Rosemary PT 10:00-11:30 Little Gardeners 10:00-11:00 Brooks PT 10:45-12:00	Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Community Helpers PETS GALORE 'N' MORE 10:00-11:00 Playroom Drop-In 5:00-6:30 PM	Play at the Park 10:00-11:00 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	Rainier PT 10:00-11:30 Playroom Open for Drop In	17
18	19	20	21	22 23	24
Little Gardeners 10:00-11:00 Car Seat Clinic 1:00-3:00	Rosemary PT 10:00-11:30 Little Gardeners 10:00-11:00 Brooks PT 10:45-12:00	Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Community Helpers FIRE HALL 10:00-11:00	Year End Celebration at Duke of Sutherland Park 10:00-11:00 Tiny Tots 1:00-2:30	SPEC CLOSED SPEC GENERAL STAFF MEETING	24
25	26	27	28	29	30
Little Gardeners 10:00-11:00	Little Gardeners 10:00-11:00	Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Playroom Drop-In 5:00-6:30 PM	Tiny Tots 1:00-2:30		