

JULY/AUGUST 2018

ALL PROGRAMS & SERVICES ARE FREE



Phone: (403) 362-5056 #101, 327-3rd St. W.
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**PLAYROOM OPEN FOR DROP IN
MONDAY TO FRIDAY
8:30 a.m. to 5:00 p.m.**

Play at the Park + Passport CHECK CALENDAR FOR LOCATIONS (Mondays 10:00-11:00 a.m.) (Wednesdays 2:00-3:00 p.m.)

Are you looking to meet new people, or giving your children a chance to be active outside and to play with other children? Then just drop by and join us for some fun each week at a different playground in the city.



We provide toys and activities, all that you need to bring is your kids, a snack and some water to drink! Each time you find us at the park, we will stamp your passport (provided by PLC) and you will be entered for a draw at the end of the month!

Messy Play (Every other Tuesday 10:00-11:00 a.m.) **CHECK CALENDAR FOR DATES**

Let's get dirty! Bring the kids into our craft room to get down and dirty this summer. Make sure to wear appropriate clothing. We will be exploring with our sense of touch.



Loose Parts (Every other Tuesday 10:00-11:00 a.m.) **CHECK CALENDAR FOR DATES**

We are about to let the creative juices flow freely. Loose parts will abound and allow your child to use their creativity and imagination as they create their very own creations.



Summer Surprise (Thursdays 10:00-11:00 a.m.)

Who doesn't love a surprise!?! Join us on Thursday mornings to see what our coordinators have in store for you. It could be a craft, or an activity, or an outing! You will have to drop in to find out!



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.

Evening Drop In: (July 11 & 25 and August 15 & 29 at 5:00-6:30 p.m.) Stop by and enjoy some downtime with your children during the evening in our playroom.



Dealing with Disappointments By Professor Matt Sanders

Despite what certain sport shoe commercials might have you believe, life isn't always about winning.

It is equally important for the development of healthy self-esteem that children learn how to deal with disappointment. As a reaction to not getting what they want, such as being chosen for a team, children may sometimes put themselves down, saying like: "I'm dumb" or "you hate me" or "I'm stupid". If this happens, try to avoid being too sympathetic. Instead encourage your child to try again after a set-back and to enjoy the activity or game even if they aren't the winner. Rather than simply reassuring your child that everything will be OK, you can help your child develop their own sense of worth by letting them know that you understand their feelings of disappointment and that you are there to help them work out a reasonable way of dealing with that disappointment.

Remember too, when you're helping your child with an activity or with homework concentrate on effort not results. Praising our child for trying and making an improvement will motivate them to continue trying at a difficult task.

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

JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Schools Out!					1
2 CANADA DAY OFFICE CLOSED 	3 Messy Play 10:00-11:00	4 Play at the Park (DUKE OF SUTHERLAND) 2:00-3:00	5 Summer Surprise 10:00-11:00	6 Playroom Open for Drop In	7
9 Play at the Park (LAKE STAFFORD) 10:00-11:00	10 Loose Parts 10:00-11:00	11 Play at the Park (SKATEBOARD PARK) 2:00-3:00 Playroom Drop-In 5:00-6:30 PM	12 Summer Surprise 10:00-11:00	13 Playroom Open for Drop In	14
16 Play at the Park (EVERGREEN PARK) 10:00-11:00	17 Messy Play 10:00-11:00	18 Play at the Park (FAIRVIEW PARK) 2:00-3:00	19 Summer Surprise 10:00-11:00	20 Playroom Open for Drop In	21
23 Play at the Park (WEST END PARK) 10:00-11:00	24 Loose Parts 10:00-11:00	25 Play at the Park (DUKE OF SUTHERLAND) 2:00-3:00	26 Summer Surprise 10:00-11:00	27 Playroom Open for Drop In	28
30 Play at the Park (LAKE STAFFORD) 10:00-11:00	31 NO PROGRAMS	Playroom Drop-In 5:00-6:30 PM			29

AUGUST 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday	
		1 Play at the Park (SKATEBOARD PARK) 2:00-3:00	2 Summer Surprise 10:00-11:00	3 4 Playroom Open for Drop In		
6 OFFICE CLOSED LABOUR DAY	7 Loose Parts 10:00-11:00	8 Play at the Park (EVERGREEN PARK) 2:00-3:00	9 Summer Surprise 10:00-11:00	10 11 Playroom Open for Drop In	12	
13 Play at the Park (FAIRVIEW PARK) 10:00-11:00	14 Messy Play 10:00-11:00	15 Play at the Park (WEST END PARK) 2:00-3:00 Playroom Drop-In 5:00-6:30 PM	16 Summer Surprise 10:00-11:00	17 18 Playroom Open for Drop In		
20 Play at the Park (DUKE OF SUTHERLAND) 10:00-11:00	21 Loose Parts 10:00-11:00	22 Play at the Park (LAKE STAFFORD) 2:00-3:00	23 Summer Surprise 10:00-11:00	24 25 Playroom Open for Drop In	26	
27	28	29	30	31	Playroom Is Open for Drop In	
	Playroom Drop-In 5:00-6:30 PM					

