

Spring 2019

# Family Futures, Inc. & Child Care Centres

spring  
FOR kids

While spring still seems to be a long way off we know that it will eventually arrive! It's been a long winter with more snow and cold weather than we have been used to. We can all hardly wait to get outside and enjoy some sunshine and warm weather. Let's hope for a slow spring melt though so no one has to face any flooding!

## Income Tax Preparation Available for our Families!

Call Kathleen at 763-0760 to book an appointment to have your income taxes completed. Preparation is free! This program will be offered until April 30, 2019.

We have constant intakes into our Prenatal Support program - Any pregnant woman may refer herself for support. Support includes home visits, milk coupons and a variety of other supports including transportation to medical appointments. Call 763-0760 to ask to be included in our program

All Centres and programs will be closed for Easter. We will be closed Good Friday April 19 and Easter Monday April 22. Centres and programs reopen on April 23.

May brings a long weekend. We will be closed Monday May 20 for Victoria Day.

Group Programs

Mom's 4 Life - every  
Wednesday

Call 763-0760 to  
register.

Watch for Dads 4 Life!



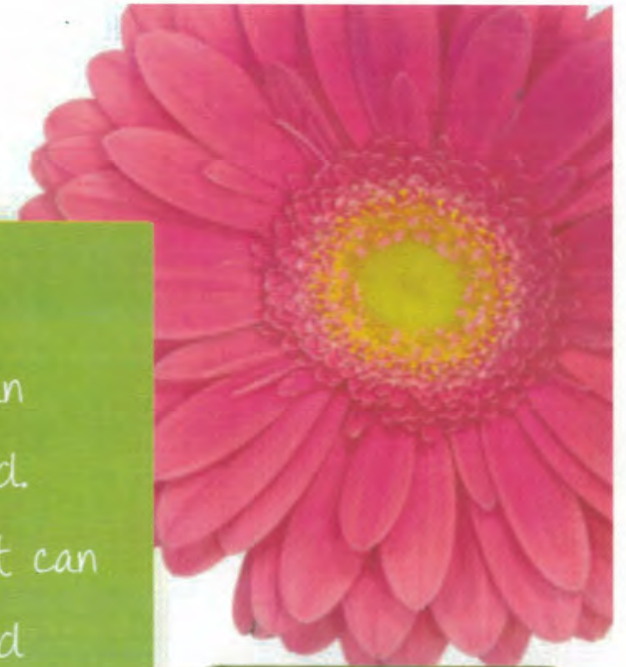
# Five Key Ideas for New Parents

You can help your child learn better and be happier just by following these five simple guidelines.

1. Understand and respond to your baby's needs - You can't "spoil" an infant, so go to her when she fusses or cries. By responding to your babies cues you teach her that you care about her needs and that she can trust you. Ignoring baby's needs can do harm by causing stress levels to rise. You may not always understand your baby's cues, but be patient. This is a learning process for both you and your baby. If she likes what you are doing, you know you are getting it right.

2. Do not be afraid to ask for help in caring for your child. Dad's, grandparents, relatives and friends can all help share in the deveopment and care of your baby. When you know what works you can teach the others the things your baby enjoys.

3. Take care of yourself so you can care for your child. Becoming a parent can be overwhelming and exhausting. It is important to have support from friends, family and community organizations like Family Futures.



## Babies are Born Learning!

4. Talk, sing and read to your child, whatever age. Let your child hear your voice as much as possible - it does not matter what you say to him. The newborn brain is especially interested in sound. You can form a deep emotional connection between you and your child by simply sharing the sound of your voice. Sounds are also important to a newborn because they are the building blocks of speech and language.

Stop an activity when baby turns their head away or fusses. Avoid overstimulation. Be aware that there is such a thing as too much of a good thing. If baby shows signs of having enough they should be given time to rest or digest what they have just learned.



Create a predictable world for your child by providing a routine that gives your child a sense that the world is a trustworthy place. Teach him that he can depend on you!

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5. Provide a warm and loving environment. Helping your child feel safe and secure is the key to encouraging growth and development. A child who feels loved will have an easier time learning about the world around her. Therefore, make sure you interact with your child, providing love and affection.

Did you know that we operate 3 Licensed Child Care Centres in Prince Albert. Our 9th Street Centre has 52 spaces serving 12 infants, 20 toddlers and 20 preschoolers and their families. Call our Director Rochelle at 763-2229 for more information.

Our Riverside School Centre serves 6 infants, 10 toddlers, 16 preschoolers as well as a school age program. Our Director Marie can answer your questions at 763-0728.

Our King George School Centre serves 5 toddlers, 10 preschoolers and 15 school age children and their families. Director Rochelle is also responsible for this Centre at 763-2229.

Each Centre promotes positive early childhood development. Monthly themes are planned and promoted for the children around a variety of age appropriate interests.

Be sure to bring an extra set of clothes as well as weather appropriate clothes to childcare everyday. Kids will get wet and dirty and may need a change. If you have extra rubber boots to donate to those children who don't have any, it would be greatly appreciated. Thanks.



5th Annual Family Expo Saturday May 4, 2019 10 - 4  
Exhibition Centre - \$5 per family. See you there!!!