



I AM GROWING UP

Fox Creek Family Resource Guide

Presented by the
White-Swan-Fox Coalition



I Am Growing Up Fox Creek Family Resource Guide

Published by: The First Five Years are Forever -
White-Swan-Fox Coalition

I Am Growing Up Text & Concept
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Developmental Description

Adapted from: Early Child Development Mapping Project. (2014). *How are our young children doing? Community profiles of early childhood development in Alberta*. Edmonton, AB: ECMap, Community University Partnership for the Study of Children, Youth and Families, University of Alberta.

Nutrition Information
Alberta Health Services

Healthy Eating & Sleep Information
Information taken from "*Healthy Parents, Healthy Children: The Early Years*" (Alberta Health Services, 2013).

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White-Swan-Fox Coalition

Through the Early Child Development Mapping Project (ECMap) with the help of seed grant funding provided by Alberta Education, coalitions were formed across Alberta. Coalitions are groups of individuals who have come together to plan and promote community-based supports for young children and families. Your local coalition is the White-Swan-Fox Coalition.

Our Mission

In 2010, the communities of Whitecourt, Swan Hills, and Fox Creek joined together to create the White-Swan-Fox Coalition. As a coalition, our goal is to strengthen our ability to make positive early child development a reality for every child in each of our unique communities.

Our Goals

- Provide parents with information on early child development
- Promote understanding of how children's early years impact lifelong development
- Support local early childhood development knowledge, planning, and action

For more information please visit the coalition's Facebook page:

www.facebook.com/Fox-Creek-Community-Resource-Centre-557636010933973/

The first five years of a child's life are the most critical period in development and have a lifelong impact on learning, health, work, relationships and well-being.

By five years old a child should show age appropriate knowledge and behaviours in the following five areas of development:

1. Social Competence
2. Language & Thinking Skills
3. Emotional Maturity
4. Physical Health & Wellbeing
5. Communication Skills & General Knowledge

Developmental Domains



Social Competence

Encouraging playing well with others, curiosity about the world, respect for adults and other children, behaviour and following rules / instructions, independence, self-confidence and eagerness to explore new things.



Language & Thinking Skills

Encouraging reading, writing, classification of shapes, numbers, colours, size and concepts.



Emotional Maturity

Encouraging age-appropriate emotional understanding, empathy, reflection, and controlled actions (thinking before doing).



Physical Health and Well-Being

Encouraging physical growth and independence, gross and fine motor skills and coordination.



Communication Skills & General Knowledge

Encouraging open communication of needs and wants in a socially appropriate way, storytelling and an appropriate awareness of the outside world.



Social Competence

Social Competence is the development of a child's self-help skills and interactions with others. These skills help a child function independently and effectively at home, school, and in the community.

To help these skills develop:

- Point out opportunities to help others and demonstrate them to your child (picking up litter, helping someone pick up something dropped, etc.)
- Give your child opportunities to play with other children; to learn to share, take turns, and relate to others the same age
- Provide a safe environment for your child to explore
- Cook with your child and encourage daily help with chores and cleaning



Language & Thinking Skills

Language & Thinking Skills relate to early academic skills for pre-school aged children. This incorporates their developing interest in reading, writing, counting, and language-related activities, as well as their recognition of shapes, numbers and letters.

To help these skills develop:

- Read with your child every day; talk about what you see in the book
- Provide quiet opportunities for play without interruptions
- Limit screen time (time spent with TVs, computers, etc.)
- Let your children see you read



Physical Health & Well-Being

Physical Health & Well-Being refers to your child's overall body and health. It includes their fine and gross motor skills, as well as their physical preparations for the day including appropriate attire, being well-rested, and well nourished. Their fine motor skills refer to the development of their hand and finger movement and coordination. A child's ability to sustain energy levels during the day is largely dependent on having enough rest and eating a balanced diet at regular intervals throughout the day.

To help these skills develop:

- Provide a variety of healthy foods for snacks/meals
- Ensure your child has adequate sleep, and encourage good sleeping habits by establishing a regular sleep routine
- Provide plenty of outside play and activity such as walking, bike riding, etc.
- Encourage fine motor activities such as reaching, grasping, beading, cutting, drawing, etc.



Emotional Maturity

Social Emotional Skills are the development of a child's interactions with others, and the recognition of their feelings in response to a situation. These skills help a child understand who they are, what they are feeling, and what they expect to receive from others.

To help these skills develop:

- Have consistent routines to help your child feel secure
- Respond to your child's calls for help or attention to help them learn trust
- Model good manners with "please" and "thank you"
- Name your child's feelings so they learn the words
- Show positive ways to express emotions through role-modeling
- Maintain consistent expectations for your child's behaviour and tell them in advance about changes in their routine
- Smile at, cuddle with, and comfort your child as often as you can



Communication Skills & General Knowledge

Communication Skills & General Knowledge Skills relate to the general communication skills of conveying one's needs and wants, and a general knowledge of the world around you. These skills allow your child to navigate themselves in socially appropriate ways, and have a genuine curiosity about life and the world. Through this, they will participate in imaginative play, tell stories, and communicate their ideas clearly to those around them.

To help these skills develop:

- Speak with your child regularly, ask open-ended questions that encourage conversation
- Talk often to your child, describe what you are doing and name familiar objects
- Allow your child to explore their environment; this teaches them about the world around them

I AM NEW

(nurture me)

I'm a bundle of potential and need.

I'm a consumer of information:

I watch, listen, touch, taste, and smell.

I'm a busy brain driven to learn.

I'm a scientist and problem solver.

I'm hope and joy personified.



I AM NEW

(nurture me)



3 Months

Recognizes and prefers familiar faces and voices



Makes pleasure sounds; coos, giggles



Generally quiets when comforted; may have times when can't stop crying



Kicks, grabs, and sucks; based on reflexes



Cries to signal needs

6 Months

Smiles at and approaches reflection in mirror

Responds to own name

Seeks comfort when upset

Sits up with support, then independently

Says "mama" and "dada" nonspecifically

9 Months

Enjoys turn-taking games such as peek-a-boo

Responds to simple verbal requests; waves bye-bye

Starts to read emotions of others

Rolls and crawls

Babbles a lot; imitates sounds and actions

I AM 1

(i'm not a little baby)

I'm a curious, observant, energetic, determined,
focused, and sometimes stubborn scientist.

I'm a natural-born learner, all-the-time explorer of stuff ...
an insatiable consumer of sensory experiences.

I'm a highly evolved and very capable future adult,
eager to engage the world.



I AM 1

(i'm not a little baby)

12 Months

18 Months



Plays purposefully with toys

Finds it hard to share "mine"



Likes to stack, nest, and put things into containers.

Points to pictures when named



May show fear or anxiety over new people and situations

Explores from secure base of parent or caregiver



Pulls to stand; walks holding furniture

Likes to ride on toys; runs



Uses one to three words, and expressions like "uh oh"

Uses voice in conjunction with pointing and gesturing

I AM 2

(don't underestimate me)

It's not easy. I'm realizing the world no longer revolves around me like it did when I was younger.

Still, life's not so terrible.
It's just a bit complex and overwhelming at times.

I'm trying to understand the world and my curiosity and drive sometimes look like trouble.

I'm a force to be reckoned with, a busy brain on the go.



I AM 2

(don't underestimate me)

2 - 3 Years



Begins to engage in pretend play



Able to sort objects by colour and size



Has poor impulse control; tests parental limits



Jumps, catches a large ball



Uses two to three word sentences

WE ARE 3

(let us play...we're learning)

I am not built to sit still, keep my hands to myself,
take turns, be patient, stand in line, or keep quiet.

I need motion.

I need novelty.

I need adventure.

And I need to engage the world with my whole body.



WE ARE 3

(let us play...we're learning)

3 - 4 Years



Begins to share and take turns



Able to complete a four-piece puzzle



Able to identify and name own feelings



Walks upstairs alternating feet; able to put beads on a string



Uses long sentences and detailed stories

I AM 4

(challenge me)

I'm a smooth talking, agile, and observant seeker of adventure.

I'm kind of a know-it-all ... as in ... I want to know it all.

I have more questions in me than you have answers.

I'm perceptive enough to sense this can frustrate you,
but please don't discount my inquisitiveness.



I AM 4

(challenge me)

4 - 5 Years



Likes playing with other children



Counts out loud to ten



Develops real fears (of the dark, etc.),
as well as a sense of humour



Uses paint and scissors; able to draw simple
shapes and faces



Speech is easily understood by others; uses
correct grammar

I AM 5

(don't rush my childhood)

I'm a risk taker and mess maker.

I'm a confident doer of exciting things.

I'm not built for desk sitting.

My busy brain craves action and novelty.

I'm not as grown up as some people think
— I still need to play, move, and explore.



I AM 5

(don't rush my childhood)

5 Years



Enjoys group activities and games with rules



Able to say full name, birthdate, and month



Has sense of right and wrong



Dresses without support; rides bicycle with training wheels; prints letters



Uses correct grammar; narrates long stories

emergency & crisis support resources

Important Resources	Phone Number
Emergency Services (Police/Fire/EMS)	911
RCMP	(780) 622-3580
Fire Department	(780) 622-3757
Report a Fire	310-3473
Poison Control	1-800-332-1414
Community Peace Officer	(780) 844-0025
Child and Family Services	1-800-638-0715
Children's Services Crisis Unit	310-0000 (toll free) (780) 422-2001
Suicide and Distress Line	1-800-323-7288
Kids Help Phone	1-800-668-6868
Mental Health Crisis Line	1-877-303-2642
Child Abuse Hotline	1-800-387-5437 or 1-800-638-0715 (after hours)
Eagle Tower Victim Services	(780) 779-5924
Wellspring Women's Shelter Crisis Line	1-800-467-4049
Fox Creek Hospital	(780) 622-3545
Health Link	811



health & wellness

Fox Creek Healthcare Centre

600 - 3rd Street, Fox Creek | Ph: (780) 622-3545

The Fox Creek Healthcare Centre is an acute care facility offering 24-hour emergency care, pediatrics, X-Ray and laboratory services.

Public Health Services

600 - 3rd Street, Fox Creek | Ph: (780) 622-3730

- Car seat clinics
- Tiny Teeth Program
- Immunizations
- Home Care
- Sexual Health

Fox Creek Clinic

600 - 3rd Street, Fox Creek (access through the back of the hospital)
Ph: (780) 622-3010

Rexall Pharmacy

14 Commercial Court, Fox Creek | Ph: (780) 622-3223

Mental Health

600-3rd Street (Located in Fox Creek Healthcare Centre)

Intake & Service Information: (780) 706-3281 | General Inquiries: (780) 622-5106

Walk-In's available on Monday afternoons beginning at 1 p.m.

AHS Early Intervention

Ph: (780) 706-3173 ext. 228

- Support to families with children ages birth to 3 1/2 years with physical or developmental disabilities

Addictions Services

Ph: (780) 778-7123

Health Link Alberta

Ph: 811

community resource centre

103 2A Avenue, Fox Creek (located on the second level in Fox Creek Greenview Multiplex)

Ph: (780) 622-3758 | www.foxcreek.ca

Facebook: *Fox Creek Community Resource Centre*

Family & Community Support Services (FCSS):

- Providing or supporting preventative programs and services to help improve individual, family, and community well-being.
- Seniors Programming
- Youth programming

Parent Link Centre:

- Support to all families with a focus on children under 6
- Developmental screenings
- Early childhood development & care programming
- Family support
- Information and referrals
- Parent education

Adult Literacy and Education:

- Offers various supports for all types of learners; including English Language Learning (beginner to advanced), adults who want to improve their reading, document use, numeracy, writing, oral communication, working with others, critical thinking, digital technology, and continuous learning.
- Support is also provided for individuals seeking educational information, distance education, and exam supervision

Family Literacy:

- Family literacy

Interactive programs for Parents/Caregivers and children under 5. Promoting the importance of literacy awareness through songs, crafts, games, and more.

Home Visitation & In-Home Support:

- Offers Home Visitation and In-Home Support to families and children under 13 in Fox Creek and Little Smoky.
- Services include one-on-one problem solving as well as individual and group workshops.

Food Bank:

- Food hampers are prepared Tuesdays & Thursdays by request.

Heart River Housing:

- Provides a variety of subsidized social housing choices to seniors, moderate income individuals, and families.



financial support

Alberta Child & Adult Health Benefit

Ph: 1-800-469-5437

Health services that are not available through standard Alberta Health Care Insurance. For individuals and families with limited incomes.

Canada Child Tax Benefit

Ph: 1-800-387-1193

Helping eligible families with the cost of raising children under the age 18.

Child Care Subsidy

Toll free 310-0000 then dial (780) 441-7127

Financial assistance to eligible lower income families using licensed child care facilities and/or approved early childhood programs.

Family Support for Children with Disabilities (FSCD)

Ph: (780) 624-6113

Assists with some of the costs of raising a child with a disability.

Maternal/Parental Benefits

Ph: 1-800-206-7218

Benefits to individuals who are taking a maternity/parental leave from work.

Non-insured Health Benefits

Ph: 1-888-495-2516

Coverage for health benefit claims for eligible First Nations and Inuit people.

community services

CHIPS (Children's Indoor Playground Society)

501 9th Street | Ph: (780) 622-2901 | www.facebook.com/groups/27434905909

Parented and unstructured indoor/outdoor play group for families with children 0 - 5.

Municipal Library

501 - 8th Street NW (Fox Creek School), Fox Creek | Ph: (780) 622-2343

www.foxcreeklibrary.ca

Fox Creek School (K - 12 Education)

501 8th Street NW | Ph: (780) 622-3742 | www.foxcreekschool.ca

- Northern Gateway School Board (Ph: 780-778-2800 / 1-800-262-8674)
- Playschool
- PUF Program
- CHAMP Team
- School Council
- KHAN - AHS Psychologist
- Rentals

Fox Creek Playschool

501 - 8th Street NW (Fox Creek School), Fox Creek | Ph: (780) 622-2234

- Ages 3 & 4 programming

Bargain Alley

35 - 1st Avenue W, Fox Creek (located above the Home Hardware)

www.facebook.com/groups/212590142094299

All proceeds help support the Friends of the Fox Creek Hospital Society

Fox Creek Museum

Located across from the Visitor Information Centre on Campground Road |

Ph: (780) 622-3438

Open Thursday to Monday from 9 am until 4:30 pm, from May long weekend to the end of August. The Fox Creek museum may be a small building, but it is packed with treasures! Visitors can admire historical exhibits highlighting a variety of subjects such as the history of Fox Creek, the Edson--Grande Prairie Trail, the oil and gas industry and the wildlife in our forest. There is a picnic area, playground and campsite nearby.

Town Administration Office

102 Kaybob Drive | Daytime ph: (780) 622-3896 | After hours ph: (780) 622-4257

foxcreek.ca | www.facebook.com/townoffoxcreek

clubs & community organizations

For current contact information, please visit www.foxcreek.ca and click on “clubs and community organizations”.

- Cubs / Scouts / Beavers
- Fox Creek Light Horse Association
- Karate
- Nordic & Trail Club
- Minor Hockey
- Minor Sports
- Nancy Gibbons School of Dance
- Tae Kwon Do
- ...and many, many more!





recreation areas

Fox Creek Parks & Recreation Department

Ph: (780) 622-2511 | recreation@foxcreek.ca

Fox Creek Greenview Multiplex

103 2A Avenue | (780) 622-2511

This brand-new facility is home to an NHL-sized arena, a 5-lane lap pool plus zero-depth leisure pool, field house, fitness centre, restaurants, food bank, and Community Resource Centre.

Kidsport Alberta

www.kidsportcanada.ca/alberta

Kidsport provides support to children by removing financial barriers that prevent them from playing organized sports. For more information on the program or to apply, please contact Parks & Recreation by email at recreation@foxcreek.ca or by phone at (780) 622-2511.

Fox Creek Curling Club

215 1st Street, Fox Creek | Ph: (780) 622-2332

Home to the Fox Creek Curling Club and host to a variety of Bonspiels throughout the curling season.

Fox Creek Ball Diamonds

2A Avenue & Kaybob Drive, Fox Creek

Silver Birch Golf Course

Located at the end of Kaybob Drive | Ph: (780) 622-3343 | silverbirchgolf.com

A beautiful public nine-hole golf course, praised by visitors and locals alike for its well-groomed fairways, handy driving range, practice putting green and friendly clubhouse.

Northland Sno-Goers Snowmobile Trails

Ph: (780) 622-9373 | www.northlandsno-goers.ca

Fox Creek is home to 250 km of well-maintained and groomed trails. These trails also link Fox Creek to the trail systems of Whitecourt and Swan Hills. There are three warm up shelters strategically located throughout the trail system. Please contact for more information about the trails or for other local snowmobiling events.

Lion's Club Skatepark

Brand new skatepark coming! Building to commence in 2019!

Recreation Areas Con't

Toboggan Hill

Located on horse club road behind Marnevic Park, Fox Creek

Fitness Centre

105 Campground Road, Fox Creek (located in the Visitor Information Centre)
Ph: (780) 622-4469

Kaybob Walking Trail

Following along Kaybob Drive, this paved and well maintained path stretches from the Town Office to the Silver Birch Golf Course.

Fox Creek Nordic & Trail

www.foxcreeknordicandtrail.com

- Don Nicholson Creek Trail
Begins behind the Visitor Information Centre and works its way down loops A & B
- Nordic Trails
Groomed cross country skiing and snowshoe trails located at Silver Birch Golf Course
- Flow trails and bike park (including a pump track and skills park)

parks

Oasis Park

along Kaybob Drive across from Town Administration Building

Lions Park / Splash Park

509 4th Avenue

Marnevic Memorial Park

on horse club road near the toboggan hill off Hammond Drive

Fox Creek School Park

501 8th Street

COPs Playground

204 1st Street

Lower Subdivision Playground

200 5th Street

7th Avenue Playground

7th Avenue between 708 & 710 (or Hammond Drive alley access only)

Millennium Playground

105 Campsite Road

campgrounds

Fox Creek has three campgrounds that provide service to tourists, local residents, and traveling public. For more information please contact the Town Office at (780) 662-3896 or email recreation@foxcreek.ca

Iosegun Lake Campground

Situated 11 km north of Fox Creek along the industrial bypass road, this popular area includes 52 rustic non-serviced sites, day use sites, a boat launch, and a large group site with a shelter and cook shack. The beach is user friendly and is generally shallow with no drop offs.

Smoke Lake Campground

Located 8 km south of Fox Creek and features 47 rustic camp stalls, picnic day use areas, a boat launch, and a public beach. Smoke Lake is excellent for canoeing, boating, and water skiing. It is also known for some of the best pickerel fishing in northern Alberta, in addition to pike, perch and whitefish.

Town RV Campground

Located within town limits behind the Visitor Information Centre. Includes 23 serviced and 7 unserviced sites.

The Pines Campground

Contact Len Pierrard 780-622-7771

spiritual centres

Fox Creek Community Church

708 6th Avenue NW, Fox Creek | Ph: (780) 622-3490

Our Lady of Peace Roman Catholic Church

508 3rd Avenue NW, Fox Creek | Ph: (780) 778-2151





learning through play

Parents often feel their children are not learning anything when they are “just playing”; however, this is part of your child’s learning experience. There are lots of wonderful things learned when they are playing.

When your child builds with blocks:

- She learns to use her imagination to create something from her own thinking.
- She has the satisfaction of being able to make something.
- She learns about sizes and shapes, weights and balances, heights and depth, smoothness and roughness.
- She is exercising her body.
- She learns to play with others.

When your child paints:

- He is more concerned with the process he is going through than with the finished product.
- He learns about colours and how he can use them.
- He learns to use his imagination and transfers his ideas to paper.
- He gets emotional satisfaction from being able to express himself.
- He learns how to use small muscle coordination to handle a brush.
- He learns to make choices and decisions.

When your child plays in the housekeeping corner:

- He learns what the roles of mothers, fathers, and children are.
- He understands what it feels like to play at being somebody other than himself.
- He learns how to use his imagination.
- He learns how to cooperate with other children.



Learning Through Play Can't

When your child makes a gift out of paper and glue:

- She learns about doing things for others.
- She learns how to use materials like scissors and glue.
- She learns how to use her imagination in order to create the masterpiece she has in mind. Again, the process and not the finished product is important to her.
- She learns about shapes, sizes, colours, and textures.

When your child plays in the sand:

- He finds it soothing to bury his hands in sand and pour sand in and out of cups, buckets, and other containers. This tactile play enables him to relax and center his attention on a task.
- He has an opportunity to play alone and not have to compete with other children as with some activities. This is especially important to a child who has trouble getting along with others.
- He has a great opportunity to learn about size and measurement, experimenting with measuring spoons, cups, and different sized containers.
- He is not concerned with a final product so he does not find it frustrating.

When your child works with puzzles:

- She has an opportunity to work alone or together with other children.
- She gains satisfaction in completing a puzzle and builds her self-confidence.
- She has an opportunity to improve her hand-eye coordination.
- She will use skills learned in doing puzzles later when she learns to read - putting letters to sounds, making words with letters, and making stories with words.

When your child plays on outdoor equipment:

- She learns how to use her body effectively.
- She experiences joy in achieving a skill.
- She has fun and relaxation is found in this bodily movement.
- She learns the limitations of her body.
- She learns safety and caution.
- She learns to take turns and to share a piece of equipment.

children & healthy eating

How can I help my Toddler and Preschooler eat healthy food?

- Canada's Food Guide can help you choose healthy food for children. Canada's Food Guide has four food groups: Vegetables & Fruit, Grain Products, Milk & Alternatives, and Meat & Alternatives.
- Offer your child a variety of foods from all four food groups. Young children have small stomachs and therefore need to eat small, regular meals and snacks throughout the day.
- Plan breakfast, lunch, and supper with choices from three to four of the food groups.
- Plan two to three snacks per day with choices from two of the food groups.
- Canada's Food Guide is available online at www.hc-sc.gc.ca or from your local Public Health Centre.

How can I help my child enjoy healthy food?

- Enjoy healthy family meals together as often as possible.
- Offer a variety of healthy foods for meals and snacks.
- Keep mealtimes pleasant.
- Remember that children will eat different amounts of food from day to day.
- Help children listen to their bodies, to eat when they are hungry and stop when they are full.

Eating healthy food helps children in many ways:

- It helps children get the vitamins and minerals that their bodies need.
- It helps children maintain energy levels all day long.
- It helps their brains develop.
- Healthy food helps children's bodies to grow. It helps form strong teeth, bones, and muscles.
- Healthy food helps protect against diseases now and in the future.
- It helps develop healthy eating habits for life.

Information taken from "Healthy Eating for Children in Child-care Centres" (Alberta Government, 2012) and "Healthy Eating and Active Living for your 1 to 4 year old (Government of Alberta, 2012).



sleep is important too!

When children get the sleep they need, they are happier and healthier.

- Children aged 3-4 need about 12 hours of sleep a night. Many children this age will still nap, while many others have outgrown this need.
- Children aged 5 need about 11 hours of sleep a night.
- Children need sleep to restore their energy and help them focus and concentrate on learning. The brain sorts through and stores memory during sleep. A lack of sleep often leads to temporary difficulties with thinking, reasoning, and memory. When children don't get enough sleep, it affects their health, behaviour and all parts of their lives.

A predictable bedtime routine helps you and your child rest well every night.

- End each day with a regular routine (eg: quiet time after supper, a bath, brushing teeth, and a bedtime song or story). When your child knows what will happen next, they will feel more calm and secure.
- Keep the routine the same for everyone who puts your child to bed. This will make it easier for your partner, other family members, or childcare provider to put your child to sleep.
- TVs and electronic devices stimulate the brain, making it harder to fall into the necessary deep sleep needed for the body to fully rest and recuperate. Limit electronics for several hours before bedtime to help your child calm down and get ready for sleep.
- A predictable routine will also promote peaceful bedtimes, by instilling a warm, and structured approach. Many children will try to stay awake and may repeatedly come out of their rooms. Staying calm, maintaining a consistent approach, and re-enforcing bedtime will help both of you get a better nights sleep.

Information taken from "Healthy Parents, Healthy Children: The Early Years (Alberta Health Services, 2013).

The White-Swan-Fox Coalition would like to thank all the local families who participated in this coalition project and graciously allowed us to use their photos in this guide.





Your guide to community resources in Fox Creek.

From first-rate health care facilities to endless recreation opportunities, Fox Creek is a great place to live in and raise a family. In this book you will find information on the services and resources that are available in our community.