

NR.FNMI19.002HL Horse Lake Family Fair



PRESENTED BY

**Elizabeth Peterson, Karen Chrenek, Jeff
 Lowe, Karla Iannuccilli, Caitlin Baker, Lisa
 Wiseman & Pamela Christie**



SERIES SESSIONS

Date	Time
March 12, 2019	10:00 AM - 2:00 PM



LOCATION

**Horse Lake Community Rec Centre -
 Beside Band Office**

FEE

\$0.00

QUESTIONS?

Contact Us:

nrlc@arpdc.ab.ca
[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:
nrlc.net

Program

Join us to discover how parents and grandparents can engage with their children in fun and exciting ways that will also support their early learning needs. Activities will include The Power of Playdough, Obstacle Course Challenge, Reading Centres, Developing Good Bedtime Routines and Dealing with Disobedience.

Session Title: Supporting Speech and Language Development through Play - Karla Iannuccilli

Play is critical in the development of speech and language. There is no specific game or toy that is best, but strategies that we can use when interacting with our children. At this center, there will be a variety of games for the children to play, and strategies will be modeled. I am looking forward to seeing you all there!

Session Title: Obstacle Course Challenge - Caitlin Baker

Play is an important way for children to build motor patterns and skills. Without even realizing it, games and play that involve climbing over/under, rolling, jumping, running, and more allow children to challenge their balance, coordination, and body awareness, all while having fun. This centre is an obstacle course circuit where we will get to play and try lots of different ways to move. I look forward to seeing you all there and having fun!

Session Title: Self-Care and Wellness for Children - Elizabeth Peterson

The Circle of Courage is a unique approach to understand child development because it uses the teachings of the Medicine Wheel. The Circle of Courage uses a holistic approach to human development. This approach encourages the idea of balance in one's life. In the hectic society that we live in, it is difficult to find time for ourselves. Self-care is when individuals taking time out of our daily routines to do something that they enjoy and help regulate the nervous system. Our children learn how to regulate from their parents. Regulation is key to overall wellness in children.

Session Title: Reading Centre - Karen Chrenek and Pamela Christie

Reading aloud with children is an important part of developing pre-reading skills. In this centre we will read Robert Munsch's "Blackflies" and "Smelly Socks" and talk about what the children liked, what they noticed and what questions they have. you can follow this model when reading with your child!

Session Title: The Power of Playdoh - Jeff Lowe

Difficulty with fine motor skills can sometimes correlate to academic skills such as using a pencil or scissors to complete school tasks. Using play based strategies such as playdoh can help build hand skills such as strength, dexterity and motor control and give students the best opportunity for success in these areas. This session will demonstrate how playdoh can be used as a fine motor activity as well as a sensory activity that promotes regulation and attention

Peace Wapiti Public School District Enhances its family support with the Triple P - Positive Parenting Program

Session 1 – Developing Good Bedtime Routines - Lisa Wiseman

Being a parent is extremely rewarding and enjoyable, however, it isn't always easy! There are some common challenges that all parents face as their children grow and develop. Ensuring you have consistent routines is one strategy to help support your children. Join a parent discussion group and develop a good bedtime routine. This session will focus on common bedtime problems and why they happen. The workbook will give you some practical suggestions to enhance your child's bedtime routine, or help you prevent bedtime problems and manage any challenges that happen at bedtime or throughout the night.

Session 2 – Dealing with Disobedience- Lisa Wiseman

All parents go through moments when their children don't do as they are told. It's natural for children to test their limits, but they also need to learn to follow instructions. You can teach your child to cooperate and do the right thing! The dealing with disobedience session will offer suggestions and ideas on positive parenting to help you deal with day-to-day challenges and promote your child's development. The workbook shares reasons why children may not do as they're told and gives you practical ideas to help coach you through and prevent disobedience and any problems that may arise from it.

Lunch is included and participants have the opportunity to enter their name for giveaways and door prizes.

Transportation will be available for families wishing to attend. Shuttle service to pick up families, and drop off families back home when they are done, with a run at 10:00am, 11:00am, 1:00pm and 2:00pm.

Please contact Norman Savard at 780-897-4200 for pick-up.

Presenters

Elizabeth Peterson

Elizabeth is the Community School Liaison Counsellor at Hythe School

Karen Chrenek

Karen Chrenek, District Principal within Peace Wapiti School Division No. 76 has had a wide variety of professional positions all complimented by her role as a mother and wife. She has been engaged and enthusiastic about education for many years. Teaching, consulting, coaching and now administrating for PWSD has provided her with a variety of opportunities to collaborate with teachers, administrators, parents, support staff, and additional professionals within the school community.

Jeff Lowe

Jeff Lowe is an Occupational Therapist with Peace Collaborative Services. He has been working as an OT in Grande Prairie for almost 5 years, 4 of which have been with the school districts. He serves schools in a number of school districts including Grande Prairie Public, Peace Wapiti and Holy Family School district.

Karla Iannuccilli

My name is Karla Iannuccilli. I am originally from Ontario, just north of Toronto. I have been living in Alberta for just under 4 years (trying to get used to this extreme cold). I love to play hockey, read books on the beach, and spend time with my family and friends. I also love being a Speech-language Pathologist because I get to see the children I work with grow and change every day!

Caitlin Baker

Caitlin Baker is originally from northern BC but has lived in Alberta for the last 10 years and specifically in Grande Prairie for the last 4 years. She loves playing basketball and volleyball, spending time outdoors, and being with friends and family. As a Physiotherapist, Caitlin loves working with children because she gets to play games and have fun, all while seeing the growth in their play skills.

Lisa Wiseman

Lisa was born and raised in Newfoundland, lived in BC and moved to the Grande Prairie area 14 years ago. Lisa has worked as a Respite Therapist for children with disabilities and became passionate about pursuing a career working with children. She began her education career with Peace Wapiti School District in 2006 and has been an education, a Roots of Empathy instructor and a Mentor.

Lisa became an accredited Triple P Practitioner in 2011 and have been educating parents about the Positive Parenting Program has allowed her to follow a lifelong dream of supporting other

Pamela Christie

Pamela Christie has been a teacher since 2008 (11 years!) and currently teach kindergarten at Hythe Regional School, with Peace Wapiti Public School Division.
