



Families First Society
FORT SASKATCHEWAN

#thisisourvillage



April/May 2017 Newsletter

Let me Play!

"5 more minutes'...I just want to finish playing."

How many parents have heard that statement? I will even go out on a limb and say that it almost always happens when we are in a hurry to get out the door. Children seem to know when the worst time is to unpack the Lego or throw on the dress up clothes. Now you have to get to that dentist appointment, pick up their sibling, or go to rehearsal, and your child is dressed as Spiderman; Great!

As frustrating as this can be, believe it or not, there is actually a really important reason your children seem to pick the most inopportune times to wedge into the skin tight Spiderman costume; They need to play!

Play is actually ingrained within us. It is an important vehicle that helps to develop several really important life skills. Self-regulation, awareness of physical competence, exploration of our environments, how to interact with others, how to express and control emotions, how to problem-solve, and also how to practice our new skills that are emerging because of play.

So the truth is, when you hear, "5 more minutes" they really don't mean that at all, what they mean is that I really need this time because I am growing, and learning, and exploring, and that is really exciting to me! But yes, most likely that 5 minutes will turn into 10, and 10 will turn into you having to peel them out of the Spiderman costume to make it to that appointment, but be patient, because even though dealing with responsibility in life is inevitable, children wanting to play is too.

Don't believe us? Check out this link below, and then in next week's calendar, schedule that time for your child to play, just as you would the appointment, or even better, schedule this time for them to play with you too! How cool would it be if you could learn new things together, dressed as Spiderman and Batman?

<https://www.youtube.com/watch?v=85noJ8km7SI>

~ Ashley Hardy
Families First Society
5th Generation Project Coordinator

Summer Programs!

These programs are FREE, drop-in for families with children ages 0 to 6 years!

*Older siblings welcome!

ABC Grow With Me Summer Camp

Come join us outside for a morning of games, activities, songs, stories and special guests!

Monday to Wednesday
9:30 am to 12:30 pm
July 10th to August 16th



Lunch and Snacks

Fort Saskatchewan
10215 - 104 Street (Riverside Building)

Summer Surprise!

Come join us for a morning of crafts, songs, games and lots of fun in the sun!



Tuesdays - Gibbons
Wednesdays - Redwater
Thursdays - Bon Accord

10:00 am to 12:00 pm
July 11th to August 17th

Snack Included

Playmob

Where oh where, oh where, is Playmob?

Our surprise location clues will help you find this free, drop-in, outdoor playtime.

Free for all families with children ages 0 to 6!
Older siblings always welcome!



Time and location will be revealed 24 hours before the MOB on:

Facebook: Fort Saskatchewan Families First Society

Website: www.familiesfirstsociety.ca

Twitter: @FSFFSPLC

Mark Your Calendars!

For program details please go to our website.

April 22	Community Kitchens (Fort Sask)
April 22	TWEET
April 22	Sturgeon Parent Conference - Gibbons
April 24	Newbee Parents
April 25	Dadventures
April 25	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
April 27	EPIC
April 27	Dental Health nurse visit to ChIPS
April 27/28	Community Kitchens (Fort Sask)
April 28	ChIPS Closed – School PD Day
April 28	Playday 10:00 am to 12:00 pm - Rainbow Day!
April 29	Angel Whispers Paint Remedy Fundraiser
May 1	Newbee Parents
May 2	Dadventures
May 2	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
May 3	Kids Can Cook (Fort Sask)
May 4/5	Community Kitchens (Fort Sask)
May 5	WECAN Orders Due
May 6	TWEET
May 8	Newbee Parents
May 9	Dadventures
May 9	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
May 11	EPIC
May 13	Community Kitchens (Fort Sask)
May 15	Newbee Parents
May 16	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
May 16	Dadventures
May 17	Kids Can Cook (Fort Sask)
May 18	WECAN Order Pickup - 1:00 to 4:00 pm (Fort Sask)
May 18	ChIPS Closed – School PD Day
May 22	Office Closed / No Programs
May 23	Dadventures
May 23	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
May 27	Community Kitchens (Fort Sask)
May 27	TWEET
May 29	Newbee Parents
May 30	Dadventures



Angel Whispers

Paint Remedy Fundraiser

50/50 and Silent Auction

Saturday, April 29th
7:00 to 9:00 pm

Newcastle Pub

8170 - 50th Street, Edmonton

Tickets - \$50

(\$25 donated to Angel Whispers)

For more information or to donate a silent auction item, contact Lori-Ann at
780-998-5595 ext. 225.

Come visit us at:

9901 - 90 Street
Fort Saskatchewan, AB

780-998-5595 ext. 221

(Toll free 587-487-6176)

Fax: 780-998-5503

www.familiesfirstsociety.ca

info@familiesfirstsociety.ca

Hours:

Monday to Friday

9:00am to 4:00pm



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Fort Saskatchewan
Families First Society



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@FSFFSPLC

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