

April 2021




Cochrane and Area Family Resource Network

Child Development Programs

Caregiver Capacity Programs *indicates registration is required

Things To Do!



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
	Eye Spy Game 2:00-2:30pm Meeting ID: 950 2354 6641 Passcode: 2c03sM	Bookworms and Songbirds 10:00-10:30am Meeting ID: 952 2887 9867 Passcode: hN7n35	Preschool Playtime* Register for Craft 10:30-11am Meeting ID: 816 6014 4684 Passcode: PPV3WW	Buy some seeds at Anything Grows and start your garden!
5	6	7	8	9
			Prenatal Class with AHS* 9:30-11:00am Link will be sent upon registration	
12	13	14	15	16
Triple P Tip Talk: Separation Anxiety* 1:30-2:00pm Link will be sent upon registration	Eye Spy Game 2:00-2:30pm Meeting ID: 950 2354 6641 Passcode: 2c03sM	Bookworms and Songbirds 10:00-10:30am Meeting ID: 952 2887 9867 Passcode: hN7n35	Preschool Playtime* Register for Craft 10:30-11am Meeting ID: 816 6014 4684 Passcode: PPV3WW	Pack a picnic and go to the Cochrane Ranche!
19	20	21	22	23
Go on a bike ride! 	Eye Spy Game 2:00-2:30pm Meeting ID: 950 2354 6641 Passcode: 2c03sM	Bookworms and Songbirds 10:00-10:30am Meeting ID: 952 2887 9867 Passcode: hN7n35	Preschool Playtime 10:30-11am Meeting ID: 81660144684 Passcode : PPV3WW Prenatal Class with AHS* 9:30-11:00am Link will be sent upon registration	Triple P Tip Talk: Fears* 1:30-2:00pm Link will be sent upon registration
26	27	28	29	30
Draw with sidewalk chalk!	Eye Spy Game 2:00-2:30pm Meeting ID: 950 2354 6641 Passcode: 2c03sM	Bookworms and Songbirds 10:00-10:30am Meeting ID: 952 2887 9867 Passcode: hN7n35	Preschool Playtime* Register for Craft 10:30-11am Meeting ID: 81660144684 Passcode : PPV3WW	Blow bubbles! 

Program Details:

Prenatal Class with AHS: Join us for an online casual cafe, where you can meet with an Alberta Health Services childbirth educator and connect with other parents on the topics of pregnancy, nutrition, labour and birth, breastfeeding and feeding your baby, infant sleep, newborn care, transition to parenthood and early parenting. Link will be provided upon registration. Register at www.cochrane.ca/programguide

Triple P Tip Talk: Separation Anxiety: Learn strategies on how to manage separation anxiety for your preschooler. Register at www.cochrane.ca/programguide

Triple P Tip Talk: Fears: Learn strategies on how to manage fears in your child. Suitable for parents with children ages 5-10. Register at www.cochrane.ca/programguide

Preschool Playtime: Tune in on Thursdays for some Storytime fun followed by some songs to get your little ones moving and grooving! As well, every second Thursday we will be doing a craft to work on those fine motor skills, register for your craft at www.cochrane.ca/programguide

Bookworms and Songbirds: Join us Wednesday mornings for a virtual story time followed by a few fun interactive songs. This group is open to bookworms and songbirds of all ages! Drop in!

Eye Spy Game: Develop your child's problem solving and communication skills by joining us for a fun eye spy game. We will start with songs and dance and play eye spy! All ages are welcome to join! Drop in!

Additional Support and Things to Do:

- Looking for parenting support? Call a family support worker to get the tools and resources you need! [403-851-2265](tel:403-851-2265)
- Fill out a developmental screening online <https://www.asqonline.com/family/11c6f3>
- Check out the Boys and Girls club in Cochrane for activities for Youth <https://www.facebook.com/bgcccochrane/>
- Children's Cottage is providing home visitation services for families with children ages 0-6 in Cochrane and Area. For more information call [403-851-2265](tel:403-851-2265)
- Check out Things you Can Do in Cochrane and Area <https://www.cochrane.ca/634/Program-Activity-Guide>
- Check out our Facebook page for upcoming activities for your child! www.facebook.com/cochraneFRN