

## Family Oriented Programming

school



family



community

learn more |  
[cbe.ab.ca/family](https://cbe.ab.ca/family)

contact us |  
[fop@cbe.ab.ca](mailto:fop@cbe.ab.ca)

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## join us | session topics and descriptions

Family Oriented Programming (FOP) provides opportunities for families of children with exceptional needs to learn together through engaging sessions.

Sessions are ongoing and may include the following topics.  
Please visit [cbe.ab.ca/family](https://cbe.ab.ca/family) for current session dates, and to register.

- 1 | Welcome to Family Oriented Programming (EDC and K)
- 2 | language and communication
- 3 | speech sounds/articulation
- 4 | child development
- 5 | early literacy
- 6 | music therapy
- 7 | physical skills
- 8 | bedtime and meal routines
- 9 | social skills | emotional maturity | positive parenting
- 10 | play & technology
- 11 | celebrations
- 12 | preparing for kindergarten/grade 1

### 1 | learning and growing together

#### mighty learners in the EDC

- learn about your child's EDC team
- become involved in your child's learning at school
- receive your family binder

#### learning & growing together in kindergarten

- learn about your child's enhanced support team
- participate in hands-on learning centres with your child
- participate in your child's love of learning

### 2 | language and communication

#### building language together

- understand language development
- explore & share strategies for building language in everyday routines
- participate in activities that promote personalized learning

#### keep your home language alive

- understand what you can expect when your child is learning two (or more) languages
- discuss how you can build language at home and in the community
- explore ideas to support your language learner at home



### building language through routines

- find simple everyday ways to target language goals in your everyday routines
- practice language during mealtime, bath time, dressing, and going up stairs
- take home practical ideas to support your routines

### using visuals at home

- find out why and how you can use visuals to support your child
- talk to a Speech Language Pathologist
- tips and tricks for making visuals at home

## 3 | speech sounds/articulation

### speech sound development

- learn strategies for developing your child's targeted speech sounds
- ask a Speech-Language Pathologist questions
- engage in fun interactive activities

## 4 | child development

### toilet training

- learn strategies to promote toileting independence
- problem solve with an Occupational Therapist
- discuss family successes and struggles

### preschool oral health

- learn about the importance of oral health for your family
- receive a free fluoride varnish application for your preschool child
- ask an Alberta Health Services dental professional questions

### building a brain

- learn about how your child's brain develops in the early years
- talk about 'serve & return' interactions
- practice brain building with your child

## 5 | early literacy

### let's read together

- discover ideas & strategies designed to encourage a love of reading
- learn how to create a literacy-rich environment
- find out more about your local library

### the very hungry caterpillar

- engage in activities your child will love based on a favourite story
- learn strategies for targeting language, literacy, and fine motor skills
- enjoy seeing what your child is learning at school!



## 6 | music therapy

### Blue Sky Music Therapy

visit [www.blueskymusictherapy.com](http://www.blueskymusictherapy.com) for more information

#### motivating melodies

- find out why music is a powerful tool to spark engagement
- discuss strategies for using music in the home to meet your child's IPP goals
- learn catchy songs to support your child's growth and your family routine

## 7 | physical skills

#### hands-on learning

- promote your child's independence in daily routines
- learn about your child's fine motor skill development
- discover drawing, cutting & printing strategies for your child

## 8 | bedtime and meal routines

#### sleep solutions for your family

- learn strategies to make bedtime routines easier
- create a visual schedule with your child
- find out how much sleep your family needs

#### mealtime routines

- learn about factors contributing to picky eating
- develop strategies for expanding your child's diet
- find out how to make mealtimes fun and stress free

## 9 | social skills | emotional maturity | positive parenting

### Families Matter

Families Matter is a community agency committed to supporting families by providing learning opportunities that build family strength through life's transitions.

visit [www.familiesmatter.ca](http://www.familiesmatter.ca) for more information

#### less stress and more fun for your family

- engage in conversation on family stress
- understand the signs of stress in parents and young children
- explore strategies for managing and reducing daily stress and having more family fun!

#### understanding anger in children

- understand normal anger issues and responses in children



- explore the underlying issues of childhood anger
- learn healthy conflict resolution approaches to working through a child's anger

### **avoiding power struggles**

- understand the motivation behind power struggles as it relates to the developmental stages of children and a parent's own triggers
- learn how to plan ahead to avoid power struggles and build parent child relationships

### **positive discipline**

- discuss issues and concerns related to positive discipline
- examine the difference between punishment and discipline
- learn approaches to encourage positive behaviour

### **alternatives to 'no'**

- find ways to gain cooperation without saying 'no'
- promote healthy ways for your child to become independent
- learn how to avoid strong emotional reactions

## 10 | play

### **it's not just play!**

- discover why play is important for your child's development
- learn new ideas for play at home
- understand how to be present during play

### **loose parts play**

- discover what loose parts play is & why it is important
- experience loose parts play with your child
- get ideas for play at home

### **technology and learning**

- talk about screen time recommendations
- explore apps with your child
- discuss technology and your family

## 11 | celebrations

### **seasonal celebrations (fall, winter, spring, year end celebration)**

- join us for a special celebration each season
- discover simple ideas for language, literacy, fine & gross motor at home
- enjoy a vocabulary rich session focused on the season



## 12 | preparing for kindergarten/grade 1

### preparing for kindergarten

- meet your early learning strategist
- learn what you can expect next year
- discuss how to prepare your child & family for next year

### preparing for Grade 1

- meet your early learning strategist
- learn what you can expect next year
- discuss how to prepare your child & family for next year

***Additional sessions will be posted as they are developed***

***Have an idea? Want to partner with us?***

***We welcome your feedback! email us at [fop@cbe.ab.ca](mailto:fop@cbe.ab.ca)***

