



North Central Edmonton Family Resource Network

- June 2024
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca



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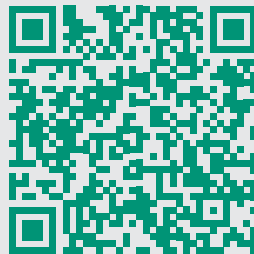
FRN Hours of Operation*

Monday–Thursday 9am–8pm
Friday–Saturday 9am–4pm



*HUB phone lines are open

Have you joined the North Central Edmonton FRN Facebook Page?



facebook.com/northcentraledmontonfrn



FOLLOW
the North Central
Edmonton Family
Resource Network for
FREE
family events
and workshops!

What's New

with our North Central Edmonton Family Resource Network?

BOYS & GIRLS CLUB



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

VOLUNTEERS NEEDED

PRISM Program for BGCBigS:

PRISM is a mentoring program designed specifically for the 2SLGBTQ+ community in Edmonton.

The PRISM program matches children and youth who identify as 2SLGBTQ+ with an adult mentor who also identifies as 2SLGBTQ+ for a 1:1 mentoring relationship. Through regular outings, the match will foster a friendship that is supportive, empowering and fun

The purpose of a PRISM match is to:

- Provide role models for 2SLGBTQ+ children and youth
- Foster pride and self-confidence
- Create connections within Edmonton's 2SLGBTQ+ community
- Offer 2SLGBTQ+ children and youth a safe adult mentor to have conversations with, provide support and celebrate who they are and above all, have fun!

To participate in PRISM:

- Mentees: self identify as 2SLGBTQ+, are between 6–24-years-old, and want a mentor who identifies as 2SLGBTQ+
- Mentors: self identify as 2SLGBTQ+, are a minimum of 18-years-old, and want to be matched with a mentee who identifies as 2SLGBTQ+

Become a Volunteer — BGCBigS

Kinsmen Club: Kinsmen Club is one of nine clubs run by BGCBigS. Our clubs are safe and fun places for kids to go after school and during the summer. They provide kids with opportunities to connect with positive role models and peers, enjoy a healthy meal, and explore our core program areas: arts and culture, physical activity, health and nutrition, academic support, personal growth, empowerment, life skills, and leadership.

Kinsmen club is located at 14803 88A Street. It serves children aged 6 to 17. Kinsmen Club offers after school programming Monday, Tuesday, Wednesday from 3:30–7:00pm, Thursday from 2:30–7:00pm and Friday from 3:30–8:00pm. Please note that Friday is open later as they have teen night for those 13+ from 6:00–8:00pm. After school programming provides fun filled activities, academics, and social emotional learning. All programs offered at Kinsmen Club are free! To enroll, please visit our website <https://bgcbigs.ca/>.

If you're interested in learning more and getting involved, please visit <https://bgcbigs.ca/>

2SLGBTQ+ VOLUNTEERS NEEDED

Community 1:1 Mentoring



PRISM

PRIDE RESPECT IDENTITY
SAFETY MENTORING

Join our PRISM program designed to pair volunteers and youth that identify as 2SLGBTQ+ in supportive, empowering mentoring relationships

Visit bgcbigs.ca or call **780.424.8181**



BGCBigS.ca



BGC BIGS YOUTH EMPLOYMENT

AGES 18-24

**EARN SKILLS & WORK EXPERIENCE
TO HELP BUILD YOUR RESUME**

Through the RBC BIG POSSIBILITIES program you'll get hands-on experience in fields like retail, marketing, social media, hospitality, the food industry, childcare and more!!

*** PLUS!** Get valuable referenes for your resume!

REGISTER NOW



Stacey Cooper
780-394-8943
stacey.cooper@bgcbigs.ca

Creating Hope Society



Visit Creating Hope's website

Creating Hope Society is a non-profit society established to recognize that the sixties and seventies child welfare scoop of Aboriginal children is a continuation of the Residential Schools era. We believe that it is time to halt the cycle of Aboriginal children being separated from their families and communities.

Why We Are Doing This?

Creating Hope Society is carrying forward a healing process, commenced for Residential School survivors, to those who are products of a Child Welfare system that has perpetuated the legacy of the Residential Schools.

KARA Family Resource Centre



Visit KARA's website

In 1984, KARA Family Resource Centre was formed by a group of representatives from 16 community organizations seeking a way for community members to provide positive support and resources for families. KARA effectively opened its doors January 1st, 1985 and has been offering parenting programs, services and support to families ever since.

KARA's original focus was on low income, single mothers but has since evolved to providing a safe, supportive, non-judgmental space for clients of all socio-economic backgrounds and family structure. At KARA, we build meaningful relationships with clients, "meeting them where they are at" in their current life and family circumstance, offering parenting education, family support, early childhood developmental screening, and information and referral services. KARA strives to create safe and inclusive experiences that support clients in their parenting and family life.



HEROES DAYS OUT



JOIN US IN CELEBRATING YOUR
DAD OR YOUR EVERYDAY HERO!

SATURDAY JUNE 8

10AM-12PM **ALL WELCOME!**

KARA FAMILY RESOURCE CENTRE

- ✓ Build a BBQ Caddy
- ✓ Barbecue Lunch
- ✓ Family Fun!



REGISTRATION REQUIRED: 780-478-5396

Hello Summer

Summer
Guide
Coming
June, 2024



www.kara-frc.com/programs

SUMMER

Kick-off BBQ

JULY 8

5PM - 7PM

BALWIN PARK

12904 74 ST NW

FREE TO ATTEND!



Get ready for an unforgettable outdoor experience filled with free fun activities for the whole family! We will serve up delicious hot dogs, chips, and refreshing beverages to keep you energized throughout the festivities.



- ✓ PETTING ZOO
- ✓ CARNIVAL GAMES
- ✓ FACE PAINTING
- ✓ BALLOON ART
- ✓ GLITTER TATTOOS
- ✓ BARBECUE
- ✓ FAMILY FUN
- ✓ AND MORE!



YMCA Family Connect Programs



June Workshop Highlights

Hold me tight — Let me go

Thursday June 13, 1–2:30pm
(4-class program)

WHAT IS “HOLD ME TIGHT — LET ME GO”? This course is meant to help build a better-informed bridge between caregivers and teens. This class explores the different perspectives that are involved and evolving in the caregivers and teenagers during this tumultuous time.

WHO IS IT FOR? Any caregiver that would like to learn and discuss the changing, and sometimes difficulties of, their relationship with their teenage children.

Digital and Media Safety for Caregivers

Begins: Saturday June 22
(1-class program)

WHAT IS DIGITAL AND MEDIA SAFETY FOR CAREGIVERS? This class covers key strategies for caregivers to keep children safe in the digital world. Participants learn about how important a person’s digital footprint is and why kids need to be taught about it. Participants also learn how to identify and respond to cyberbullying, online predators, and other digital threats. The class emphasizes the importance of open communication with children about responsible technology use and online safety.

WHO IS IT FOR? Any Caregiver interested in learning more about how to teach children about Net safety and responsibility.

VIRTUAL PRESENTATION: “Exploring Identity and Gender Expression: A Beginner’s Journey Beyond the Binary”

Begins: Thursday June 27, 6:30–8pm
(1-class session)

WHAT IS “IDENTITY AND GENDER EXPRESSION”? This class offers an introductory exploration into the multifaceted realms of identity and gender expression. Delving into the complexities often overlooked in mainstream discourse, this presentation provides invaluable insights for beginners navigating the diverse landscape of Identity. Attendees will gain a deeper understanding of the fluidity of identity as a whole and the significance of embracing authenticity. By challenging societal norms and promoting inclusivity, the aim of this presentation is to empower individuals to embark on their own journey of self-reflection and fostering a more compassionate and understanding community for all.

WHO IS IT FOR? Anybody interested in learning about the above in a non-judgmental environment.

Triple P Primary Care

Begins: Friday June 7
(4-class program) Different timeslots available
11am–12pm | 1:30–2:30pm | 3–4pm

WHAT IS TRIPLE P: PRIMARY CARE? Triple P Primary Care is a brief targeted intervention in a one-to-one format that assists caregivers of children ages 3 – 16, to develop parenting plans to manage behavioral issues and skill development issues. These focused consultations provide 3–4 sessions (15–60 minutes each) over a period of 4 weeks.

WHO IS IT FOR? Any caregiver that would like 1 to 1 support in learning how to deal with problem behaviours.

YMCA Family Connect Programs



June Workshop Highlights

Dads' Discussions

Begins: Saturday, June 8, 22, 9–10am
(Drop-in networking group)

WHAT IS DADS' DISCUSSIONS? The expectations of any parent can be daunting. Why not join this drop-in peer discussion group focusing upon sharing the Challenges and Triumphs (big or small) of raising kids between fathers who are in the trenches.

WHO IS IT FOR? Any caregiver that would like to participate in conversations about fatherhood with other caregivers.



June
at a glance!

JUNE						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MONDAYS

No programs running on Mondays in June

Active Parenting for Teens | June 4, 11, 18, 25 | 2:30–4pm
Rainbows Lv 2 (8–10yr old) | June 4, 11, 18, 25 | 4:45–5:30pm
Rainbows Lv 3 (10–12yr old) | June 4, 11, 18, 25 | 5:45–6:30pm
Prism (18+) | June 4, 11, 18, 25 | 6:45–8:15pm

TUESDAYS

WEDNESDAYS

No programs running on Wednesdays in June

Circle of Security Parenting | June 6 | 1–2:30pm
Co-operative Co-parenting through Separation and Divorce | June 6, 13, 20, 27 | 3–5pm
Sunbeams | June 6, 13 | 5:30–6pm
Rainbows Lv 1 | June 6, 13 | 6:15–7pm
Hold Me Tight – Let Me Go | June 13, 20, 27 | 1–2:30pm
Kids Have Stress Too | June 20, 27 | 5–6pm
Caregiver Resilience: Living Authentically | June 20 | 6:30–7:30pm
VIRTUAL PRESENTATION: “Exploring Identity and Gender Expression:
A Beginner’s Journey Beyond the Binary” | June 27 | 6:30–8pm

THURSDAYS

FRIDAYS

Triple P: Primary Care | June 7, 14, 21, 28 | 11–12pm
Triple P: Primary Care | June 7, 14, 21, 28 | 1–2pm
Triple P: Primary Care | June 7, 14, 21, 28 | 3–4pm

Dads’ Discussions | June 8, 22 | 9–10am
Identity and Gender Expression | June 8 | 11am–12pm
Triple P: Family Transitions | June 8, 22 | 1:30–3:30pm
Digital and Media Safety for Caregivers | June 22 | 11am–12pm

SATURDAYS



Whole Brain Child

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

Where is the instruction manual for understanding kids from birth through their teen years? Unfortunately, such a manual does not exist, but this 5-course series will dive deeply into a child's brain to help you, as a caregiver, better understand their perspective and development.

Registration is required,
refreshments will be provided.

WHERE?

Castle Downs Family YMCA

11510 153 Avenue, Edmonton, AB T5X 6A3

* Proud Partner of the North Central Edmonton
Family Resource Network (HUB)



Funded by:



Sessions are **FREE**
and offered regularly



To register visit
ymcanab.ca/familyworkshops



For more information,
contact a navigator

P. 780-377-3730

E. infohub@ymcanab.ca



Active Parenting for Teens

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

For parents of preteens and teens, this program provides parents with the skills needed to use effective discipline, teach responsibility and communicate with their children. Each session shows parents how to handle sensitive issues such as drugs, sexuality and violence.

Registration is required,
refreshments will be provided.

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E. infohub@ymcanab.ca



Circle of Security

**YMCA Family Connect Caregiver Education*

This parenting model is relationship-based, rooted in attachment theory. In essence, enhancing the caregiver/child bond results in greater security and reduced problem behaviors. Our program underscores that it's never too late for caregivers to acquire new skills, recognizing that no caregiver is perfect, but they all strive to be the best for their child.

Registration is required,
refreshments will be provided.

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E. infohub@ymcanab.ca



Kids Have Stress Too

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

We all know being a parent can be stressful, but kids have stress too! Learn the signs for their stress and learn how to deal with that stress together.

From teaching basic emotion words to problem solving and more, these presentations help you to help your kids with their stress.

Registration is required,
refreshments will be provided.

WHERE?

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E. infohub@ymcanab.ca



Nobody's Perfect

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

Nobody's Perfect is for parents of children ages birth to five. This program is designed to meet the needs of parents who are young, single, socially or geographically isolated. This is a place to discuss what parents want to learn, in a safe place with other parents with whom they share the common interests with.

We give parents a safe place to meet others with children of the same age and with whom they share interests & concerns.

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Funded by:



Sessions are **FREE** and offered regularly



To register visit ymcanab.ca/familyworkshops

Registration is required, refreshments will be provided.

 For more information, **contact a navigator**

P. 780-377-3730

E. infohub@ymcanab.ca



Triple P Parenting **Fear-Less Workshop**

Positive Parenting Program
**YMCA Family Connect Caregiver Education*

Fear-Less isn't about eliminating fear altogether - sometimes, fear protects us. Instead, it's about giving your family a toolbox of strategies, skills and knowledge to manage anxious feelings and unnecessary worrying. This workshop is targeted for caregivers of children from 6 to 14 years.

WHAT WE WILL DISCUSS

- ▼ Anxiety - What is it and how does it develop?
- ▼ Promoting emotional resilience
- ▼ Strategies for responding to your child's anxiety

WHERE?

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Sessions are **FREE**
and offered regularly



To register visit
ymcanab.ca/familyworkshops

Registration is required,
refreshments will be provided.

- ▼ For more information,
contact a navigator
- P.** 780-377-3730
- E.** infohub@ymcanab.ca



TRIPLE P

Positive Parenting Program

**YMCA Family Connect Caregiver Education*

The Positive Parenting Program gives you tips and ideas to bring out the best in your children. Learn the best ways to positively manage the behaviours you do like. Meet other parents in similar situations. Parents who can support you and share their stories.

TRIPLE P IS:

- ▽ open to families with **children ages 0–17**
- ▽ for **every parent** whether you have a specific problem, or are just looking for advice on common, everyday issues
- ▽ group sessions provide easy to use tips and new ideas that will help you build confidence and **new skills**

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▽ For more information, **contact a navigator**

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E. infohub@ymcanab.ca

YMCA Family Connect Programs

YMCA Family Connect Family Supports Program

Family Connect is a voluntary, early intervention support program that provides support to families with children 7–18 years old to strengthen family functioning. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves and their children, build new social connections, and learn about positive parenting and child development.

Free Services

All services offered as part of the Family Connect are completely free:

- Supportive counselling and goal setting
- In-home support
- Parent education
- Family interactive programming and activities
- Personal and family advocacy
- Information and referrals to additional resources

For more information or to set up an appointment please call 780-377-3730.

Home Visitation

Family Connect provides support to parents-to-be and families with children from 0 to 6 years. Services may be provided a few times per week depending on the needs of the family.

Entrance Criteria

Entry to the program is voluntary and free of cost. Families are empowered to set their own goals and make positive decisions on their own with the ongoing support of their program worker. This program supports single parents, guardians and caregivers for a holistic home support.

For more information or to set up an appointment, please call 780-377-3730.

What's New at the Hub?

Navigation

Our navigators are knowledgeable about community programs, services and manage in person, phone, email, and web inquiries. Our navigators provide information and referrals based on an initial assessment and connect children, youth, parents/caregivers to the appropriate service or community program. Call us at 780-377-3730 or email us at infohub@ymcanab.ca

Food Bank

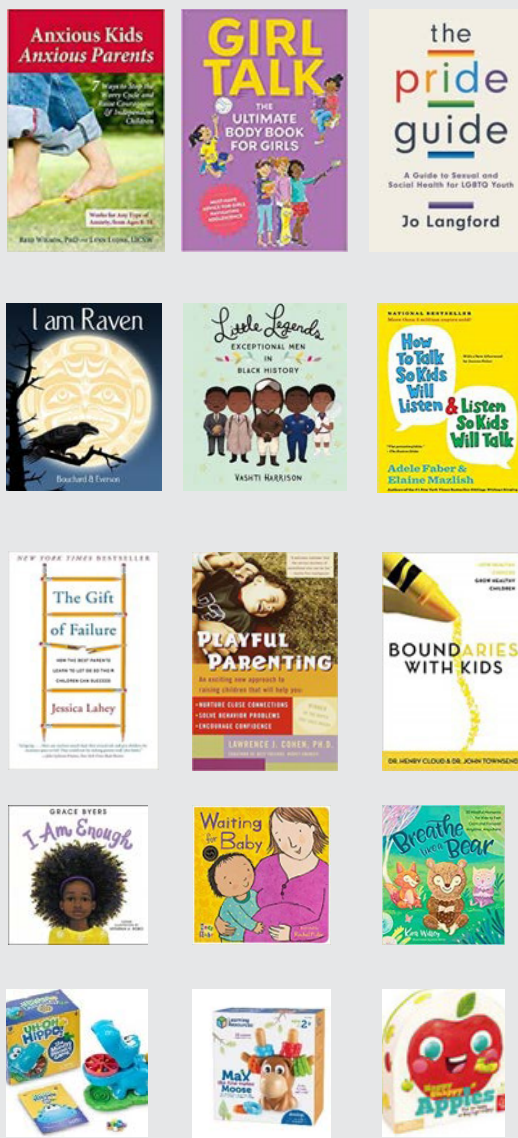
The North Central Edmonton Family Resource Network is a food bank depot on Wednesday 3–4:30pm. To access this support if you are in need, please speak to a navigator by calling 780-377-3730

Family Centre: Rapid Access Counselling

Providing you and your family with a supportive, change-focused conversation at the right time. This service is tailored to support caregivers and children with a focus on healthy child development, supporting caregiver capacity, and promoting resilience within the family. It is anonymous, practical, affordable. It's available for individuals, couples and families at no cost to you. Appointments can be booked at the North Central Edmonton Family Resource Network by calling a navigator at 780-377-3730

Lending Library

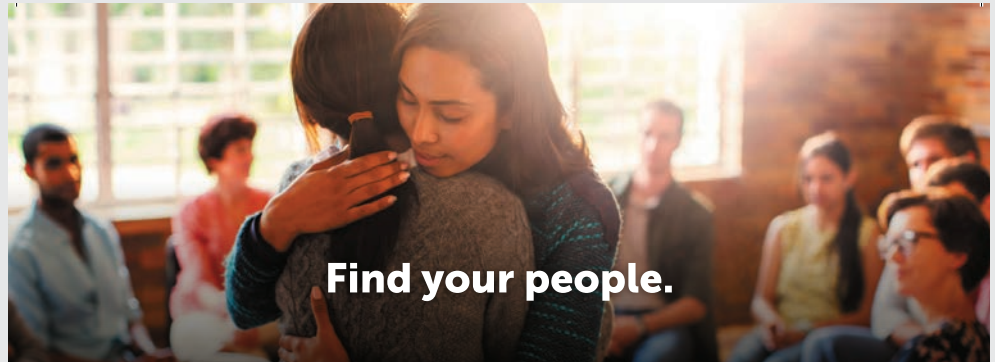
The lending library will be open Thursdays from 4–7pm. We have books for children, youth and adult books and games to work on specific skills or to play as a family. Sign out an item and play it while your children are in swim lessons or playing in the gym. Want to read it all? Had fun playing the game? Take it home for 2 weeks and then bring it back and take out something else.



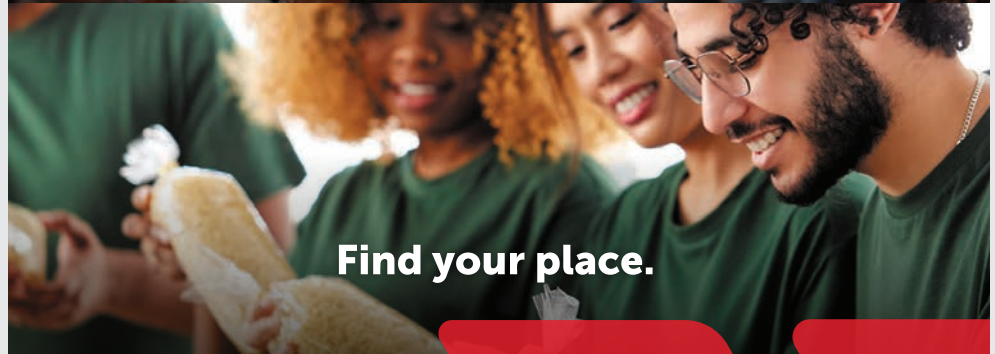
What's happening at the YMCA?

Y Mind

Y Mind is a free seven-week group mental wellness program delivered to teens aged 13–18 and youth aged 18–30 who experience mild to moderate anxiety. Participants learn effective skills to cope with symptoms of anxiety and engage in early-intervention mental wellness support in a safe environment that connects others who have similar experiences. Y Mind is a barrier free program, no diagnosis or referral is needed to participate.



Find your people.



Find your place.



Find your self.



Y Mind

A FREE mental wellness program with: a team of experienced professionals, online and offline programs, a supportive community, tools, resources, and more

Join us at YMCA.ca/YMIND

Edmonton | Wood Buffalo | Grande Prairie | Red Deer



Shine On 



SKY HIGH

A FREE summer camp for ages 13–19!



Ignite your full potential this year with Sky High Camp!

- Explore your passions
- Learn from local leaders
- Ignite your creativity
- Become a team leader
- Stay active!
- Overnight camping trip
(session 2 only - interview required)



Session 1: July 22–26
Session 2: July 29–August 2



Session 1: All five days at
Boyle Street Plaza YMCA
Session 2: Three days at
Boyle Street Plaza YMCA
& two days with overnight camping
at Wabamum Lake

Ready to ignite your potential?

Apply online or contact our Youth Transitions Program team via:
Phone: 780-868-1204
Email: amy.andrew@ymcanab.ca

Learn more & apply



Saint John's School of
Alberta Legacy Foundation



Let's Bake: Brownies!

Quality family time, delicious recipes.

Create lasting memories with your children while baking delicious treats, and take home sweets to share with your family and friends.

This week, we'll be making:

Best Fudgiest Brownies, Dark Chocolate Brownies, Blondie Brownies

Children must be ages 4 and up; 1 child per adult.
Child minding for children who are not participating is not available.

\$29

per adult and child group

Saturday, June 15
10am–12pm

Boyle Street Plaza YMCA

9538 103a Ave
Edmonton AB T5H 0J3



REGISTER NOW

780.426.9265

press option 3 on the phone





**Summer Day
Camps are near!**

YMCA SUMMER DAY
CAMP

Art, Science and Sports Camps | Ages 6–12

We're bringing YMCA Summer Day Camps to a community league near you!

At YMCA summer day camps, kids and youth ages 6-12 will have an activity-packed week where they'll try new things, learn new skills and forge friendships that will last a lifetime!

Enjoy our famous camps at the YMCA Enhanced Member rate, no membership required! Camps are listed on the back. Please use the legend below to help you choose your weeks. Prices listed are for 5-day weeks and holiday weeks with only 4 days will be at a reduced price.

Plan a summer of fun in your neighbourhood!

- ▼ Burnewood Community League
- ▼ Dovercourt Community League
- ▼ Idylwyld Community League
- ▼ Laurie Heights Community League
- ▼ McQueen Community League
- ▼ North Glenora Community League
- ▼ Spruce Avenue Community League
- ▼ West Meadowlark Community League

Get your spot!



ymcanab.ca/camps

What's happening in your city this month?

TIP — Open your phone's camera, hover over the QR code, and tap on the link for tickets and more information.

Alberta Circus Arts Festival

June 20 – 23, 2024

Come one, come all and join Firefly Theatre for 4 days of Canadian contemporary circus performances at La Cite Francophone. Take part in professional development workshops from emerging and established artists, enjoy panels and discussions around sector development for industry professionals, and outreach opportunities for all.

<https://albertacircusarts.com/>

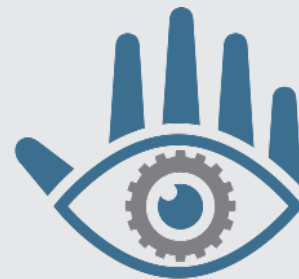


The Works Art & Design Festival

June 27 – July 1, 2024

Every summer, Edmonton transforms into a massive celebration of creativity. As North America's largest free outdoor art & design festival, The Works features countless performances and events, with exhibits in venues all over the city.

<https://www.theworks.ab.ca/>



THEWORKS
INTERNATIONAL VISUAL ARTS SOCIETY



EARLY LITERACY



A

B
C

F

D

Under the Sky Family Storytime

Join us for Family Storytime with a twist...a storytime outside! Meet in the park behind the library to participate in stories and rhymes. Not sure where to go? Ask staff in the library to show you the way. The show will go in most weather, but in case of extreme conditions it will run indoors in the Program Room.

Tuesdays from May to August: 10:30am-11:00am

This event is limited to 30 participants.

Castle Downs Branch 106 Lakeside Landing 15379 Castle Downs Road

Ph. 780-496-1804





Warmer weather is coming and we're excited to share information about *Summer Starts at EPL*. *Summer Starts at EPL* engages children in reading, learning and creating at EPL in order to prevent a slide in student learning over the summer months.

At all EPL branches, children will have opportunities – all FREE – to track their summer reading, make their own buttons after every 6 hours of reading, and participate in fun events in which they explore concepts in science, technology, engineering and art.

Children can visit any library location **on or after June 22** to pick up their free registration package and begin reading for the chance to win exciting prizes!

June 22 to August 24 2024

For more information visit epl.ca

Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Classic Tuna Macaroni Salad

Who doesn't love Tuna Macaroni Salad? Cooking and draining the pasta is the most complicated part of this picnic and potluck staple, and the kid-friendly, super-scoopable dish is an easy and tasty way to fill out plates with a healthy dish that is sure to be scarfed down.

To make this dish tasty we used a combination of both sweet relish and small dill pickles — sliced cornichons. We also included plenty of fresh dill and parsley. To keep it simple we use only one crunchy veg: celery. And we use just enough mayo to make it good, without so much it becomes cloying.

Ingredients

- Kosher salt and freshly ground black pepper
- 1 (16-ounce) box elbow macaroni
- 2 (5-ounce) cans tuna, packed in water, drained
- 1/2 c. mayonnaise
- 1 stalk celery, chopped
- 1/4 c. (about 9) cornichons, thinly sliced

- 2 scallions, thinly sliced
- 2 tbsp. pickle relish
- 1 tbsp. Dijon mustard
- 1 tbsp. fresh lemon juice
- 1/3 c. fresh flat-leaf parsley, chopped
- 1/3 c. fresh dill, chopped

Directions

Step 1

In a medium pot of salted water, cook macaroni according to package directions. Drain and run under cold water to cool.

Step 2

Combine tuna, mayonnaise, celery, cornichons, scallions, pickle relish, mustard, lemon juice, parsley, and dill in a bowl. Add macaroni and stir to combine. Season with salt and pepper. Refrigerate for up to 2 days.

Parent Corner

Activity of the Month

12 Games for Kids to Play Alone

There are many fun, active games that kids can play alone, so solo doesn't have to mean sedentary. These activities are suitable for a party of one and allow kids to get some physical activity without having to find a play partner.

It is nice when parents can get involved with kids' games and activities. Not only does it motivate children, but adults also get some exercise, too. But that's not always possible or necessary. For those times, suggest one of these fun and simple games for your child to play on their own.

1. Solo Ball Skills

Does your child play basketball or soccer? They don't need teammates to practice skills. Shooting baskets is a great way for kids to play alone. So is practicing soccer skills like dribbling or shooting on goal.

If you have a rebounding net, kids don't need a partner to play catch with a football or baseball, either. Also, a pitching machine is an inexpensive way for kids to put in some extra baseball practice.

2. The 7-Up Game

All your child needs is a ball and some open space for this classic, active game. It challenges them to master increasingly complex skills. It's a great outdoor game or it can be played in your basement, garage, or anywhere that doesn't have breakables.

3. Racket Sports

Yes, tennis and badminton can be games for kids to play alone! They can volley tennis balls off a wall, bounce them on the ground with the racket, or bounce balls and birdies up from a racquet held horizontally.

How many can they get in a row? Can they top their personal best? Skill drills like these are a great way to hone hand-eye coordination, which is important in kids' learning and development.

4. Hula Hoop

Kids can practice hula hooping indoors or out. Challenge them to count how many revolutions they can do or how long they can keep the hoop spinning without dropping it.

Watch a few hula hooping videos online so your child can see what kinds of tricks are possible, too. For instance, they can try to master the technique of working the hoop from the hips to the neck and back down.

5. Dancing

Did you ever hear the expression, "dance like no one's watching"? Many people are nervous about dancing in public, but you can encourage your child to dance alone and work on some confidence-building skills.

All it takes is music. You can also use games, such as Just Dance, or online videos, like Zumba classes. These can help kids build a repertoire of moves.

6. Going for a Ride

Encouraging your child to go on a bike or scooter ride is a perfect solo activity. You will need to set boundaries and make sure kids know and obey safety rules before they set out.

7. Art Projects

Art and craft projects can keep kids busy for hours. If your child has a creative streak, give them some supplies and let them explore their imagination. A larger mural or a 3D sculpture offers both fine—and large-motor physical activity along with creative expression.

8. Exergames

While you don't want your child to spend all their playtime in front of a screen, setting them up with motion-controlled video games will definitely get them moving. It may even inspire activity away from the TV.

9. Digging and Building

Got dirt, sand, or snow in the yard? Equip your child with some simple tools like shovels, pails, and maybe a few molds and let them dig and build to their heart's content. It's easy to spend hours crafting a castle, a roadway, a snow creature, or even a flower garden.

10. Solo Balloon Volleyball

Volleyball is usually a team sport, but it's a lot of fun for one, too. All you need is a balloon and (with a few boundaries set) it can be an indoor game. Set up a ribbon to act as a net and blow up a balloon for a ball. Then challenge your child to play volleyball—on both sides of the net! They must hit the balloon up and over the ribbon, then scoot under to hit it from the other side, and so on until the balloon wafts to the ground.

11. Sidewalk Chalk Games

On a sunny day, a tub of sidewalk chalk can keep kids busy for a long time. They can use the chalk to make hopscotch, mazes, obstacle courses, and much more. You might even show them photos of amazing sidewalk chalk art by professional artists to inspire their own artwork.

12. A Word From Verywell

Even when there are no playmates available, kids can stay entertained and active with a little encouragement. Challenge their creativity and support health growth and development with solo activities.

Sources

Verywell Family uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.

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Parent Corner

Tip of the Month

Helpful Parenting Tips for a Successful Summer Break with Your Kids

The last day of school is approaching which means summer vacation is on the horizon. Summer will be in full swing for families in no time. While summer break is a great time of year, it can also be a big adjustment.

The majority of the following tips mostly apply to the month of June as we transition to the slower pace of summer but, of course, they can also help you all summer long as you navigate having a little more time on your hands while your kids are at home.

Tip 1: Have a Game Plan

Summer feels so much different than any other season because we don't have the constraints of the school calendar on a daily basis. It gives us a little more freedom and some extra time we might not have during the school year.

Now, what often can happen is one of two things....

With all of the perceived extra time on the calendar, weeks are packed with summer fun, and can feel overwhelming. On the flip side, a wide-open calendar might make it seem like you have all the time in the world to get things done. Both can be problematic. Here's how to go about planning for summer to embrace space in the schedule and plan for the things that matter.

Start with a Family Meeting to Decide What Matters

Start summer by having a family meeting. That sounds fancy, but simply ask your whole family this question: what do you want to be sure to do this summer? As you determine what matters, you could make a summer bucket list.

Brainstorm a list of fun activities that you can do together over the course of the summer. This could include anything from visiting a nearby park, having family movie nights, going to a drive-in movie or going to a water park. The possibilities are endless!

Making a summer bucket list can help give your family a sense of excitement and anticipation for the fun summer activities that lie ahead.

Make a Plan of Attack with Your Calendar

Let this list then guide your planning and be sure to plan for these things in your calendar. There is power in planning, but good intentions don't make things happen. At the beginning of summer, we see the wide open expanse of our calendar and we blink and it's August. These "must-do activities" were deemed important by your family. Plan for them, if you wait, you may be surprised to find there may not be room in the schedule.

Practically speaking, once you have determined what matters, pull out a paper calendar for the month of June, July and August and plug in important things. When you get a bird's-eye view of summer, you can easily determine when your schedule is getting a little full or if you have too much breathing room in the beginning of June.

Here are some additional things you may want to consider putting on your 3-month bird's eye view calendar:

- Summer camps
- Extracurricular lessons: art, dance, music, and sports lessons
- Family reunions, festivals, and special events
- Family vacations

Once you have the main things planned, don't be too quick to fill in the open space. It's so easy to worry that your kids will be bored and that they need a lot of extracurricular activities for everyone to survive, but the beauty of summer is there is breathing room on the calendar to be spontaneous.

For example, if it's a hot day, let's go to the pool. Friends are in town, let's meet them at the park. If your schedule is overly full, you won't have room to enjoy things. So, find a balance between planning what matters and breathing room for things that pop up. That will look different for everyone, but it's important to find a balance that works well for your family.

Tip 2: Have a Daily Summer Routine & Responsibilities

While school is out for the summer and it's tempting to let your hair down, routine helps us all to know what to expect daily. When we have a routine, it decreases the amount of "reminders" we have to give our kids because they know what to expect. Your routine might not be as early or as strict as during the school year. It might be more of a rhythm.

In the summer, kids have more time, so you could include more responsibilities or chores in their day. Things like unloading the dishwasher, taking the dog for a walk, watering the plants, putting away laundry, and helping with meal prep and cleaning tasks. It can be a lot of extra work to invite kids into these tasks and there may be some whining, but you can share that they are a part of a family and with that comes responsibility. "Teamwork makes the dream work" and "many hands make light work." Take care of chores right away so you can "eat the frog" or get the hard thing done first. Remember that these

household responsibilities are valuable life skills and we aren't just raising kids, we are raising future adults.

One of the things you could plan for is a little daily activity. Every day of the week you could have a set theme... art Monday, movie Tuesday, park Wednesday, friend Thursday or cooking Friday. Other ideas include a field trip Friday where you visit a local attraction in your area. Board game day where everyone gets to pick a board game and you take turns playing. A library day where you check out new books, take in a library program and check in on your reading goals for the library summer reading program.

The options are endless but these "theme days" can be helpful because you aren't wracking your brain every day to come up with something to do. It also means you could do a little something fun every day but still leave plenty of time for relaxation at home. You might even put the brunt of the responsibility on your kids, have them do a little research and come up with a list of local parks they want to visit, recipes they would like to make, friends they would like to invite over, and movies they would like to watch.

Tip 3: Down Time is Good

While summer can be a great time for lots of activities, it's also a time for kids to be kids, play and use their imagination. Creativity and imagination are just on the other side of boredom. Look back at your childhood, what do you remember?

Part of the beauty of summer is the respite from all the normal obligations of everyday life, we can rest a bit.

Tip 4: Set Screen Time Rules

Screen time can be a great thing, especially during lazy days or when you need some time to take care of other responsibilities. However, while summer

can be a more relaxed time, do still set limits and make sure that you communicate those expectations to kids. And be consistent!

This helps kids take on the responsibility and you don't feel like you are "nagging" them constantly. Practically, you could have a timer they set at the start of screen time and when it goes off they put their screens away.

Sometimes, kids just resort to screen time when they are bored, so as a family you can come up with a list of alternative ideas for them to choose from. Ideas could include things like board games, playing outside, playing with friends, building legos, making crafts, doing a puzzle or pretend play for younger kids.

Tip 5: Plan Family Trips

Of course, summer is the perfect time to get away with no school and fewer items on the calendar.

Here's the thing: family trips don't have to be extravagant and you don't have to go far. Family trips create sweet memories and create a lasting bond. So, start your summer vacation planning. Some of your favorite family traditions might just come from those trips. If it doesn't go right and goes a little wonky, it will make a great story later! There's always a few of those moments on family vacations!

Just Remember... As a parent, it's important to remember that the summer months can be a difficult time to maintain a consistent routine, but it's worth it to maintain sanity and order. Kids take our lead so set the tone for the summer you want to have. Of course, correct when things get wonky, and just know there are phases of summer.

In no time, you'll be settled into a much slower pace of life and you'll be asking, "how do we get the kids

back into a school routine?" Coming off the heels of a busy end of the year, it can be easy to feel overwhelmed and stressed. However, take a deep breath and plan ahead for what matters to your family. It will help alleviate some of the stress and anxiety that comes with summertime.

From Simplepurposefulliving.com

24/7 CRISIS & SUPPORT LINES

If you or someone you know is experiencing distress or is in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger. Available 24/7.

Addiction Services Helpline — 1 (866) 332-2322

Help for problems with gambling, alcohol, tobacco and other drugs.

Bullying Helpline — 1 (888) 456-2323

Advice or support on bullying (bullyfreealberta.ca).

Child Abuse Hotline — 1 (800) 387-5437

Hotline to report child neglect or abuse.

Family Violence Info Line — 310-1818

Provides information, advice and support related to family violence.

Health Link — 811

Health advice from a registered nurse.

Income Support Contact Centre — 1 (866) 644-5135

Financial help for Albertans who do not have the resources to meet their basic needs.

Kids Help Phone — 1 (800) 668-6868

24/7 service offering professional counselling, information and referrals and support to young people.

Mental Health Helpline — 1 (877) 303-2642

Offers help for mental health concerns for Albertans.