

# February, 2010



## Futureways

Dear Parents,

We hope you have all had a nice start to 2010! Futureways is busy as usual and we are eagerly planning and getting ready for spring.

Our module for February will be 'Feelings' which seems fitting with Valentines Day coming up. We will focus on expressing our feelings appropriately, understanding our feelings as well as

recognizing other peoples feelings too.

Due to Family Day, there will be **no workshop Monday Feb. 15**. On **Thursday Feb. 18** we have **Zoo Mobile** coming to visit us. We hope you can join us on Thursday instead and see our visiting animals!

Our outings this month will include Fort Calgary for their Winter Carnival, the Calgary Humane Society, for a

tour, and Canada Olympic Park to tour the Hall of Fame Museum. There will **no outing** planned for **February 13**. This is the Family Day weekend. Enjoy your long weekend!

Friday mornings from 10-12 we are hosting a drop in play and craft time. Anyone is welcome to join us and the fee is \$2.50 per child.



Special points of interest:

- NO OUTING ON FEBRUARY 13.
- ZOO MOBILE FEBRUARY 18.
- NO WORKSHOP ON FEBRUARY 15.
- 3-5 YEAR OLD WORKSHOP BEGINS FEBRUARY 6

### Summer Camp in the Planning Stages-Ages 5+

We are planning another summer camp this year for Futureways! We are still in the planning stages but have decided on dates. Summer camp this year will run 2 separate weeks. July 5-9 and August 9-13. The majority of the time

will be spent on outings and off campus activities. We will return to the Ability Society campus in the afternoon for crafts and games.

Before and After care will be offered. Info on fees for this will be gathered and shared at a

later date. Interested families, please contact Hilda for more information.

403-262-9445 ext. 109

## Following Directions– How to make Following Directions Easier

Following directions is an important life skill for children to learn. To make learning to follow directions easier, it is important for parents to follow some sound directions. Here are some simple strategies to follow:

### Do:

#### **Get their Attention.**

There are so many distractions in our children's lives-television, computer games, noisy toys...It's important to make sure that children are listening and focused on you. Before giving directions, make sure children have turned off the tv, or video game and are looking at you to hear the direction.

#### **Be Ready to Enforce What you Say.**

Children quickly learn they don't have to follow directions if their parents don't follow through with appropriate consequences.

#### **Tell Children Exactly What To Do.**

Be clear, specific, and give step-by-step directions when appropriate.

#### **Set a Time Limit.**

Make sure that children understand when they should follow directions., and be ready to give appropriate consequences if they do not follow directions when asked.

#### **Repeat the Direction.**

If children do not follow directions immediately, try repeating them clearly once again. Do not give warnings. Just apply appropriate consequences if directions are not followed.

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Visit Us Online!

[Abilitysociety.org](http://Abilitysociety.org)

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# Upcoming Workshops



## Positive Discipline-Avoiding Power Struggles

Feb. 1 1:25-3:15pm

Penbrooke Meadows Boys and Girls Club

To register for these workshops or find others you might be interested in, call (403) 955-7420

## Keep the Sleep: Transforming nightmares and other sleep magic

Feb. 03 6:25-8pm

Alberta Children's Hospital-B2200

Or visit their website:

[CES@sacyhn.ca](mailto:CES@sacyhn.ca)

## Video Game Addiction: The State of the Debate

Feb. 09 6:25-8pm

Alberta Children's Hospital-B2200

## Talking to your Kids about Sexuality

Feb. 17 6:25-8pm

Alberta Children's Hospital-B2200

## The Juggling Act-Handling Stress

Feb. 24 10:25-12

Emmanuel Christian Reformed Church



## Yogurt Parfait

Ingredients:

2 cups Chunked canned Pineapple

1 cup frozen raspberries

2 cups vanilla yogurt.

1 medium banana, peeled and sliced

1/3 cup chopped dates

1/4 cup sliced toasted almonds

Sundae glasses, or tall glasses.

Layer all ingredients in

the glass and top with the toasted almonds.

Enjoy!

# February 2010

## Schedule of Events

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Teen Workshop	2	3	4 Workshop 6:30-8	5	6 Fort Calgary Winter Carnival 1:30-3:30
7	8 Teen Workshop	9	10	11 Workshop 6:30-8	12	13 No Outing  No Workshop
14	15 Family Day	16	17	18 Zoo Mobile 6:30-8	19	20 Calgary Humane Society 1:30-3:30
21	22 Teen Workshop	23	24	25 Workshop 6:30-8	26	27 COP Hall of Fame Museum 1:30-3:30
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- **Feb. 6 Fort Calgary Winter Carnival**

750 - 9th Avenue S.E

Meet at main gates at 1:30

- **Feb. 20 Humane Society**

4455 110th AVE SE

Meet at main Entrance at 1:30

- **Feb. 27 Calgary Olympic Park Hall of Fame and Museum**

Meet at Museum entrance at 1:30

- **Feb. 6**
- **3-5 year old Workshop Begins 10am-12**

