

Community Resources

Basic Needs

Clothing/Household Goods

Edmonton Relief Services (780-944-0243)
Edmonton- The mustard seed (780-426-5600)
The Salvation Army (780-475-8778)

Emergency Shelters

Hope Mission Edmonton

- ▶ Women's Shelter (780-422-2018)
- ▶ Youth Shelter (780-422-2018)

Youth Empowerment & Support (780-468-7070)

Financial Assistance/Employment

Credit Counseling Society (1-888-527-8999)
Edmonton's Food Bank (780-425-2133)
Service Canada - EI (1-800-206-7218)

Resources for Children

Counseling

Kids Help Phone (1-800-668-6868)

Play Therapy

- ▶ Catholic Social Services (780-391-3233)
- ▶ University of Alberta (780-492-3746)

Early Learning Education

Alberta Health Service AHS (780-3409-8793)
Lansdowne Child Care Centre (780-437-5654)

Liesure/Recreation

Boys and Girls Club (780-424-8181)
Edmonton Public Library (780-496-7000)
Suggestion for parent-child or child activities (211)

Learn. Grow. Play

We are committed to being the top of the class for you and your children's care and early educational experiences.



Contact us for information.



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Mom's Daycare Ltd.

www.momsdreamdaycare.ca



"Play is the expression of human development in childhood, for it alone is the free expression of what is in a child's soul"
Freidrick Freebel

Milestones for 3 years old

1 Cognitive Development

- ▶ Know their name, age, and gender
- ▶ Follow 2-to-3 step instructions
- ▶ Enjoy working with puzzles
- ▶ Active imaginations

2 Emotional and Social Development

- ▶ Wide range of emotions
- ▶ Express affection openly
- ▶ Understand the concept of "mine" and "your"

3 Sensory and Motor Development

- ▶ Gross motor (Running, Climbing, Jumping, Kicking, Bending, and Pedalling a tricycle.
- ▶ Fine motor (Getting dressed, Building tower of blocks, Holding pens and pencils.

Books for children/parents

Parents

What to Expect the First Year (by Heide Murkoff)

Taking Care of Your Child (by Robert Pantell, James Fries and Donald Vlckery)

The Whole-Brain Child (by Daniel Siegel and Tina Bryson)

Positive Discipline (by Jane Nelsen)

Children

Chika Chika Boom Boom (by Bill Martin and John Archambault)

The very Hungry Caterpillar (by Eric Carle)

Brown Bear, Brown Bear, What do you See (by Bill Martin)

Lists of Educational Videos for Children

Learn The Alphabet With Blippi (by Blippi - Educational Videos for Kids)

Learn Colors and Numbers for Children (by Blippi)

Up, Down, Turn Around (by The Wiggles)

Old MacDonald Had a Farm (Kids 'Songs)



Informational Lists of Videos for Parents

Understanding Child Development For Parents (by Dr. Paul Jenkins)

Early in Life & the Importance of Early Childhood Education (by Steve Zwolak)

The Importance of play (by John Cohn)

7 Ways to Discipline Your Child (Dr. Paul Jenkins)

Early Childhood Education for Parents - How things work (Educational Activities)

Essentials for Parenting Toddlers and Preschoolers (by CDC - Centers for Disease Control and Prevention)