



April Newsletter 2019

Brought to you by the
Vegreville and District Child Development Coalition



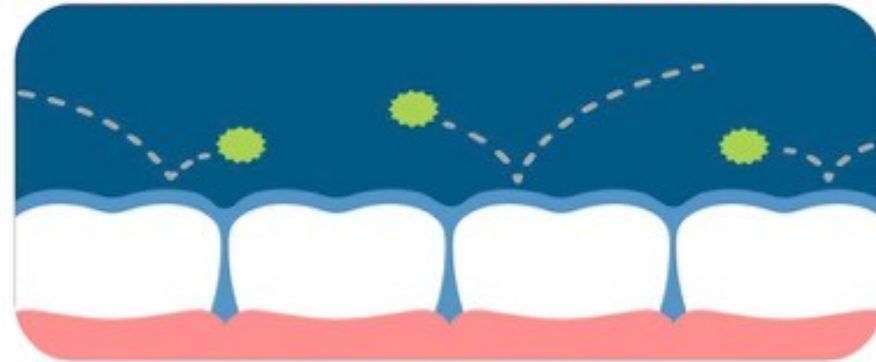
April is dental health month!

April 2019



Oral health matters

Good oral health is an important part of your overall health and quality of life. Oral health affects nutrition, speech, growth, development, ability to learn and even self-esteem.



Snacking to help your smile

Snacks are important in providing a balanced diet for your child's growth and development. Smart snacking can help your child's smile, too!

- Food and drinks with added sugar should be eaten with meals rather than as a snack
- Sipping on pop, juice and sport drinks can cause cavities. Drinking water is best.
- Choose cheese as a high protein snack to help fight cavities

➔ **Did you know? Chewing sugar-free gum with xylitol can help fight cavities when you can't brush.**

Don't rush your brush

Brush your teeth with fluoride toothpaste twice a day for two minutes to:

- Clean off the sticky plaque that is continuously forming
- Stop gingivitis (puffy, red, bleeding gums) by brushing along the gum line
- Prevent cavities (flossing prevents cavities between the teeth)
- Make your mouth feel fresh



Helpful hints to brush for 2 minutes:

- Brush to your favourite song
- Count to 10 every two teeth
- Use a stop watch or timer to time your brushing

For more information, contact: Vegreville CHC 780-632-3331



Bunny Hop
April 16th

Find the Fun April Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Events are at PLC unless stated otherwise.	1 Drop In 2-4 Hot Eats Cool Story 5:30 – 7pm	2 Welcome to Kindergarten Fair 2-8pm Library Gym	3 Baby Talk 9-10 Drop In 10-12	4 Drop In 10-12	5 Drop In 10-12	6 Pancakes & Play 10-1pm
7	8 Drop In 2-4	9 Drop In 10-12	10 Baby Talk 9-10 Drop In 10-12	11 Drop In 10-12 Story Time at Library 11am-12pm	12 Drop In 10-12	13 Grandparents & Me 9-10 Pancakes & Play 10-1pm
14	15 Drop In 2-4 Triple P Bed-time routines 12:45-2:45pm	16 Messy Art 9-10am Drop In 10-12	17 Baby Talk 9-10 Drop In 10-12	18 Drop In 10-12 Bunny Hop @ Social Centre 6-8pm	19 Closed Good Friday	20 No Pancakes
21 Happy Easter!	22 Closed Easter Mondsy	23 Drop In 10-12	24 Baby Talk 9-10 Drop In 10-12	25 Drop In 10-12	26 Drop In 10-12	27 Daddy & Me 9-10 Pancakes & Play 10-1pm
28	29 Drop In 2-4pm	30 Drop In 10-12				

AFC - Aquatic & Fitness Centre

Phone: 780.632.6403

AHS - Community Health Centre

Phone: 780.632.3331

CALS - Community Association for Lasting Success

Phone: 780.632.3225

FDH - Family Day Home

Phone: 780.632.2912

PLC - Parent Link Centre

Phone: 780.632.2912

VCL - Vegreville Centennial Library

Phone: 780.632.3491

VCD - Vegreville Community Daycare

Phone: 780-603-4417

VDCDC - Vegreville & District Child Development Coalition

Phone: 587.280.0640

VPS - Vegreville Preschool

Phone: 780.632.6008

KidSport - Phone: 780.632.3442

Jump Start - Call PLC, FCSS, FDH or AFC

EVENTS

Volunteer Appreciation Event April 10th
Vegreville Social Center 5pm-7pm. Guest Speaker
RSVP by April 3 to FCSS 780-632-3966

Story Time at Library: April 11th 11am-12pm
April 24th at 2pm-3pm

Family Bunny Hop: April 18th 6-8pm at Vegreville Social Center. Come and do Easter crafts and activities, and Dance to Family Friendly DJ.

Vegreville Aquatic Center: (Cost \$): Parent and Tot swim: Mon,Wed,Fri. 12pm-1pm , Family Swim: Sat 11-1pm and Sun 4-6pm.

VEGREVILLE & DISTRICT CHILD DEVELOPMENT COALITION

(VDCDC) is a community group promoting the importance of healthy early child development and facilitating local initiatives to support young children and families. Contact vegcdc@gmail.com.

for all children entering Kindergarten in Vegreville for the 2019-2020 school year.

FREE

Welcome to KINDERGARTEN FAIR

Tuesday April 2, 2019

Vegreville Centennial Library 2pm-6pm

We want to encourage parents, grandparents, caregivers, babysitters to bring the child. This is a fun interactive event.

School personnel and community partners will share fun activities that YOU can do with your child AT HOME to ready them for Kindergarten.

You will leave with FREE books, crayons, play dough, magnetic scissors, and more.

Proudly presented by: Vegreville & District Child Development Coalition in partnership with A.L. Horton Elementary & St. Martin's Catholic Elementary Schools.



REMIND ME!

TEXT @vegreville to 587-801-0972 or EMAIL vegcdc@gmail.com and

provide your name and cell number to register for the VDCDC account.

And receive Newsletters and Information to your phone .

AHS "Walk in Clinic" is for all families with children ages 0-18

1st Wednesday of every month ~ 9:30-11:30 and 1-3p DROP IN

please contact Candice or Paige at (780) 632-3331.