



Resources for Families

Being involved in your children's learning allows you to build on their strengths and skills as they become capable, responsible citizens. Together you work with your family to keep your community safe! Start Smart Stay Safe (S4) celebrates the importance of your family's involvement in your children's learning by providing interactive tools for your family to use.

S4 resources are designed for you to use with your children at home while others are designed to invite your family's participation at your children's school.

Some resources are created as learning tools for your family (ie: tip sheets, recommended reading) while others were created for your family to do together (ie: Family Connection Activities sent home from your children's teachers, S4 Family Activities).

S4 resources and activities promote healthy social and emotional development by focusing on building upon your family's strengths. Each activity focuses on the S4 Cornerstones (Significance, Success, Self-Awareness, and Service).

To check out our complete list of interactive family resources, go to: <http://startsmartstaysafe.ca/s4-your-family/family-resources/>

Family Activities

Start Smart Stay Safe [Family Activities](#) provide a list of ideas for fun things parents and children can do at home and in the community to build children's sense of significance, success, self-awareness, and service (four cornerstones). Activities include information on social and emotional development for children ages 5-12.

Book List

For Parents/Caregivers

Start Smart Stay Safe (S4) has recommended a [book list](#) for parents and families who are looking for more information on a range of topics important to children and families.

For Children

Children's books recommended by S4 are meant to inspire confidence and resilience in children. Check out these ideas for [books](#) to read together with your children!

Your Child's Development

S4 has created lists of [developmental milestones](#) for families, providing information about children's social and emotional development at each age. Having an understanding of your children's stages of development allows you to help your children be successful and build confidence as they get older. Select your child's age to learn about what changes you can expect to see in your child's social and emotional development.



Family Learning Sessions

The Start Smart Stay Safe (S4) [Family Sessions](#) are workshops for parents facilitated by a police officer, which explore issues that impact children, families, and schools. These sessions provide parents with ideas to respond to these issues before they turn into real problems. Any of these sessions can be requested by parents, school council, or school staff at a participating S4 school. Connect with your school administration to request a Family Session. The list of session topics, tip sheets and other information can be found on our website.

Helping You Grow

In order for children to grow up healthy and safe, they need positive messages so that they develop the skills and tools to make healthy choices. You may find the following [additional resources](#) helpful as you find new ways to learn as a family on our website.

Community Supports

Use the [Visual Directory](#) found on our website to point you in the direction of extra support services throughout Calgary that can help meet the needs of you and your family.

Helpful Hints

Start Smart Stay Safe (S4) [Tip Sheets](#) offer quick information for families on a variety of topics to promote well-being in children and families. Each Tip Sheet shares key points from research-based information about healthy child and family development, and offers practical suggestions on how to include these ideas into your daily life.

Research “Bytes”

Start Smart Stay Safe (S4) [Research Bytes](#) are designed to provide in-depth information on a variety of research-based themes for children and families. Using a strengths-based lens, each article presents a brief review of the latest research on different topics as they relate to S4.