

PROGRAM DESCRIPTIONS FOR OCTOBER

- ◇ **Baby Beginnings:** ages 0-18mths. A time for new parents to visit with one another and get some peer support. EarlyON staff and visiting professionals such as an NWHU Nurse, Lactation Consultant and staff from KACL Children's Services are available to answer questions and provide resources about child development. Beginning this month, we will also have Krista Ponton from the Canada Prenatal Nutrition Program visiting once a month. The scale and measuring equipment is here weekly to track your child's growth.
- ◇ **Songs and Stories:** ages 2-4yrs. This group features a circle time of songs, rhymes and a story book, an art experience, group snacktime and free play. **Please call 467-5530 to register** for this program (between 9-12 and 1:30-4:30), as space is limited. Participants register for one week at a time, on a first come first served basis.
- ◇ **Stroll n Roll:** ages 0-6yrs. We meet at the Harbourfront Entrance to the Library, and head out for a walk towards Huskie the Musky, returning to the Centre for some visiting, playtime and light snacks. Strollers, bicycles, scooters, etc are welcome. Please arrive promptly, as we will leave on the walk at 10:00.
- ◇ **Drop In Visits:** ages 0-6 yrs. These are times when you can pop in to play, do crafts, feed your baby, chat with other families, etc. Coffee and tea are available and staff are here to answer any questions you might have about child development or resources in the Kenora area.
- ◇ **Toddler Hour:** ages 12-23 mths. If your child is aging out of Baby Beginnings but not old enough for Thursday's structured group, this is the program for you! Some young-toddler activities will be available in a less-formal format, including songs, stories, dancing, art and sensory play. Come prepared for your child to get messy while they explore. No sign up required. Once a month, staff from KACL's Children's Services will visit to bring information about child development and parenting.
- ◇ **Two Centres, One Event EarlyON Play Date:** ages 0-6 yrs. Join us to explore both of the downtown EarlyON Centres in one morning! We'll start at our location with an activity, then walk together to the NeChee Indigenous EarlyON Centre and have some snacks and playtime over there. A great way to discover a space that may be new to you and your family. And then you can return on your own. No registration required. Please note, our space will be CLOSED once we are leaving to head to the NeChee building together. Please consider the weather for the walking portion of this event!
- ◇ **Feeding Celebration:** Our annual event put on in with our partners in the Kenora Family Alliance in recognition of National Breastfeeding Week. It's a celebration of all types of infant feeding— breast, bottle and beyond! This year it will take place at the Ne-Chee Indigenous EarlyON Centre. See calendar for time and address. There will be snacks, prize draws and gift bags for the first 20 attendees.

Please note: all activities at the EarlyON Centre are free of charge and require parent/caregiver participation