

PROGRAM DESCRIPTIONS FOR NOVEMBER

- ◇ **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.
- ◇ **Science Fun:** ages 2-4yrs. This group includes a circle time with a focus on science, followed by an experimental 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.
- ◇ **Storywalk at Garrow Park:** ages 0-6yrs. We meet at the Rabbit Lake Trails entrance for a Storywalk through the paved section of the path. We'll return to the park for some time at the playground, weather permitting. Please remember to dress appropriately for the weather, and keep in mind that in the case of snow, the path isn't always plowed for strollers/wagons.
- ◇ **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.
- ◇ **Sensory Play Day- Messy Activities:** ages 0-6 yrs. One Saturday per month, during drop in time, we will feature some sensory activities throughout the room, with things like sand, water, art, etc. Come prepared to get messy!
- ◇ **Mocktails for Mom:** Krista Ponton, Canada Prenatal Nutrition Program Coordinator with FIREFLY, will be here at our usual Baby Beginnings group with some fun information and ingredients to make Mocktails. Join us for some festive fun! For families with infants ages 0-18 months.

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



LEST WE FORGET...The Kenora EarlyON Centre
will be CLOSED on November 11