

## PROGRAM DESCRIPTIONS FOR DECEMBER

- ◇ **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. 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.
- ◇ **Kids in the Kitchen:** ages 2.5-4 years. We start by gathering on the carpet for introductions and a short nutrition-related circle time. Then we move to the table and prepare a recipe together, and get to sample our work! **Please call 467-5530** (between 9:00-12:00 and 1:30-4:30) to register for this program, as space is limited. **Or message our facebook page.** Participants register for one week at a time, on a first come first served basis. This group requires more following instructions and waiting time than our other preschool-aged groups, so we will need to stick to the suggested age range for sign-ups, in order for it to be developmentally appropriate. Thanks for understanding!
- ◇ **Cozy Christmas:** ages 0-12yrs. Our annual family evening put on jointly with the Kenora Public Library. Come in your jammies and have fun crafting, telling stories, singing Christmas tunes and sipping on hot cocoa.
- ◇ **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!

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



Thank you for choosing to spend your time with us at the EarlyON Centre throughout the year. We love seeing children grow and change, and watching parents and caregivers gain confidence in their roles. It's truly an honour to be a part of your lives, and we hope to see you lots more in 2026!

- Liz and Danielle

