

PROGRAM DESCRIPTIONS FOR JANUARY

- ◇ **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.
- ◇ **Music and Movement:** ages 2-4 years. This group includes a circle time with lots of singing, actions, music and a story. This is followed by an art activity, group snack and free play. **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.
- ◇ **Open Gym:** ages 0-6yrs. This activity takes place at École SMB. Come join us for lots of whole body active play in a safe environment. Light snacks are provided. No registration required, just come on by!
- ◇ **Drop In Visits:** ages 0-6 yrs. These are times when you can pop in to play, create with art materials, 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.
- ◇ **EarlyON Playdate @ Ne-Chee Indigenous EarlyON:** ages 0-6 yrs. Meet us over at the EarlyON space at 326 2nd St S (use the building's Chipman St entrance). We'll play, craft and snack together. This is a great way to check out this other location available to families for those who haven't had a visit there yet!
- ◇ **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