

**May 1- June 30<sup>th</sup>, 2021 Virtual Zoom Programs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Fun with Ones</b> 12 – 24 months 9:30-10:15 am</p> <p><b>EarlyON Circle</b> Birth-6 years 11-11:30 am</p> <p><b>Parent Workshops</b> 1-2pm (each week requires separate registration) May 3rd -<i>Food Before One</i> May 10<sup>th</sup> -<i>Toddler Nutrition</i> May 17<sup>th</sup> – Fear-Less Triple P Seminar May 31<sup>st</sup> School Time Success June 7<sup>th</sup> -Positive Food Foundations June 14<sup>th</sup>-Speech &amp; language June 21<sup>st</sup>- Infant Sleep strategies June 28<sup>th</sup>- Benefits of outdoor play</p> <p><b>Preschool Play to Learn</b> 2-4 years 3-4 pm</p>	<p><b>Junior Scientists</b> 18-36 months 9:30-10:15 am</p> <p><b>Family Yoga (May)</b> 2.5-6 years 10-11am</p> <p><b>Twinkle Toes (June)</b> 2.5-6 years 10-11am</p> <p><b>Family Fun*1</b> 1-6 years 11-12 pm</p> <p><b>Parent-Child Mother Goose</b> Birth-12 months 1-2 pm</p> <p><b>Healthy Families (May)</b> 2-6 years 2- 3pm</p> <p><b>Dramatic Play (June)</b> 2-6 years 2-3pm</p> <p><b>Bedtime songs &amp; stories*1</b> Birth- 6 years 6:30-7 pm</p>	<p><b>Toddler Time</b> 18-36 months 9:30-10:15</p> <p><b>Story Stretchers</b> 1-6 years 11-12 pm</p> <p><b>Discovering Science</b> 3-6 years 1-2 pm</p> <p><b>Sing &amp; Sign</b> Birth-12 months 3-4 pm</p> <p><b>Let's Create</b> 3-6 years 4:30-5:15 pm</p>	<p><b>EarlyON Circle</b> Birth-6 years 9:30-10 am</p> <p><b>Little Chefs</b> 2-6 years 11-12 pm</p> <p><b>Parent-Child Mother Goose</b> (In partnership with Newmarket Library) Birth-12 months 1:30-2:30 pm <i>April 8- May 27</i></p> <p><b>Journey to Kindergarten</b> 4-6 years Child program: 1-1:30 pm Parent program: 2-3pm</p> <p><b>My Baby &amp; Me</b> Birth-12 months 3:15- 4pm</p>	<p><b>Circle time for Babies*2</b> Birth-12 months 9:30-10 am</p> <p><b>Songs &amp; Stories in French &amp; English</b> 1-6 years 9:30-10 am</p> <p><b>Infant Massage</b> Birth-8 months 10:30-11:30 am</p> <p><b>Little Bakers</b> 2-6 years 10:30-11:30 am</p>	<p><b>EarlyON Circle</b> Birth-6 years 9:30-10 am</p> <p><b>Family Fun*2</b> 1-6 years 11-12pm</p> <p><b>**program descriptions are on pages 2-4.</b></p>

**We will be closed May 22 and 24<sup>th</sup> for Victoria Day weekend.**

To register: email [ycdearlyonscreen@gmail.com](mailto:ycdearlyonscreen@gmail.com)

**Include: names of Parent & child(ren), program name, day of the week and phone number.**  
Maximum of three (3) virtual programs per child, Parent Workshops are unlimited.

A zoom link for each individual program will be emailed separately to you.

[EarlyON@yorkchild.ca](mailto:EarlyON@yorkchild.ca)

[www.yorkchild.ca](http://www.yorkchild.ca)

<https://www.facebook.com/EarlyON-Child-and-Family-Centre-Newmarket-East-Gwillimbury-Georgina-104712417854499>

## ***Family/parent support will be available following each program.***

*For individual support*, please email [ycdearlyonscreen@gmail.com](mailto:ycdearlyonscreen@gmail.com) and an EarlyON Educator will phone or email you back. This could be for general parenting questions regarding child development and early learning support as well as Triple P strategies.

You may also call the centre at 905-853-0754 and leave a message.

Please visit our Facebook page. We have a range of at home activities, recorded songs and stories by our EarlyON Educators and links to many parenting supports.

<https://www.facebook.com/EarlyON-Child-and-Family-Centre-Newmarket-East-Gwillimbury-Georgina-104712417854499>

**\*It is not our intent to have your baby watching the screen – they should be interacting with you. Your baby does not need to be awake or participate, the program is for you (the parent) to connect with others and to learn some new activities to do with your infant.**

For most programs, you will receive weekly emails with enough time to ensure materials are available for you and your child to fully participate.

**Program descriptions:** (please note: not all programs are offered on every calendar)

**Little Chefs:** together we will make a nutritious and delicious lunch. The menu will be emailed with enough time to ensure ingredients are available for child to fully participate. 2-6 years

**Little Bakers:** together we will make delicious baked goods. The menu will be emailed with enough time to ensure ingredients are available for child to fully participate. 2-6 years

**Junior Scientists:** circle time followed by science experiments for our younger children, using items typically found in your home. 18-36 months

**Discovering Science:** Each week a science concept will be explored through hands on experiences. with items you can find around the house. 3-6 years

**Family Fun:** Each week will have a different focus. Every week will have a circle time followed by theme specific activities. Themes may include Beach time, PJ party, teddy bear's picnic, little artists, little musicians. 1-6 years

**Let's Create:** This program will focus on creative art activities. 3-6 year olds.

**Bedtime Songs and Stories:** A few lively songs to start our program, followed by a story and closing off with new and old favourite lullabies. The 30 minute program is a great way to end off the day and get ready for a sweet sleep. Birth to 6 years

**Yoga:** An interactive program during which children and parents will learn yoga poses and "balloon" breathing which may help children (and parents) in supporting self regulation skills. Listening to and following along with others is a valuable skill that may be learned in this program. 2.5 - 6 years

### **Time For Twos**

Program will start with songs and books, then will move on to fun activities for two year olds. May include, early literacy and math, exploring their senses, becoming more active and creative arts. 24-36 months

**Baby Move and Grove:** You and your baby will be engaged in active songs and rhymes to get us moving! Our music and movement circle will be followed by floor activities that encourage your baby to move on their own. Birth to 12 months



## EarlyON Newmarket

York Child Development & Family Services Inc.  
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Newmarket, L3Y 7R8  
905-853-0754

**Preschool Play to Learn**: In this program, children are exposed to different skills that they develop during their preschool years and could master later in Kindergarten. The main theme of this program is play through which much learning happens in different aspects such as literacy, numeracy, science ..etc. 2-4 years

**Baby Messy Play**: Exploring with all five senses helps to promote early literacy skills. We will “get messy” with a range of textures, which may include a variety of safe (and some edible) fun, interesting and yes, messy materials. Join us for a session of fun activities and wonderful sensations! 4-12 months

**Let’s Get Physical**: During this program we will stretch & bend and experience exercise activities that will help to keep our bodies healthy. Being active together benefits everyone and helps improve children’s balance, co-ordination, strength, endurance and confidence. 2.5 - 6 years

**Story Stretchers**: This is an exciting opportunity to explore a favourite story and bring ideas from the book into your everyday world. We will read a book together and families will experience aspects of the story using a variety of early learning activities as we take the concepts and ideas discussed into all of our learning areas. We will integrate the children into the story with drama, games, crafts and sensory experiences. 2-4 years

**Fun with One’s** This program also includes a circle time with songs and stories, interactive activities. 12-24 months

**EarlyON Circle**, a program filled with a variety of songs, tickles and rhymes as well as story time. Birth to age 6

**Toddler Time** circle time and activities for children 18 months-3 years

**Songs and Stories in French and English** a circle time done in both French and English, prior knowledge of French not required. 1-6 years

**Healthy Families** involves fitness, healthy snack and stress management/relaxation. 2-6 years

**Dramatic Play** each week we would create something like a restaurant, grocery store etc. 2-6 years

**Journey to Kindergarten** is a 2 part program. The child portion will support children and families to have a successful transition to Kindergarten. The parent portion aims to provide parents with an avenue to gather ideas and information on how to set a solid foundation in all domains of learning which will contribute to positive experiences and outcomes for children.

**Twinkle Toes** we will introduce a balance of unstructured and carefully structured movement to stimulate children’s engagement in active, imaginative play which supports their ongoing physical, intellectual, emotional and creative growth. 2.5-6 years

**Sing & Sign** An introduction to American Sign Language for Hearing Infants and Toddlers, this program is designed for families with infants interested in exploring an alternate form of communicating. The sessions use songs and games as tools, allowing you to include signing in everyday routines. Birth- 12 months

**Parent-Child Mother Goose** is a interactive group experience for parents and their babies. This extraordinarily popular program focuses on the pleasure and power of using rhymes, songs and stories together. Birth- 12 months

**My Baby & Me** during this program you will have the opportunity to engage in songs, bounces and activities while networking with other families. Birth- 12 months

**Infant Massage** Learn the benefits of infant massage in this introductory program. Through massage, your baby may experience improved digestion, better sleep, and stress relief. It is a gentle way to connect with your baby and with other parents in a supportive environment.

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## **Parent Workshops on Mondays**

**Food Before One** Workshop for parents of infants birth to 12 months. Food Before One, in partnership with Registered Dietitian Ahuva Magder Hershkop will cover considerations for how to choose between various methods for introducing solids, key nutrients of concerns in this age group, the most recent evidence for allergen prevention and strategies for introducing allergens as well as how to promote self-feeding.

**Toddler Nutrition** Workshop for parents of children 1 to 3 years. In this program we will focus on the natural shifts that happen in going from feeding an infant to feeding toddlers! We'll share the most common concerns parents have around feeding children at this age, why picky eating tends to emerge at this age and how to properly navigate parents and children's responsibilities at the table to prevent or address picky eating. In partnership with Registered Dietitian Ahuva Magder Hershkop.

**School Time Success** Workshop for parents of children 4 to 6 years. Even if your child eats well at home, school can pose a whole new mealtime experience! We will cover "how much" to pack in your child's lunch, what to do if the lunch comes home full, how to prep your child for the new lunchroom experience, and what changes might need to happen to the dinner routine during the transition phase! In partnership with Registered Dietitian Ahuva Magder Hershkop.

**Positive Food Foundations** Workshop for parents of children birth to 6 years. In this program we will cover why mealtime is such an important learning opportunity for parents and children and how to create a successful mealtime. If you've been wondering how to know "how much" is enough for your child, how to serve new foods so your children will eat them, how to encourage your children to eat vegetables and how to use mealtime to foster independence in other areas! In partnership with Registered Dietitian Ahuva Magder Hershkop

**Fear less Triple P Seminar** introduces parents to a wide range of strategies for managing children's anxiety in a single session seminar program.

**Speech & Language** an informal, interactive workshop with a *York Region Preschool Speech and Language Program\** speech-language pathologist. The workshop will highlight; how speech develops, what we can do to encourage language in our children and what to do if you suspect a delay.

**Benefits of Outdoor Play** discussion around the importance of unstructured play outside.

**Infant Sleep Strategies** parents have the opportunity to learn how to encourage healthy sleep patterns for their baby. Parents will also learn how to get the sleep they need