

EarlyON Child and Family Centre

2nd Floor, Stone Road Mall
435 Stone Road West, Guelph, ON

519-821-6638 ext. 204
earlyon@guelphchc.ca



www.guelphchc.ca/familiesandchildren



facebook.com/EarlyONGuelph

Highlights this Season . . .

Our Annual
Teddy Bear Picnic
with Erick Traplin



Wednesday, June 13

Rain date: June 20

Riverside Park

Small Pavilion

10:00am-11:30am

Pre-registration not required



Our Parent Educators can help!
To answer your questions about sleep, behavior or anything else you are concerned about. If they are not able to answer your question in program, they will gladly make an appointment. They may also support referrals to specialized services.



EarlyON Program Guide

April - June 2018

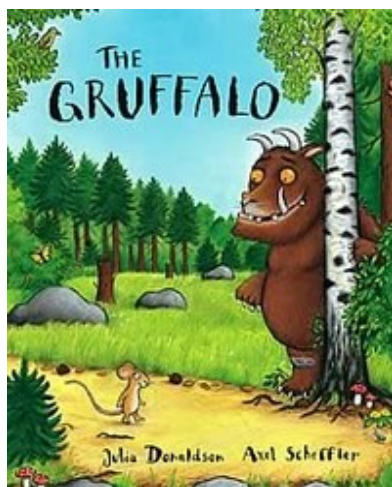
We offer free play-based activities for children and their parents and caregivers.

Office & Program Closures

| | |
|------------------------------------|-------------------------|
| Mon Apr 2 Easter | Brant Playtime |
| Fri Apr 20 | Downtown Playtime |
| Mon May 21 Victoria Day | All Programs |
| Thu May 24 | All Morning Programs |
| Wed Jun 06 | Westwood Playtime |
| Thu Jun 07 | Brant Waverley Playtime |
| Mon Jul 02 Canada Day | All Programs |

Remember to check our website & Facebook page for last-minute program cancellations!

Don't miss our
Gruffalo Story Walk
Friday, June 8
(details on page 3)



Child development or parenting questions?



1 844 4 KIDS 11
(454-3711)

Call to access
Support and Services for
Children & Families
Guelph-Wellington-Dufferin

Call Here4Kids to speak with a service coordinator about linking to services for challenges relating to:

- talking
- walking
- moving
- learning
- playing
- development

1 844 4 KIDS 11



Call Let's Talk Parenting to speak with a public health nurse about:

- pregnancy
- breastfeeding
- mom & baby care
- nutrition
- child health
- parenting



1-800-265-7293 ext. 3616

Drop-In Programs

| Day | Program | Time | Location |
|------------------|--|-----------------|--|
| Monday | Downtown Playtime (new location) | 9:15am-11:30am | First Steps Daycare - 55 Delhi St. |
| Tuesday | Stone Road Mall Playtime | 9:15am-12:15pm | Stone Road Mall Site |
| | Aberfoyle Playtime | 9:30am-11:30am | Puslinch Community Centre 23 Brock Road South |
| | Infant Afternoons (birth up to 8 mos) | 2:00pm-4:00pm | Stone Road Mall Site |
| | Stone Road Mall Playtime | 2:00pm-4:30pm | Stone Road Mall Site - half room |
| Wednesday | Stone Road Mall Playtime | 9:15am-12:15pm | Stone Road Mall Site |
| | Downtown Playtime (new location) | 9:15am-11:30am | First Steps Daycare - 55 Delhi St. |
| | Infant Afternoons (9 mos up to 18 mos) | 2:00pm-4:00pm | Stone Road Mall Site |
| | Stone Road Mall Playtime | 2:00pm-4:30pm | Stone Road Mall Site - half room |
| Thursday | Stone Road Mall Playtime (except May 17- Jun 21) | 9:15am-12:15pm | Stone Road Mall Site - half room until 11 |
| | Stone Road Mall Playtime (May 17-Jun 21) | 11:15am-12:30pm | Stone Road Mall Site |
| | Stone Road Mall Playtime | 2:00pm-7:00pm | Stone Road Mall Site |
| Friday | Stone Road Mall Playtime | 9:15am-12:15pm | Stone Road Mall Site |
| Saturday | Stone Road Mall Playtime | 9:30am-1:00pm | Stone Road Mall Site |
| | Daddy & Me (Apr 7, May 5 and Jun 2 only) | 2:00pm-3:30pm | Stone Road Mall Site |

Special Events - Drop-In

| Program | Dates | Time | Location | Description |
|---|---|-----------------|----------------------------------|---|
| Teddy Bear Picnic (ages birth to 6) | Wednesday Jun 13 Rain date: Jun 20 | 10:00am-11:30am | Riverside Park Small Pavilion | Bring your favourite bear and join in all of the activities. Erick Traplin's interactive musical performance complete with bubbles, bubbles and more bubbles wraps up the morning. |

As of January 2018, Ontario's children and families will have access to enhanced programs and services through EarlyON Child and Family Centres.

The new EarlyON centres will transform Ontario's four child and family programs by integrating them into one common system that offers a consistent set of core services across the province, as well as others tailored to local needs. The existing programs to be consolidated under the EarlyON umbrella are:

- **Ontario Early Years Centres**
- **Parenting and Family Literacy Centres**
- **Child Care Resource Centres**
- **Better Beginnings, Better Futures**

EarlyON Child and Family Centres provide opportunities for children from birth to 6 years of age to participate in play and inquiry-based programs, and support parents and caregivers in their roles. These centres will offer safe and welcoming environments open to all families across Ontario, with qualified professionals and quality programs. Families and caregivers will be able to find support, advice, make personal connections and access a network of resources.

In Guelph and Wellington, this new work builds upon the current services being delivered by Guelph CHC and our Ontario Early Years Centre with gradual changes to services and programs commencing January 2018. We will continue to keep you informed of any changes or new announcements during this multi-year transition process.

Eligibility for Programs Unless otherwise stated children are eligible for all programs up to December 31 of the year they turn 6. Programs are open to all parents regardless of age. Caregivers must be 18 years or older. There is a maximum of 5 children per adult for drop-in programs.

| | |
|------------------------|------------------------|
| Program Starts: | Sign up Starts: |
| April | Tue Mar 13 |
| May | Tue Apr 10 |
| Jun | Tue May 08 |

TO REGISTER: Come to the **EarlyON Child & Family Centre Stone Road Mall Site** or call 519-821-6638, ext 204. Registration begins at **9:15am**. Register early as programs fill quickly. Each child may participate only once in each registered program. Each child may attend only one registered program per month. A maximum of 3 children per adult for registered programs. **Please plan to attend all classes of the session for which you register**

Registered Programs - See registration procedure above

| Program | Dates | Time | Location | Description |
|---|--|---|---|--|
| Infant Massage (birth to pre-crawling) | Tuesdays Apr 3-24 May 1-29 Jun 5-26 Wednesdays May 9-30 Jun 6-27 | 3:00pm-4:15pm 1:30pm-2:45pm 1:30pm-2:45pm | Guelph CHC Downtown (Children's Room) -may accommodate siblings Stone Road Mall Site (Meridian Room) East Side Library Branch 1 Starwood Dr | Infant Massage connects you deeply with your baby. It helps you to understand your baby and respond with love and respectful listening. You and your child will love the special time together! (Please bring a yoga mat and towel <u>or</u> a blanket and towel.) |
| 1 2 3 Come Play With Me! (2 to 4 years) | Thursdays Apr 12-May 10 | 9:30am-11:00am | Stone Road Mall Site - Siblings are welcome | Fun using hula hoops, bean bags, balls etc. combined with songs, stories and art activities for children and their parents or caregivers. |
| Kindergarten Readiness (Children entering JK in Sept) | Thursdays May 17-Jun 21 | 9:30am-11:00am | Stone Road Mall Site | Preparing to begin school is an exciting time and a great opportunity for children and parents to learn together. Join this play-based program where we explore the fundamentals. |
| Speed River Stroller Walk (4 weeks) | Thursdays Jun 7-28 | 10:00am-11:30am | Meet at Royal City Park Gazebo Cancelled If raining at 9:00am | Get some exercise! You choose the pace. Meet other parents, talk to a Parent Educator. Circle time at 11:15am |
| Gruffalo Story Walk (2-6 years) Siblings are welcome | Friday Jun 7 | 10:00am-11:00am | Meet at Royal City Park Gazebo Cancelled If raining at 9:00am | Enjoy reading " <i>The Gruffalo</i> " by Julia Donaldson while going for a stroll in the park! Story related crafts and activities included. |
| Birthday Books | Fridays Apr 27 May 25 Jun 22 | 1:00pm-3:00pm | Stone Road Mall Site | A program for children turning 1 through 6 who will celebrate a birthday that month. Special guests read stories, we have a healthy snack and birthday cake and birthday children may choose a free book. |

Parent Support Programs - Registration required - See procedure above

| | | | | |
|---|---|-----------------|----------------------|--|
| Early Years Baby Basics (birth to 4 months) | Wednesdays Apr 4-May 2 May 23-Jun 20 | 10:00am-11:30am | Stone Road Mall Site | Explore your questions and expectations during the first 6 months of parenting. Topics include child development, parenting, attachment, sleep, postpartum mood disorder, and nutrition. |
| Understanding Challenging Behaviours | Wednesday May 23 | 6:30pm-8:00pm | Stone Road Mall Site | A one -evening workshop to discuss the challenges of emotional meltdowns in a dynamic Q-A format. No child care provided. Babies in arms welcome. |
| Circle of Security® (8 weeks) | Thursdays Apr 19-Jun 14 *No class May 17 | 6:30pm-8:00pm | Stone Road Mall Site | Explore the question: Why does my child behave this way? Children's behaviour is their way of communicating. Learn different ways to respond and reduce family stress. No child care provided. Babies in arms welcome. |

Drop-In Programs

| Day | Program/Date | Time | Location |
|-----------|---------------------------|----------------|--|
| Monday | Brant Playtime | 9:30am-11:30am | Brant Ave Public School, 64 Brant Ave, Community Room |
| | Downtown Playtime | 2:30pm-4:30pm | Guelph CHC Downtown - lower level |
| Tuesday | Downtown Playtime | 9:15-11:30am | Guelph CHC Downtown - lower level |
| | Grange Hill Playtime | 9:30am-11:30am | Ken Danby School, 525 Grange Road, Community Room |
| | Clairfields Playtime | 9:30am-11:30pm | St. Paul Catholic School, 182 Clairfields Dr. E. |
| Wednesday | Two Rivers Playtime | 9:30am-11:30am | Sacred Heart Church Hall, 98 Alice St. (please use Huron St. door) |
| | Westwood Playtime | 9:30am-11:30am | Three Willows United Church, 577 Willow Rd. |
| | WE Breastfeed Café | 1:00pm-2:30pm | Guelph CHC Downtown - Children's Room |
| Thursday | Brant & Waverley Playtime | 9:30am-11:30am | New Life Church, 400 Victoria Rd. N. |
| | Parkwood Gardens Playtime | 9:30am-11:30am | Parkwood Gardens Church, 501 Whitelaw Rd. |
| Friday | Downtown Playtime | 9:15am-11:30am | Guelph CHC Downtown - lower level |

Registered Programs - See registration procedure at top of page 3

| Program | Dates | Time | Location | Description |
|---|------------|---------------|--|--|
| Raising Competent Eaters -Guelph Family Health Team | Wednesdays | 2:00pm-3:30pm | Stone Road Mall Site | Covers safety concerns, myths/facts about intro to solids, foods to meet nutritional needs, strategies for better food acceptance and help in how to raise competent eaters. |
| Introduction to Solids | Apr 11 | | | |
| Making your Own Baby Food | Apr 18 | | | |
| Raising a Healthy Happy Eater | Apr 25 | | | |
| (Register for 1, 2 or all 3 dates) | | | No child care provided. Babies in arms welcome. | Help families and children to enjoy meal-time together while building food acceptance and self regulation skills around food. We will address the topic of selective eaters. |

Learn how your child (birth to six) is speaking, moving, learning, acting and playing.

Speak to someone at: **EarlyON Child & Family Centres in Guelph & Wellington County**
Brant Neighbourhood Group - Grange Hill Neighbourhood Group - Two Rivers Neighbourhood Group
 or call **HERE 4 Kids 1-844-454-3711**

We gratefully acknowledge the support of our Partners and Funders.



27Apr



We welcome your feedback anytime:

earlyon@guelphchc.ca
or 519-821-6638 ext. 204



Please remember we are a peanut-free and scent-free centre.

Look for our July-August 2018 Program Guide the first week of June

Interested in Volunteering?
Come speak to us!