









Mon	Tues	Wed	Thurs	Fri	Sat
	Please check our website for program cancellations due to weather. www.pcfk.on.ca	1 Drop-in 9-11:30 & 1:30-4:30  Active Kids @ 11 <u>Dancercise</u> <small>*Getting Ready For K 1:30 pm – 3pm*</small> Young Parent's Place 5 – 7 pm	2 Drop-in 9 – 11:30 a.m. Sing a Long @ 11 Breast Feeding Buddies 1-2 pm Playroom closed pm	3 Jubilee (0-6 yrs) 9:30-11:30 Circle: <u>Felt board Story @ 11</u> Baby Time 9-12 @ EYC Messy Play @ 1:30-3:30	4 Multiple Births Chat with an experienced mom at 10:30 Drop-In 9:00 – 12:00 Heartburn Day 11-2 See You There
6 *Family Time* 9:30 – 11:00 a.m. Parent Chat Beating the Winter Blahs! (Bring your ideas) Playroom closed pm	7 Drop-in 9-11:30 & 1:30-8:00pm Sing-a-Long @ 11 Skate and Play -CANCELLED *ESSO Family Math* 6–7:30pm	8 Drop-in 9–11:30 & 1:30–4:30 Story Time @ 11 <u>Let's Share a Story</u> <small>*Getting Ready For K 1:30 pm – 3pm*</small> Shakespeare: Parachute Play 10:00 – 11:30 a.m.	9 Drop-in 9 – 11:30 a.m. Friendship Party (Wear your Red & White) Stories, Songs & Snack @ 11 Playroom closed pm	10 Jubilee (0-6 yrs) 9:30-11:30 Friendship Party Circle: <u>Songs & Snack @ 11</u> Baby Time 9-12 @ EYC Crazy About Crafts @ 1:30-3:30	11 Play and Learn Drop-In 9:00 – 12:00
13 *Family Time* 9:30 – 11:00 a.m. Make & Take Valentine's Day Ideas Playroom closed pm	14 Drop-in 9-11:30 & 1:30-8:00pm  Active Kids @ 11 <u>Animal Action</u> Skate and Play -CANCELLED *ESSO Family Math* 6–7:30pm	15 Drop-in 9–11:30 & 1:30–4:30 Sing-a-Long @ 11 <u>Dancercise</u> <small>*Getting Ready For K 1:30 pm – 3pm*</small> Young Parent's Place 5 – 7 pm	16 Drop-in 9 – 11:30 am Story Time @ 11 <u>Let's Stretch a Story</u> <small>*Car seat Education* 1-4 p.</small> <small>Call to book an appointment</small> Playroom closed pm	17 Jubilee (0-6 yrs) 9:30-11:30 Circle: <u>Aerobic Fun @ 11</u> Baby Time 9-12 @ EYC Topic: Personalities Fun with Math @ 1:30-3:30	18 Play and Learn Drop-In 9:00 – 12:00
 Family Day Closed	21 Drop-in 9-11:30 & 1:30-8:00pm Story Time @ 11 <u>Books on CD</u> Skate and Play 1:30-3:15 *LAST ESSO Family Math* 6–7:30pm	22 Drop-in 9–11:30 & 1:30–4:30  Active Kids @ 11 <u>Rhythm Band/Dancercise</u> <small>*Getting Ready For K 1:30 pm – 3pm*</small> Shakespeare <u>Let's make up a story 10am – 11:30am</u> *Workshop : Minimizing Power Struggles* @ 7 p.m.	23 Drop-in 9 – 11:30 a.m. Sing-a-Long @ 11 Playroom closed pm	24 Jubilee (0-6 yrs) 9:30-11:30 Circle: <u>Sing-a-long @ 11</u> Baby Time 9-12 @ EYC *BABY PICASSO* @ 9:30 & 10:30 Music in Motion @ 1:30-3:30	25 Play and Learn Drop-In En Français 9:00 – 12:00
27 * Family Time* 9:30 – 11:00 a.m. Sandy McKay Social Skills and Your Child Playroom closed pm	28 Drop-in 9-11:30 & 1:30-8:00pm Sing a Long @ 11 Skate and Play 1:30-3:15	29 Drop-in 9–11:30 & 1:30–4:30 Story Time @ 11 <u>Big Book</u> <small>*Getting Ready For K 1:30 pm – 3pm*</small>	March Coming Events:  Parenting Workshop: Mar. 28 th @ 7 p.m. Building Resiliency: Helping your Child worry less  March Break Activities – Watch for updates  Baby Time Topic: Sleep Solutions – Mar 23 rd @ 10 a.m.		**Please pre-register for all starred programs. These programs require extra planning and/or staffing**

CHILDREN'S EARLY LEARNING PROGRAMS

PLAY AND LEARN DROP-IN Ages 0-6 yrs

Our ECE staff will set up a play environment full of activities for the children. Tuesday, Wednesday and Thursday morning the gym will be open from 10 – 11 a.m. There will also be a circle time at 11:00 a.m. each morning featuring one of the following:

STORYTIME – Circle time will include various types of stories for the children to enjoy such as felt board stories, making up a story together and story stretchers.

ACTIVE KIDS – The children will get an opportunity to move their bodies while playing with the parachute, doing exercises or jumping around to Jigga Jump.

SING-A-LONG – Children will get the chance to sing some of their favourite songs and even learn some new ones.

SHAKESPEARE: Drop-in Playgroup (0-6yrs) Shakespeare Presbyterian Church Every other Wednesday 10-11:30am

Join us for lots of games, crafts and social time for you and your child. Each session will feature a different type of circle. You are welcome to drop in. Circle time at 11 a.m.

INFANT PROGRAM (0 TO 18 MONTHS) Fridays 9–12:00. Circle at 10:30 a.m.

The program is designed to offer physical and sensory play for infants with their parents or caregivers. Join us for rhymes and songs, exploration of safe equipment, and support from staff and other parents.

JUBILEE PLAYGROUP (0-6 yrs)

Fridays 9:30 – 11:30 a.m. Circle at 11:00 a.m.

Families with toddlers and preschoolers can attend this Friday playgroup at Jubilee Christian Fellowship, 707 Downie St.

****GET READY FOR KINDERGARTEN** For children entering kindergarten this year or next. Siblings may also attend the EYC program.**

10 Wednesdays starting Jan. 11th, 1:30 – 3:00 p.m.

This program concentrates on early learning activities including alphabet, writing skills, math and social skills. Children are also introduced to Jolly Phonics.

Next session starts Tues. Mar. 6th. @ 6 p.m.

SPECIAL PROGRAMS (Adults and Children Together)

Multiple Birth Play and Learn – ***NEW*******

First Saturday of the Month, 9-12 p.m.

Join us for an opportunity to meet other multiple birth parents in an informal social setting. A multiples group is an invaluable resource for families, especially during pregnancy with twins, triples & more. Expectant parents welcome!! Siblings age 0-6yrs welcome as well as families without multiples ☺

ESSO FAMILY MATH

For 3-6 yr olds with their parents/caregivers

6 Tuesday evenings starting Jan 17th, 6 – 7:30 pm

This is a course full of hands-on activities designed to show parents how to teach their children math while going about their regular business.

Breastfeeding Buddies - 1st Thurs, 1-2 p.m.

The Breastfeeding Buddies Program will provide opportunities to access peer breastfeeding support, along with the presence of a lactation consultant & an Early Years professional. It is a drop in format and support people and siblings are welcome!

Play and Learn Drop-in En Français (0-6yrs)

Last Saturday of the month 9:00 – 12:00

Come join our staff for a French circle time, stories in French and even play some French games. If you are thinking of sending your children to French Immersion this is a great way to expose them to this wonderful language.

****Baby Picasso** for 0-18 months**

The last Friday of every month

Learn how to increase your baby's brain development through art and sensory experiences. Be prepared to get messy and have fun!!!!

Skate & Play @ the Stratford Rotary Complex

Tuesdays, starting October 11th, 1:30 – 3:15 p.m.

The Early Years Centre will set up a play and craft area during the Parent and Tot skate. You do not have to participate in the skate program in order to join our playgroup.

FOR PARENTS AND CAREGIVERS

FAMILY RESOURCES CONSULTANT

The Resource Consultant is available, by appointment, to discuss any challenges a family is facing with their child.

FAMILY TIME

Mondays, 9:30 – 11:00 a.m.

A variety of parenting topics will be discussed with parents while our ECE staff look after the children. Please pre-register on a weekly basis

****Car Seat Education****

Third Thursday of the Month, 1:00 – 4:00 p.m.

Call and book an appointment to come learn how to install your car seat by a team of trained technicians.

YOUNG PARENTS' PLACE

First and Third Wednesdays, 5-7 p.m.

A place for young parents to learn more about parenting and get support from other young parents. Supper, child care and assistance with transportation are provided.

SPECIAL THIS MONTH

Heartburn Day at the Stratford Rotary Complex

February 4th, 11:00 – 2:00 p.m.

Visit us at the children's area while you enjoy your chilli!

Minimizing Power Struggles

Wednesday February 22nd, 7:00 - 8:30 p.m.

Learn about the power of using firm clear limits to encourage cooperation and minimize the frequency of power struggles in the home. Pre-registration required. Limited childcare available.

Friendship Party, Thursday Feb 9, 9am-12pm

Wear your red and white and join us for some special Valentine's Day activities and crafts. There will be a special circle and snack at 11 am.

RESOURCE ROOM

Monday – Friday 9:00 a.m. – 5:00 p.m.

Tuesday 5:00 – 8:00 p.m.

Also open Saturday 9:00 a.m. – 12:00 p.m.

There are books, pamphlets, and videos available to lend, as well as access to the internet. We have a die press and a laminator. We can laminate your work for \$1.00 per foot.

MEET US AT THE CENTRE

Early Childhood Educators: Rose, Julie, Judy

Coordinator: Joanna Grogan

Early Literacy Specialist: Donna Feeney

Administrative Assistant: Kim Parsons

Data Analysis Coordinator: Ken Clarke