

February 2019 at the EYFC

Welcome to another month at the Early Years Family Centre's. We are excited to continue sharing a variety of programs with you.

We welcome children up to age 6 along with their parents or caregivers to join us for opportunities to learn through play and exploration.

Risky Play for Children - Adapted from Resources listed below.

Risky play is an important piece of childhood with benefits to a child's overall development and the skills learned become the building blocks for many future skills. Some benefits include developing confidence, strong motor skills, patience, and having adequate body awareness. Risky play particularly exists in gross motor experiences but can be included in many other areas including messy play, using real tools or a variety of open-ended materials.

Children's neurological systems are built to naturally seek out sensory inputs to fulfill their learning needs. When they explore activities that adults might view as risky play such as jumping over rocks or spinning in circles, climbing up the slide it allows them to feel challenged, use their judgment and organize their senses. Allowing those risks helps to expand their confidence, their thought-processes, their creativity, and their fine and gross motor abilities.

As adults we have to acknowledge that there is risk in children's play and some bumps and bruises are unavoidable. Our role is to create a safe space in which children can take age-appropriate risks in a hazard-free environment. Adults can support the learning experience by checking the yard for hazardous objects and removing broken toys and equipment. While paying close attention we are able to step in and provide support if we feel the child is in danger. When we allow some level of risk we let the child know we trust them and ensure we do not become a barrier to healthy child development.

Resources:

1. <http://www.communityplaythings.com/resources/articles/2016/the-importance-of-risk>
2. <http://www.communityplaythings.com/resources/articles/2017/remove-the-bubble-wrap>
3. <http://www.communityplaythings.com/resources/articles/2013/the-role-of-risk-in-play-and-learning>

Sacred Heart Location

1325 Argyle St.
(Entrance on Argyle Street)
(306) 529-2520

Dr. L. M. Hanna Location

55 Davin Cres
(306) 791-8229

St. Matthew Location

4710 Castle Road
(Northwest entrance by the playground)
(306) 519-8588



Many children attending our programs have **severe allergies**. Help keep them safe by **not bringing peanuts or nut products** to the centres. Thank you for your cooperation.

Centre Hours

St. Matthew

Mon - Thurs 9:00 a.m. - 4:00 p.m.

Friday 9:00 a.m. to 1:00 p.m.

Dr. Hanna

Mon - Thurs 9:00 a.m. - 4:00 p.m.

Friday 9:00 a.m. to 1:00 p.m.

Saturdays 9:00 a.m. to 1:00 p.m.

(closed February 16th)

Sacred Heart

Mon - Wed 9:00 a.m. - 4:00 p.m.

Thurs 12:30 p.m. - 7:30 p.m.

Friday 9:00 a.m. to 1:00 p.m.

(Sacred Heart will be closed Feb 1st)

All Centres Closed

February 18th & 22nd



February

Sacred Heart Location

Drop in Play

Monday to Wednesday 9:00-4:00; Thursday 12:30-7:30;

Friday 9:00-1:00

MONDAY

11:00 Music with Tyne (*All Ages*)

Parents, caregivers and children will experience music together. Come join our music therapist as she leads the group in songs and movement. Limited to the first 20 families and door closes at 11:05.

1:30 & 2:30 Baby & Me Yoga (*45 minute sessions*)

Focuses on strengthening the physical, emotional and spiritual bond between you and your baby. Using interactive slow-moving postures.

TUESDAY

10:30 Rhythm and Rhyme Story Time (*All Ages*)

Explore and develop early language and literacy skills through stories and songs using drums and other instruments.

WEDNESDAY

10:30 Mini Movers (*Ages 18 month to 3 years*)

An adult/child session focused on the development of basic motor skills through interactive play and activities.

THURSDAY 12:30 p.m. - 7:30 p.m.

5:30-7:00 Daddy and Me Drop In Play (*All Ages*)

Open ended opportunity for gross motor play with your child.

FRIDAY (Closed February 1st)

10:30 Flannel Circle Time (*Ages 3 and Up*)

Stories, songs and finger plays with the interactive use of felt characters that encourages children's participation.

Visiting Professionals:

Public Health Nurse:

- ◆ February 12th at 10:00
- ◆ February 26th at 10:00

Speech Language Pathologist:

- ◆ February 12th at 10:00

Public Health Nutritionist

- ◆ February 13th at 11:00

Triple P Practitioner:

- ◆ February 25th at 11:00

Additional Programming:

- ◆ Postpartum Wellness with KidsFirst Family Wellness Outreach team
February 28th at 1:00
- ◆ Baby Sign Demo with Stay & Play Parenting
February 12th at 9:30

Guest Visitors:

- ◆ Mindful Hearts Preschool
Feb 12th at 9:30
- ◆ Mommy Connection
February 20th at 10:30

Continued thanks to our
sponsors:



February

St. Matthew Location

Drop in Play

Monday to Thursday 9:00-4:00; Friday 9:00-1:00

MONDAY

10:00 Exploring the Sense (*Ages 2 and up*)

Join us as we use our 5 senses to engage in multi-sensory experiences. Using our senses to learn develops cognitive skills as well as other skills helping us to understand the world around us.

1:00 Music with Tyne (*All Ages*)

Parents, caregivers and children will experience music together. Come join our music therapist as she leads the group in songs and movement.

TUESDAY

10:00 Mainly Mother Goose (*Birth to 24 months.*)

A parent-child interactive program filled with songs, rhymes, bounces and books for children under two years.

Brought to you in Partnership with Regina Public Library.

1:30 Baby Blanket Time (*Birth to 12 months.*)

Parents and caregivers of babies under 1 year old can meet and socialize together. Learn songs, rhymes and finger plays to play with your baby. Bring your baby's favourite blanket along.

WEDNESDAY

10:00 Spanish Circle Time (*All Ages*)

Join us for a time of songs, poems, vocabulary and movement introducing your little one to Spanish.

1:30 Together for Tales (*Ages 3 and up*)

Come and expand your literacy and creative imagination with stories, and songs.

THURSDAYS

10:30 Young Chefs (*Ages 3 and up*)

Pre - Register at 306-519-8588

An engaging program that delight your senses and explore early mathematic and science skills while building self esteem and healthy habits.

FRIDAYS

10:30 Preschool Picasso (*Ages 3 and Up*)

Join us in this free-form creative experience where we enhance motor skills while exploring a variety of sensory and art materi-

Visiting Professionals:

Public Health Nurse:

- ◆ February 19th at 1:30

Speech Language Pathologist:

- ◆ February 11th at 1:30

Triple P Practitioner:

- ◆ February 13th at 10:30

Additional Programming:

- ◆ Intergenerational Music at Broadway Terrace
February 28th at 10:30
- ◆ Potty Training Tips with Triple P February 12th at 11:00

Guest Visitors:

- ◆ Pre-Kindergarten Visiting Feb 14th at 9:30 and 1:15

Continued thanks to our sponsors:



February

Hanna Location

Drop in Play

Mon - Thurs 9:00-4:00; Friday & Saturday 9:00-1:00

MONDAY

9:20 Music with Tyne (All Ages)

Parents, caregivers and children will experience music together. Come join our music therapist as she leads the group in songs and movement.

TUESDAY

10:30 All About Me (All Ages)

A Time to Explore our Feelings.

WEDNESDAY

10:30 Creative Exploration (Ages 3 and up)

Develop creativity and exploration while exploring a variety of art materials.

1:45 Mainly Mother Goose (Birth to 24 months.)

A parent-child interactive program filled with songs, rhymes, bounces and books for children under two years.

Brought to you in Partnership with Regina Public Library.

THURSDAYS

10:30 Through Kohkom's Eyes (All ages)

An interactive exploration of Indigenous teachings through songs, rhymes, stories, music food and other hands-on learning experiences.

FRIDAYS

11:15 Move with Me (0-6 year olds with caregivers)

Learning through play and supporting healthy child development through physical movement. Class requires parent participation.

SATURDAYS (Closed February 16th)

Open for Drop in Play 9:00-1:00.

Visiting Professionals:

Public Health Nurse:

- ◆ February 4th at 9:00

Speech Language Pathologist:

- ◆ February 6th at 11:00

Triple P Practitioner:

- ◆ February 8th at 9:00

Additional Programming:

- ◆ Baby Babble with the Speech Language Pathologist February 12th at 11:00
- ◆ Toddler Talk with the Speech Language Pathologist February 26th at 11:00

Guest Visitors:

- ◆ Prekindergarten Visiting February 8th at 9:30
- ◆ Seven Stones Developmental classroom February 28th at 1:15

Mum and Baby Plus extra children (M&B+) Free Drop-in Mon/ Wed / Fri at 12:30

Classes Held at Argyle Park Community Centre

PLEASE BRING: Clean indoor shoes, water bottle and whatever your baby needs!

PLEASE CHECK @onetoughmamafitness on Instagram and Facebook the morning of class to ensure no cancellations.

**No Classes
February 18th**