

January 2019 at the EYFC

Welcome to the new year 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.

Building Healthy Routines

Routines can be a challenging component of parenting but building regular routines is a great way to build family bonds and provide a way for families to feel more organized. There are many benefits to a child when routines are implemented. Benefits include: a sense of safety and belonging, development of skills, building healthy habits and promoting confidence and independence. There are many benefits to caregivers as well including more free time, and a feeling of being more organized. Children also typically feel more empowered when things are predictable and this can result in more cooperative children!

Good routines are typically well-planned and consistent, they occur regularly and are predictable for the child. They happen in the same order and are part of everyday family life.

Some possible routines for Young Children would be:

- Getting ready in the morning
- Bath time
- Eating meals
- Quiet time
- Storytime
- Bedtime
- Outdoor time

Options for Family Routines can also be considered such as, movie nights, one on one time, having mealtime together, regular outings, or play time

Remember as you implement new routines it is important to be patient while your child is learning and that once consistent routines are set it can create a calmer household with reduced stress for everyone. It is also important to recognize that too much routine can reduce the overall benefits and it is ok to have some flexibility at times to support the child's creativity.

Resources:

1. <https://www.ahaparenting.com/parenting-tools/family-life/structure-routines>
2. <https://raisingchildren.net.au/babies/family-life/routines-rituals/family-routines>
3. <https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>

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.
(Starting January 12th)

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.

All Centres Closed

January 1st



January

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 Baby & Me Yoga (6 weeks to 12 months)

2:30 Baby & Me Yoga (6 weeks to 12 months)

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

Spaces available to first 10 participants signed in at Sacred Heart for each session

TUESDAY

10:30 Creative Flow (*Art experiences for all Ages.*)

Exploration of various art techniques and materials in a process based experience. Come prepared to get messy.

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 New Hours 12:30 p.m. - 7:30 p.m.

No scheduled programs, open for drop-in play.

FRIDAY

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:

- ♦ January 15th at 10:00
- ♦ January 30th at 1:30

Speech Language Pathologist:

- ♦ January 15th at 10:00

Triple P Practitioner:

- ♦ January 8th at 10:30

Additional Programming:

- ♦ Happy Healthy Eater
January 23rd at 1:30
(pre-register at
306.766-7370 or email:
healthpromotionsRQHR@rqhealth.ca)

Guest Visitors:

- ♦ Pre-Kindergarten Visit
January 18th at 9:30

Continued thanks to our
sponsors:



Government
of
Saskatchewan

KidsFirst



January

St. Matthew Location

Drop in Play

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

MONDAY

10:00 Make & Take (Ages 2 and up)

An opportunity to explore a creative art activity with your child and a treasure to take home.

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.)

Starts January 8th

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

9:30 Zen Babies (6 months and under)

[Pre-Register at familycentre@reginakids.ca](mailto:familycentre@reginakids.ca)

This safe ancient massage is based on harmonizing the energy, meridians and organs of the baby with the use of gentle yet firm even rhythmic movements. Babies love it.

(3 week program: Jan 9th, 16th & 23rd)

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](tel: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

No scheduled programs, open for drop-in play.

Visiting Professionals:

Public Health Nurse:

- ◆ January 8th & 29th at 1:30

Speech Language Pathologist:

- ◆ January 21st at 1:30

Public Health Nutritionist

- ◆ January 16th at 11:00

Triple P Practitioner:

- ◆ January 16th at 1:30

Additional Programming:

- ◆ Intergenerational Music at Broadway Terrace
January 24th at 10:30

Continued thanks to our sponsors:



January

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.)

Starts January 9th

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.

Visiting Professionals:

Public Health Nurse:

- ♦ January 7th at 9:00

Speech Language Pathologist:

- ♦ January 9th at 11:00

Triple P Practitioner:

- ♦ January 9th at 10:30

Guest Visitors:

- ♦ Early Childhood Intervention program
January 17th at 1:30
- ♦ Pre Kindergarten January
18th at 9:15 and 10:45

Continued thanks to our
sponsors:



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!

Classes resume
January 7th