

May 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.

Take Play Outside!

One easy strategy to improve your child's overall health and extend their learning is to spend plenty of time outside. There are many benefits to time spent outside. One benefit is vitamin D, yes sunshine, exposure to the sun supports our body in many ways and can improve our immune system and overall mood. Outdoor play is also a natural facilitator of active play which supports the development of many skills. It is recommended that young children get at least 60 minutes of active play each day. The outdoors is a great facilitator of unstructured play that allows children to learn and practice many skills including, creativity, problem-solving, risk-assessment, troubleshooting, imagination and prioritizing to name a few. Nature has a beautiful way of capturing our attention to focus on something involuntarily, this gives us a break from focused learning. Time outside also helps children be more prepared to learn inside.

Children need opportunities to explore the beauty of nature in order to develop a true appreciation of it.

Ways you can enjoy the Outdoors with your Little One:

- scavenger hunts
- observe and sketch
- throw a ball
- explore holes and mud
- watch a tree through different seasons
- chase bubbles

Many indoor activities can also be taken outside, such as drawing, painting, and reading. Also when the weather conditions deter outdoor play it is important to also find ways to bring nature indoors, many interesting items from nature can be brought indoors to explore, sort, count, and draw!

We hope you are able to find many ways to enjoy the outdoors with your child!

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. L.M. 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.

(Last Saturday is May 11th)

Sacred Heart

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

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

All Centres Closed

May 3rd & 20th



May

Sacred Heart Location

Drop in Play

Monday to Thursday 9:00-4:00; 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 (*45 minute session*)

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

2:00 Baby Adventures (*For Babies sitting independently to early walkers*) Explore a variety opportunities for gross motor and sensory play.

FRIDAY

10:00 Baby & Me Yoga (*45 minute session*)

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

10:30 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, last session May 17th.

Visiting Professionals:

Public Health Nurse:

- ♦ May 13th & 27th at 10:00

Speech Language Pathologist:

- ♦ May 21st at 10:00

Public Health Nutritionist

- ♦ May 15th at 11:00

Triple P Practitioner:

- ♦ May 8th at 10:30

Guest Visitors:

- ♦ Pre-Kindergarten Visiting May 16th at 9:00 & 1:00
- ♦ Early Childhood Intervention Program May 16th at 10:00
- ♦ Pre-Kindergarten Visiting May 30th at 1:15
- ♦ Pre Natal Caring Circle with Four Directions May 15-June 19, 1-3 p.m.

Additional Programming:

- ♦ Postpartum Wellness with KidsFirst Family Wellness Outreach Team May 23rd at 1:00

Continued thanks to our sponsors:



May

St. Matthew Location

Drop in Play

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

MONDAY

10:30 Spanish Circle Time (*All Ages*)

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

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, last session May 14th.

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 Parent Child English Conversation Circle

Drop in to practice your English with literacy specialist from the Regina Public Library.

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*)

An engaging program that delight your senses and explore early mathematic and science skills while building self esteem and healthy habits. [Pre-Register at 306-519-8588.](tel:306-519-8588)

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 materials. Be prepared to get a little messy!

Visiting Professionals:

Public Health Nurse:

- ♦ May 14th at 1:30

Speech Language Pathologist:

- ♦ May 13th at 1:30

Triple P Practitioner:

- ♦ May 7th at 10:30

Additional Programming:

- ♦ Intergenerational Music at Broadway Terrace May 23rd at 10:30
- ♦ Tips on Building Routines with Triple P May 21st at 10:00

Guest Visitors:

- ♦ Mommy Connection May 15th at 11:00
- ♦ Pre-Kindergarten Visiting May 30th at 9:30

Continued thanks to our sponsors:



City of Regina



May

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

11:15 Mini Move with Me (*Ages 9 months-2 years with siblings & caregivers*)

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

2:00 Baby Adventures (*For Babies sitting independently to early walkers*) Explore a variety opportunities for gross motor and sensory play.

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, last session May 15th.

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 (*Last Saturday May 11th*)

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

Visiting Professionals:

Public Health Nurse:

- ◆ May 13th at 9:00

Speech Language Pathologist:

- ◆ May 1st at 11:00

Triple P Practitioner:

- ◆ May 15th at 10:30

Additional Programming:

- ◆ Happy Healthy Eater with the Public Health Nutritionist May 11th at 10:00 pre-register at healthpromotionsRQHR@rqhealth.ca306-766-7370
- ◆ Baby Babble with the Speech Language Pathologist May 7th at 11:00
- ◆ Toddler Talk with the Speech Language Pathologist May 21st at 11:00

Guest Visitors:

- ◆ Pre-Kindergarten Visiting May 2nd 9:00 & 1:00
- ◆ Mommy Connection May 4th at 10:30

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:

May 3rd, 8th & 20th