



REGINA
**Children's
Initiative**
Strong beginnings. Brighter future.

November 2018 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.

Supporting Social and Emotional Development:
(adapted from the article Fostering Healthy Social and Emotional Development in Young Children)

Children are born with the desire to connect, when caregivers establish positive relationship in the early years it lays the foundation for healthy social and emotional development. A strong social emotional foundation sets the foundation for future success in learning and health outcomes for the child. Being affectionate and responsive to a child's needs helps them feel safe and secure and encourages them to play and explore. Consistent and predictable routines are essential to creating an environment where a child feels secure. It helps the child to know what to expect and allows them to feel in control of their world. As children grow it is important to encourage them to express their emotions, as well as be an emotional role model for your little one. You can support this by responding calmly to situations, talk about your own feelings, and describe the feelings of others. Each child develops these skills at their own pace and if you are ever concerned about your child's progress it is important to talk to a healthcare professional.

Resource:

<http://talkingisteaching.org/assets/public-files/HHS-SED-Tips-for-Families.pdf>

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.

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

Nov 10th, 12th & 16th



familycentre@reginakids.ca



reginakids.ca/eyfc



Regina Early Years Family Centre

November

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 11:00.**

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 toddlers and 2's.)

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:

- ◆ Nov 26th at 10:00

Speech Language Pathologist:

- ◆ Nov at 20th at 10:00

Public Health Nutritionist

- ◆ Nov 21st at 11:00

Triple P Practitioner:

- ◆ Nov 6th at 10:30

Additional Programming:

- ◆ Nov 13th at 11:00
Baby Babble with the Speech Language Pathologist
- ◆ Nov 22nd at 1:30
Early Childhood Intervention Program Visiting
- ◆ Nov 27th at 11:00
Toddler Talk with the Speech Language Pathologist

Guest Visitors:

- ◆ Four Directions: Prenatal Caring Circle
Wednesdays 1:00-3:00
- ◆ Nov 8th at 1:30
McVeety Pre-kindergarten

Continued thanks to our sponsors:

City of Regina



REGINA
Infinite Horizons

Saskatchewan
LOTTERIES



November

St. Matthew Location

Drop in Play

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

MONDAY

10:30 Together for Tales (Ages 3 and up)

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

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 Nov 20th.

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: Nov 7, 14 & 21)

2:00 Making Musical Instruments (Ages 3 and up)

Join Us to use recycled materials to create musical instruments.

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.

2:00 Parent & Children English Conversation Circle

Students from the Faculty of Education at the University of Regina will be available for English conversation with you and your child.

FRIDAYS

No scheduled programs, open for drop-in play.

Visiting Professionals:

Public Health Nurse:

- ◆ Nov 6th & 27th at 1:30

Speech Language Pathologist:

- ◆ Nov 26th at 1:30

Triple P Practitioner:

- ◆ Nov 13th at 10:30

Additional Programming:

- ◆ Nov 20th at 10:00
Post Partum Wellness
- ◆ Nov 22nd at 10:30
Intergenerational Music at
Broadway Terrace
- ◆ November 29th at 1:30
Happy Healthy Eater
(pre-register at 306.766-
7370 or email:
healthpromo-
tionsRQHR@rqhealth.ca)

Continued thanks to our
sponsors:



November

Hanna Location

Drop in Play

Monday to Thursday 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 Move with Me (0-6 year olds with caregivers)

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

WEDNESDAY

9:30 Parent & Children English Conversation Circle

Students from the Faculty of Education at the University of Regina will be available for English conversation with you and your child.

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 Nov 14th

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

No scheduled programs, open for drop-in play.

Visiting Professionals:

Public Health Nurse:

- ◆ Nov 7 at 10:00
- ◆ Nov 26 at 9:00

Speech Language Pathologist:

- ◆ Nov 7th at 11:00

Triple P Practitioner:

- ◆ Nov 21st at 10:30

Guest Visitors:

- ◆ Nov 2 at 11:00 St. Peter's Pre-Kindergarten
- ◆ Nov 3rd at 10:00 Mommy Connections

Additional Programming:

- ◆ Nov 3rd at 10:00
Choosing Childcare
- ◆ Nov 24th
9:00-11:00 & 11:00 - 1:00
Infant First Aid
Pre-register at:
familycentre@reginakids.ca
space is limited.

Mum and Baby Plus extra children (M&B+) Free Drop-in Mon/ Wed 9:15 to 10:45; Fri 9:15

Classes Held at Argyle Park Community Centre

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

**No classes
Nov 9th, 12th & 23rd**