



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

## October 2018 at the EYFC

Welcome to fall 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.

### Talk, Read and Sing

Adapted from [www.talkingisteaching.org](http://www.talkingisteaching.org)

When you talk, read and sing to your child, whether a new infant or an energetic toddler, you are supporting their brain development. Even before children can use words research shows that using many forms of communication promotes positive well-being and helps them learn. Studies also show that caregivers should use the language there are most comfortable with to communicate with their little one.

During every day activities talk to you little one about what you are doing and seeing. Use words to describe the world around you. Responding to their sounds and making eye contact are easy ways to support your babies learning and build their confidence.

It is never too early to start reading books to little ones. A book is an excellent way to bond and you can inspire and love of books by sharing stories each day. If cannot manage to get through the whole story point to and talk about the pictures, its ok if you miss a few pages!

Singing is also another wonderful activity to get your little ones attention, and they love to hear your voice even if you think you cannot sing! The sounds of your voice is very comforting and singing similar songs during regular routines can help your baby feel safe and calm.

### 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

**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 October 13th - Dr. Hanna location Only)

**All Centres Closed**

**October 8th & 19th**



Please help us keep our space clean

by **taking off your outside footwear.**



Everyone is asked to please wear socks.



familycentre@reginakids.ca



reginakids.ca/eyfc



Regina Early Years Family Centre

# October

# 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 11:00.*

1:30 Baby & Me Yoga (non-mobile infants)

2:45 Baby & Me Yoga (mobile infants)

*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

10:30 Humpty Dumpty (*Birth to 24 months*)

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

### 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. Aimed at ages 3 and up.*

## Visiting Professionals:

### Public Health Nurse:

- ♦ Oct 10th at 1:30 & 31st at 10:30

### Speech Language Pathologist:

- ♦ Oct 16th at 10:00

### Triple P Practitioner:

- ♦ Oct 1st at 10:30

## Guest Visitors:

- ♦ Four Directions: Prenatal Caring Circle  
Wednesdays 1:00-3:00  
starting October 17th

Continued thanks  
to our sponsors:



# October

# 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.*

1:30 Baby Blanket Time (*Birth to 24 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: Oct 10, 17, 24)*

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:

- ◆ Oct 16th at 1:30

Speech Language Pathologist:

- ◆ Oct 15th at 1:30

Public Health Nutritionist

- ◆ Oct 17th at 11:00

Triple P Practitioner:

- ◆ Oct 9th at 10:30

## Additional Programming:

- ◆ Oct 25 at 10:30

*Intergenerational Music at  
Broadway Terrace*

# October

# Hanna Location

## Drop in Play

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

9:30 Young Explorers

A focus on process while exploring and experiencing different sensory and art materials. Come prepared to get a little messy during this time of exploration and creation. Ages 2-6.

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.

### 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:

- ♦ Oct 15th at 9:00

### Speech Language Pathologist:

- ♦ Oct 3rd at 11:00

### Triple P Practitioner:

- ♦ Oct 15th at 10:30

## Additional Programming:

- ♦ October 9th at 11:00 Baby Babble with the Speech Language Pathologist
- ♦ October 16th at 10:00 Post Partum Wellness
- ♦ October 20th at 10:00 Happy Healthy Eater (pre-register at 306.766-7370 or email: healthpromotionsRQHR@rqhealth.ca)
- ♦ October 23 at 11:00 Toddler Talk with the Speech Language Pathologist

## Guest Visitors:

- ♦ Oct 10th at 10:30 St. Jerome
- ♦ Oct 12th at 9:30 Learning Tree Preschool

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!

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

No classes

Oct 5, 8, 19, 26