



Regina Early Years Family Resource Centre

Airport Location – 2550 Sandra Schmirler Way | 306.510.4650 | reginafrcentreairport@gmail.com

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Drop-in Play 9:00-4:00	2 Drop-in Play 9:00-4:00 Infant Massage with Dad 6:00 pm <i>Moms welcome to attend</i>	3 Drop-in Play 9:00-4:00 Music & Movement 10:30 am Eensy Weensy Rhymers 1:00 pm	4 Drop-in Play 9:00-4:00	5 CLOSED for Stat Holiday Weekend
6	7 CLOSED for Stat Holiday	8 Drop-in Play 9:00-8:00 Family Yoga 10:30 am Bridges to Wellness 10:30-11:30 am Curious & Capable Toddlers 2:30-4:00 pm PMAD Peer Support Group 6:30-8:00 pm <i>registration required</i>	9 Drop-in Play 9:00-4:00 Baby BrainDance 10:30 am Infant Massage with Dad 6:00 pm <i>Moms welcome to attend</i>	10 Drop-in Play 9:00-4:00 Music & Movement 10:30 am Eensy Weensy Rhymers 1:00 pm Supporting Healthy Growing Babies & Beyond 1:30-2:30 pm	11 Drop-in Play 9:00-4:00 Building Bodies Through Play: Ask the Physiotherapist 10:00 am-12:00 pm Messy Minis 10:00-11:30 am Lactation Support 11:00 am-12:00 pm	12 Drop-in Play 9:00-12:00 Family Zumba 10:30-11:15 am CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
13	14 Drop-in Play 9:00-4:00 Dancing Grandparents 10:30 am Ask Allie – Autism Navigation 10:00 am-12:00 pm	15 Drop-in Play 9:00-4:00 Family Yoga 10:30 am Curious & Capable Toddlers 2:30-4:00 pm PMAD Peer Support Group *virtual* 6:30-8:00 pm <i>registration required</i>	16 Drop-in Play 9:00-4:00 Supporting Communication: Ask the SLP 10:00 am-12:00 pm Ask the OT: Sleep 10:00 am-12:00 pm Baby BrainDance 10:30 am Infant Massage with Dad 6:00 pm <i>Moms welcome to attend</i>	17 Drop-in Play 9:00-4:00 Music & Movement 10:30 am Eensy Weensy Rhymers 1:00 pm	18 Drop-in Play 9:00-4:00 Kids in the Kitchen 10:30 am <i>register by 12:00 pm Thursday</i>	19 Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
20	21 Drop-in Play 9:00-4:00 Potty Time: Ready, Set, Go! Workshop – Part 1 10:00-11:30 am <i>childminding available,</i> <i>registration required</i>	22 Drop-in Play 9:00-8:00 Family Yoga 10:30 am Curious & Capable Toddlers 2:30-4:00 pm PMAD Peer Support Group 6:30-8:00 pm <i>registration required</i>	23 Drop-in Play 9:00-4:00 Baby BrainDance 10:30 am Infant Massage with Dad 6:00 pm <i>Moms welcome to attend</i>	24 Drop-in Play 9:00-4:00 Music & Movement 10:30 am Eensy Weensy Rhymers 1:00 pm	25 Drop-in Play 9:00-4:00 Messy Minis 1:00-2:30 pm	26 Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
27	28 Drop-in Play 9:00-4:00 Potty Time: Ready, Set, Go! Workshop – Part 2 10:00-11:30 am <i>childminding available,</i> <i>registration required</i>	29 Honouring Truth & Reconciliation 10:00 am-12:00 pm Drop-in Play 12:00-4:00 Curious & Capable Toddlers 2:30-4:00 pm PMAD Peer Support Group *virtual* 6:30-8:00 pm <i>registration required</i>	30 CLOSED for Monthly Prep & Planning Infant Massage with Dad 6:00 pm <i>Moms welcome to attend</i>			

Events

Drop-in Play

Never underestimate the importance of play! Play builds imagination and creativity, fosters cognitive growth, supports social, emotional and physical development, improves early literacy and numeracy skills, and supports children in learning to manage big feelings and behaviour. *Our drop-in play is for children prenatal up to age 6 and their caregivers.*

Family Play Reminder: *Our programs, materials, and play spaces are designed for children prenatal through age 6. Older siblings are welcome but must remain with their caregiver, who is responsible for supporting appropriate use of our early-years space and materials.*

Family Yoga

This program is designed with the whole family in mind! Join Fran for a yoga experience that emphasizes emotional bonding and connection between you and your child, physical wellbeing, and mental relaxation. *Suitable for children 0-5 and their caregivers. *Please bring a yoga mat, if you have one. Some mats are available at the centre.**

Curious and Capable Toddlers

A Montessori-inspired exploration program for toddlers to engage in hands-on activities that build independence, focus, and early learning skills, while caregivers observe and celebrate their growing capabilities. *Suitable for children 18 months-2.5 years and their caregivers.*

Infant Massage with Dad

Discover the power of nurturing touch and connection. This 5-week series creates dedicated time for dads and babies to slow down, connect, and strengthen their relationship while building confidence in responding to baby's cues. Infant massage can also support relaxation, sleep, and ease common discomforts. Moms are always welcome; however, this series intentionally centres dads and babies, creating space to nurture and strengthen their unique relationship. *Suitable for infants birth-12 months and their caregivers.*

Baby BrainDance

Bond with your baby through music, touch, and gentle movement. This class features lullabies, nursery rhymes, and simple BrainDance patterns that support early brain and body development for both baby and caregiver. *Suitable for children 0-2 and their caregivers, older siblings welcome.*

Music & Movement

Music & Movement supports early language, physical, and social development through singing, rhythm, and active play. Children build listening skills, coordination, body awareness, and confidence as they explore alongside their caregivers in a fun, playful, and engaging environment. *Suitable for children 18 months-5 and their caregivers.*

Eensy Weensy Rhymers

This program promotes early literacy skills, while supporting social-emotional development, child-caregiver bonding, and daily parenting routines through songs and play. *Suitable for children 0-18 months and their caregivers.*

Messy Minis

Come explore messy and sensory play while learning about the benefits they bring to your child's development. Please bring your child, and yourself, in clothes that can get messy. Remember to bring a towel and change of clothes for cleanup. *Suitable for infants 6 months-18 months and their caregivers.*

Kids in the Kitchen

Join us for a fun and engaging hands-on cooking program where children and caregivers can explore different ways to collaborate in the kitchen while learning simple recipes to make and enjoy together. Cooking supports fine motor development, early math and literacy skills, problem solving, confidence, and independence. *Suitable for children 2-5 and their caregivers. Please fill in the form to register: <https://forms.cloud.microsoft/r/jwT1UDPAnF>*

Family Zumba

Move, dance, and have fun together! Family Zumba combines upbeat, Latin-inspired music and dance with simple, easy-to-follow movements children and caregivers can experience together. Build coordination, confidence, and body awareness while exploring movement and the joy of being active together. *Suitable for children 0-5 and their caregivers.*

Dancing Grandparents

In celebration of International Grandparents Day, grandparents and little ones are invited to connect through live music, classic songs, movement, and playful interaction while creating meaningful shared memories together. *Suitable for children 0-5 and their caregivers.*

Potty Time: Ready, Set, Go!

A two-part workshop designed to help caregivers feel more confident about when and how to begin toilet learning. **Week 1: Ready** explores signs of readiness and what to consider before getting started. Families will then spend the week observing their child before returning for **Week 2: Set, Go!**, where we will explore practical steps, strategies, and tips for getting started. *Space is limited. Registration is required for childminding. Suitable for caregivers wondering if their child may be ready for toilet learning. Please fill in the form to register: <https://forms.cloud.microsoft/r/9nT1Jfsjhw>*

Honouring Truth & Reconciliation

Join us outdoors as we honour the National Day for Truth and Reconciliation through connection with the land. Family Yoga begins at 10:30 am, followed by stories, outdoor exploration, and meaningful opportunities for families to connect, learn, and reflect together. *Suitable for children 0-5 and their caregivers.*

Ask Allie – Autism Navigation

Meet Allie, Autism Navigator, and learn more about her role in supporting children and families. Connect, ask questions, and explore topics including autism, assessment and diagnosis, early intervention, parent support, coregulation, community resources, and more.

Supporting Communication: Ask the SLP

Join Raelynn, Speech-Language Pathologist, for a casual, welcoming opportunity to connect, learn more about speech and language development, and discover ways to support early communication through play and everyday interactions. Come meet the SLP, explore communication milestones and curiosities, or bring along any questions you may have.

Supporting Healthy Growing Babies & Beyond

Connect with visiting Public Health Nurses and learn more about the many ways they support children and families. Explore topics like development, feeding, sleep, health, vaccines, community resources, and more, or simply take the opportunity to get to know your local Public Health team. *Baby weigh-ins are also available.*

Lactation Support

Meet Lori, Public Health Nurse and Lactation Consultant, for a casual, welcoming opportunity to connect and learn more about infant feeding. Chat about breastfeeding/chestfeeding, milk supply, pumping, feeding your growing baby, or any questions or curiosities you may have. *A private room is available for hands-on support and quiet, one-on-one conversations. A scale is also available for baby weigh-ins.*

Ask the OT: Sleep

Join Occupational Therapist Allison for a casual, supportive opportunity to connect and learn more about sleep in early childhood. Explore realistic expectations for children's sleep, bedtime routines, the role of connection and regulation, and simple strategies that can support children in calming their bodies, managing big feelings, and feeling safe and secure at bedtime.

Building Bodies Through Play: Ask the Physiotherapist

Meet Jenny, Physiotherapist, and explore how children's movement and motor skills develop through play. Connect, ask questions, and learn about milestones, movement curiosities, growing bodies, and playful ways to encourage movement in everyday life.

Bridges to Wellness

Connect with the Saskatchewan Perinatal Health Network and learn more about the supports and resources available to expecting and new parents. Explore topics including mental wellness, mindfulness, self-care, coregulation, and more, while getting to know the people and services available to support families throughout the perinatal journey.

PMAD Peer Support

This weekly support group creates an opportunity to connect with other caregivers who have similar lived experiences. Register online at www.saskphn.ca

Growing Together: Celebrating Milestones

Curious about your child's growth and development? Complete the Ages and Stages Questionnaire (ASQ) anytime you visit the REYFRC. Our team will guide you through the process, celebrate your child's progress, and share ideas to support ongoing learning, growth and development.