

Interactions



WALKER FAMILY YMCA
CENTRE
25 YMCA Drive
905-934-9622 ex 265

Monday and Wednesday
9am - noon
1 - 4pm
Tuesday and Thursday
9am - 8pm
Friday
9am - noon
Saturday
9am - 1pm

BUNTING ROAD CENTRE
234 Bunting Road
905-980-6000 ex 6211

Monday to Friday
9am - noon
Monday to Thursday
1 - 4pm

GRANTHAM CENTRE
469 Grantham Avenue
905-937-7007

Monday to Thursday
9am - 1pm
Friday
9am - noon

THOROLD CENTRE
15 Pine Street South
905-227-9783

Monday to Thursday
9am - 1pm
Friday
9am - noon

For further information
or for Administration
please call: 905-938-9392

This month we are continuing to try new ways to make our programs fun, engaging and hassle free.

Continuing this month at our Walker Centre is the choice for Email Reminders!

Check out page 2 under Registration Information for more details.

Do you find it difficult to sign up in advance for a workshop? On **Friday, January 25** at our **Grantham Centre** you can drop in from **9:30am - 11am** for a discussion and information without having to register.

Today we will have an open discussion about feeding our children and the various struggles or successes we have. We will discuss Canada's food guide, and have plenty of time for questions and answers.

Join Susie this morning to find out what the latest research says and to talk with other parents who have the same questions.

For more information look under Adult Opportunities.

Do you speak French? Spanish? Are you interested in exposing your child (and yourself) to other languages?

Check out our Special Events section to read about opportunities at a couple of our centres to join them for a special circle time in either French or Spanish.

Je suis impatient de vous voir! No puedo esperar para verte!

January Closures

All Centres will be closed January 1, 2019

The Grantham Centre will be closed Thursday, January 24.



REGISTRATION INFORMATION

**January registration will begin
Wednesday, January 2 at 9am**

Registration will begin on the first business day of each month and will be taken **Monday to Friday from 9am - 4pm.**

If you do not talk to someone when you call please leave a message and someone will get back to you by the end of the day or the following morning. Please remember to leave your name, number, what workshop you are registering for and if it is an adult workshop that is offering child care your child's name and age. Messages will be returned in the order they are received.

**To sign-up for all programs
please call 905-938-9392
Monday to Friday (excluding Holidays)
Between 9am – 4pm only**

Messages regarding registration left outside the above hours will **NOT** be accepted.

Reminder calls or emails (Walker Family YMCA Centre) are made to families participating in scheduled workshops.

If you are unable to attend a workshop please call the centre where the workshop is being held.

Our Infant Workshops are quite popular, and in order to serve more participants we ask that you choose one to participate in each month.

From December - February, if you register to attend any of our Adult Opportunities, Infant and Parent/Caregiver Interactions, or Field trips at our Walker Family YMCA Centre, instead of our traditional reminder phone call, you can receive a reminder email.

Will this be a more convenient way to receive a reminder? We look forward to hearing from you as we try this out. Please remember to fill out our evaluation form at the workshop or fill out a comment card in the centre. We want to hear from you!



Adult Opportunities
(All of the following require registration)

Adult Workshop	Date & Time	Location	Description
Your Child's Journey of Writing	Monday, January 14 1:30-2:30	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Did you know your child is beginning to write as soon as he can hold a marker or paintbrush? This workshop will explore fun and easy ways to help your child begin the journey of writing. Each person will leave with a FREE book. Limited child care is available.
Stress Management For the Busy Parent	Wednesday, January 16 10-11am	Thorold Centre 15 Pine Street South Thorold	Stress has become an inevitable part of our everyday lives. The solution to how we handle our stresses is identifying them, and then learning techniques that can be used to help us cope with them. Please join our discussion. Limited child care is available.
Making A Memory Scrapbook	Thursday, January 24 10-11am	Thorold Centre 15 Pine Street South Thorold	Learn how to make this impressive scrapbook out of card stock. It is the perfect way to document a special event in the life of your family. Limited child care is available.
Taming Tantrums	Thursday, January 24 1:30-2:30pm	Bunting Road Centre 234 Bunting Road St. Catharines	Little children experience BIG emotions. They need your help in learning how to manage them! Join the discussion, share the challenges & learn some strategies. Limited child care is available.
Nutrition and Your Child	Friday, January 25 10-11am	Grantham Centre 469 Grantham Avenue St. Catharines	Today we will have an open discussion about feeding our children and the various struggles or successes we have. We will discuss Canadas food guide, and have plenty of time for questions and answers. Child care is available. Registration is not required for this workshop. Drop in and enjoy.
"Snow" Much Fun	Saturday, January 26 10-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Kids bored of their Christmas toys already? Join us to discuss fun indoor and outdoor activities you and your child can do with snow.



Infants and Parent/Caregiver Interactions Children aged 0 - 12 months (All of the following workshops require registration. Please choose one)			
Infant Workshop	Date & Time	Location	Description
Infant Massage	Tuesday, January 8, 15, 22 and 29 10-11am	Grantham Centre 469 Grantham Avenue St. Catharines	You will enjoy a relaxing time together, benefit by improving baby's circulation, growth and development and much more. Register you and your infant (birth to pre-crawling) for this 4 week program.
Infant Picasso	Thursday, January 10 1:30-2:30pm	Bunting Road Centre 234 Bunting Road St. Catharines	Suitable for baby's 3-12 mths. Sign up to make a one of a kind canvas unique to your child.
Baby and Me: Singing and Signing Together	Thursday, January 10, 17, 24 and 31 1:30-2:30pm	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	This 4-week program is designed to teach the beginning signs to familiar children's songs. Signing is a great addition to baby's verbal communication skills. For babies from 3-9 months of age.
Making Infant Sensory Bags	Thursday, January 17 Drop-in between 10-11am	Thorold Centre 15 Pine Street South Thorold	Learn how all the fun happens in a bag! These baby- friendly sensory bags are fun and easy to make. Great for attention-span building, hand-eye coordinating and sensory exploration.

Baby, Me and a Cup of Tea at the Bunting Road Centre

Thursday, January 3, 10, 17, 24 and 31 between 1-3pm

Parents of infants are invited to come to the center to connect with other parents who may share similar joys and challenges. Talk together, ask questions or simply make some new friends! Come join the conversation! Topics can range from sleep routines, nutrition, child development, to learning some new songs to engage your little one when nothing else seems to work.

Well Baby Clinic and Parenting Drop-in

Every Wednesday 9 - 11:30 at the Walker Family YMCA Centre

The Well Baby clinic is a FREE service that will run once per week and a Public Health Nurse will be available to help families weigh their infant and answer questions about healthy growth and development, nutrition or breastfeeding concerns, and other issues parents face following the birth of their child.

Special Events (Please read to see if registration is required)			
Special Event	Date & Time	Location	Description
Temps de la Chanson	Saturday, January 19 10-10:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Join Mariesa for songs and stories in French at Circle Time this morning! Tous sont les bienvenus!
Circle-Time en Espanol/English Ole!	Tuesday, January 22 10:30-11am	Thorold Centre 15 Pine Street South Thorold	We welcome you to join Karen for a fun and interactive circle. Children develop language skills naturally and Karen will be incorporating basic Spanish words and numbers as we sing and read together. Hablas espanol? Te esperamos para que participes con nosotros!



Grantham Centre Literacy Event Wednesday, January 30 9am-noon

Introducing children to a variety of nursery rhymes can help them understand and learn about different sounds. This is an important part of developing those early literacy skills. Join us for a fun morning filled with activities around the old classic nursery rhymes.

Recreational Swimming Walker Family YMCA Centre

Tuesday, January 15 - 1-2pm
Monday, January 21 - 10:15-11:15am
Tuesday, January 29 - 1-2pm

YMCA Canada encourages that all children are a minimum of six months of age to participate. One adult per child is required for water activities. If your child is not fully toilet trained they must wear swim diapers or plastic pants.

Registration is not required. Please sign in at the centre and pick up a swim pass

Gym Time at the Walker Family YMCA Centre

Monday, January 14, 21, 28
Friday, January 11, 18, 25
11:15-11:45am

Gym time encourages you to get active with your children. Children will enhance their co-ordination, balance and gross motor skills.

Please wear clean indoor athletic shoes.

Please enjoy food and beverages in the café.

Nurturing Children's Creativity
Children and Parent/Caregiver Interactions
Children of all ages
(The following workshops do not require registration)

These activities are now available at the centres on a **drop in basis, as supplies are available**. It is important to us to continue to offer you a welcoming environment which provides activities and materials allowing you and your child to engage in meaningful exploration and inquiry.

“Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment” -Maria Montessori

Child Workshop	Date & Time	Location	Description
DIY 2019 Calendar	Monday, January 7 All Day	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Design and decorate your own calendar for 2019. Feel free to bring in your own pictures to add to your calendar.
Wild Bird Feeders	Monday, January 7 9-11am	Thorold Centre 15 Pine Street South Thorold	This morning we will make a variety of bird feeders to hang outside for our feathered friends.
Hand Puppet	Monday, January 7 9:30-11:30am	Grantham Centre 469 Grantham Avenue St. Catharines	Puppet shows are the cornerstone of imaginative play for small children. Using puppets allows kids to express all kinds of alter egos. Children 18 months and older can join us today to make their own puppet.
Bird Feeders	Monday, January 14 9-noon	Bunting Road Centre 234 Bunting Road St. Catharines	Take it home or add it to the centre's garden...our feathered friends will be glad you did!
Soda Bottle Snowflakes	Wednesday, January 16 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Use the bottom of an empty soda bottle to create a unique snowflake pattern on paper.
Snowman Footprint Craft	Thursday, January 17 9:30-11am	Grantham Centre 469 Grantham Avenue St. Catharines	Today we will create a snowman using the shape of our feet! Children will get to decorate them as they wish.
Fizzing Moon Dough	Monday, January 28 9-noon	Bunting Road Centre 234 Bunting Road St. Catharines	A few household ingredients will keep the children busy, as they mix, mold, then watch it fizz....magical!
A Little Bit of Everything	Wednesday, January 30 All Day	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	It's a new year, which means we need to clean out our closet! We'll have left over craft supplies from 2018 available on the craft table for children to make whatever they want.



Canada Prenatal Nutrition Program (CPNP)

Healthy from the Start

FREE

at

EarlyON Centre, St.Catharines Walker Family YMCA

25 YMCA Drive, St.Catharines

Tuesdays, 1:30-3:30pm

Come meet other Moms and Learn about:

- Getting Ready for Birth and New Baby
- Healthy Eating for Mom and Baby
- Breastfeeding
- Supports for Mom after Baby born

We also Provide:

- \$10 Food Gift Card
- FREE Prenatal Vitamins
- Healthy Snacks
- Bus Tickers to Program

For more information, please call:

905-714-0227 ext.234 or Email: mintrona@striveniagara.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Resource Consultants

Resource consultants will visit our sites monthly to support our EarlyON Child and Family Centres program staff with developmental screenings, support families with the referral process for further developmental and/or diagnostic follow-up and suggest play-based goals for any child in attendance. The first 5 years are the most important years of a child's life as it lays the foundation upon which future learning is built.

Visit our centres on the following dates to meet with our consultants and ask questions.

Grantham Centre: Tuesday, January 15, 10am

Bunting Road Centre: Tuesday, January 15, 10:30am

Thorold Centre: Wednesday, January 16, 10am

Walker Family YMCA Centre: Monday, January 21, 10am

Visit any one of these sites to find our newsletter



YMCA Twitter: @YMCANIagara



Facebook: YMCA of Niagara

YMCA of Niagara website:

<http://www.ymcaofniagara.org/programs/community-initiatives/earlyon-centres/>



EarlyON Interactions January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 All Centres are Closed	2 Well Baby Clinic 9am WFYC	3 Baby, Me and a Cup of Tea 1pm BRC	4	Centre Legend: BRC - Bunting Road Centre GC - Grantham Centre TC - Thorold Centre WFYC - Walker Family YMCA Centre
7 CC: DIY 2019 Calendar All Day WFYC CC: Wild Bird Feeders 9am TC CC: Hand Puppet 9:30am GC	8 IAI: Infant Massage 10am GC	9 Well Baby Clinic 9am WFYC	10 Baby, Me and a Cup of Tea 1pm BRC IAI: Infant Picasso 1:30 BRC IAI: Baby and Me: Singing and Signing Together 1:30 WFYC	11 Gym Time 11:15am WFYC	
14 CC: Bird Feeders 9am BRC Gym Time 11:15am WFYC AO: Your Child's Journey of Writing 1:30pm WFYC	15 IAI: Infant Massage 10am GC Resource Consultant 10am GC Resource Consultant 10:30am BRC Recreational Swimming 1pm WFYC	16 Well Baby Clinic 9am WFYC CC: Soda Bottle Snowflakes 9am WFYC AO: Stress Management For the Busy Parent 10am TC Resource Consultant 10am TC	17 CC: Snowman Footprint Craft 9:30 GC IAI: Making Infant Sensory Bags 10am Baby, Me and a Cup of Tea 1pm BRC IAI: Baby and Me: Singing and Signing Together 1:30 WFYC	18 Gym Time 11:15am WFYC	19 SE: Temps de la Chanson 10am WFYC
21 Resource Consultant 10am WFYC Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC	22 IAI: Infant Massage 10am GC SE: Circle-Time en Espanol/ English 10:30 TC	23 Well Baby Clinic 9am WFYC	24 AO: Making a Memory Scrapbook 10am TC Baby, Me and a Cup of Tea 1pm BRC AO: Taming Tantrums 1:30 BRC IAI: Baby and Me: Singing and Signing Together 1:30 WFYC Grantham Centre Closed	25 AO: Nutrition and Your Child 10am GC Gym Time 11:15am WFYC	26 AO: "Snow" Much Fun 10am WFYC <div style="border: 2px solid #00728f; padding: 5px; margin-top: 10px;"> Workshop Legend: AO: Adult Opportunities IAI: Infant and Adult Interactions CC: Children's Creativity SE: Special Event FT: Field Trip </div>
28 CC: Fizzing Moon Dough 9am BRC Gym Time 11:15am WFYC	29 IAI: Infant Massage 10am GC CC: A Little Bit of Everything All Day WFYC Recreational Swimming 1pm WFYC	30 Well Baby Clinic 9am WFYC Literacy Event 9am GC	31 Baby, Me and a Cup of Tea 1pm BRC IAI: Baby and Me: Singing and Signing Together 1:30 WFYC	1 Gym Time 11:15am WFYC	