



March 2021

Virtual Services

We're still here for you

Our YMCA EarlyON Child and Family Centres are currently closed in alignment with provincial legislation and efforts to promote public safety and support physical distancing in response to the COVID 19 pandemic.

EarlyON Program Facilitators continue to provide services for children, parents and caregivers virtually. We are able to support you, answer questions and provide resources by telephone, email and through our social media posts on Facebook and Twitter.

Interactive sessions for parents, caregivers and children are also provided via Zoom.

Don't forget to follow us on Facebook for tips, resources and fun activities for you and your family.

Registration Information

To register for any of our online workshops, circles or storytimes please email

earlyon.admin@niagara.ymca.ca

Spaces are limited so please register early. When you email to register, please mention your name, and your child's name and age.



Do you have questions?
Are you looking for
resources or strategies to
support your child's devel-
opment?

Reach us by telephone
Monday to Friday.

EarlyON Bunting:
289-686-5543

EarlyON Grantham:
289-686-4255

EarlyON Thorold:
289-241-0372

EarlyON Walker:
905-650-7019

Adult Workshops

Adult workshop	Date and Time	Location	Description
Toilet Training Tips	Thursday March 4 1pm	Zoom	When is the right time to start using the toilet? Did you know there are several foundational skills and concepts that will make the whole process less frustrating for you and your child? Join Caroline to take part in a conversation that is relevant to anyone with small children.
BE CALM: Teaching Mindfulness to Children	Tuesday March 9 1pm	Zoom	Mindfulness practices can help increase a child's ability to regulate emotions and decrease stress, anxiety and depression. Join in the conversation today and learn ways to teach mindfulness to your children.
Super Dads Super Kids - Child Development	Thursday March 11 1pm	Zoom	Calling all Dads! This workshop is for you! Super Kids-they come from Super Dads, who put in a lot of effort in the hopes of helping their children grow into mature adults who contribute to the world! Join us as we discuss emotions and emotional health and how it specifically relates to your role as a father.
Car Seat Information Session	Monday March 15 1pm	Zoom	It is so important to be educated about car seat safety! Join us for an information session about car seat regulations and safe installation.

Resource Consultant

Sarah Riganelli, RECE-RC, from Community Living, is always here to answer any questions you may have about child development and support that may be available! She may be reached at 905-688-5222 ext. 279 or sriganelli@clst.catharines.ca

Sarah Riganelli RECE,RC
St. Catharines Preschool Services
28 Prima Street
St. Catharines, ON
L2R3X7

www.clstcatharines.ca

Adult Workshops Continued

Activity	Date and Time	Location	Description
Quick and Easy Meal Ideas!	Tuesday March 23 10am	Zoom	Niagara Region Community Food Advisors will provide reliable information and education to help build the knowledge and skills needed to plan and prepare healthy, quick and east meals. Discussion will include the usefulness of planning meals based on Canada's Food Guide, time-saving strategies and stocking a basic pantry and tools, techniques and meal ideas!
Why Baby Teeth Matter: Disease Prevention and Education on Children's Oral Health (With Niagara College Dental Students)	Thursday March 25 1pm	Zoom	Tooth decay (cavities) is one of the most prevalent diseases affecting young children in Canada (57% of children will be affected!). Cavities are entirely preventable with the right strategies. We will discuss why primary teeth are so important, what causes cavities, prevention strategies and more! Prevention starts in infancy! Special guests Niagara College Dental Students.

Infant Workshop

Infant Activity	Date and Time	Location	Description
Music and Babies	Monday March 22 10am	Zoom	It's never too early to start introducing your baby to the wonderful world of songs, music and nursery rhymes. Join Jessi for some singing, playing and learning magical ways in which music can help benefit baby's development.

Children's Workshops

Activity	Date and Time	Location	Description
Movin and Groovin	Monday March 1 10am	Zoom	Get ready to bust a move with Kristin! We'll be doing some favourite dances, moving like animals and MORE! No one will be sitting during this fun, interactive session...not even the parents!
Grow a Rainbow Science Experiment	Saturday March 6 10am	Zoom	Grow a beautiful rainbow in your own home! (Sorry, Leprechauns not Included...) Materials: paper towel, water-based markers (rainbow colours if possible!) 2 drinking glasses, water
Shamrock Marshmallow Craft	Monday March 8 10am	Zoom	Marshmallow painting is a fun and creative way to allow your child to practice their fine motor skills while being creative! Materials: shamrock template (will be emailed), mini marshmallows, toothpicks, green, gold and/or white paint, white cardstock or construction paper
Scavenger Hunt!	Thursday March 11 10am	Zoom	Get out your fancy suits and trusty magnifying glass! It's time for some detective work! Join Jessi today in a scavenger hunt, using fun clues to find materials around the house.
You're a Leapin' Leprechaun!	Saturday March 13 11am	Zoom	Let's turn your sweet little one's face into a mischievous Leprechaun! Materials: A picture of your little one's face that we can craft with, green and black construction paper, construction paper for hair/beard, glue and glitter.

Children's Workshops Continued

Activity	Date and Time	Location	Description
Green Glitter Playdough	Monday March 15 10am	Zoom	Join us today to make green glitter playdough...just in time for St. Patrick's Day! This is a fun and engaging sensory activity. Materials: mixing bowl, spoon, 1 and 1/2 cups flour, 1/2 cup salt, 1 tbsp veg oil, 1 tbsp cream of tartar, 2-3 drops of green food colouring, green/gold glitter, 1 cup water, loose parts if you want buried treasure!
Kids in the Kitchen - Pizza Faces	Thursday March 18 11am	Zoom	Cooking activities for kids don't come more fun or yummy than smiley pizza faces! The kids will have lot's of fun and they'll have a great sense of satisfaction when they get to eat a yummy pizza, created by them, at the end of it all! Materials: small pita or naan bread rounds, pizza sauce, cheese, toppings of your choice for the face!
Science Experiment- Skittles Rainbows	Thursday March 25 11am	Zoom	Let's bring the rainbow inside with skittles!...they taste so yummy, but they can also turn into something so beautiful! This science experiment is pure magic!...you won't believe your eyes! Materials: white plate, warm water, skittles or m&m's!
Mermaid Puppet	Saturday March 27 11am	Zoom	Let's create a playful, underwater mermaid together! Materials: plastic spoon, sharpie, construction paper or felt, glue, glitter if you have it!
Owl Handprint Craft	Monday March 29 10am	Zoom	Let's create a piece of art, starring your little one's handprints! Materials: construction paper, glue, a sheet of paper, a marker, paint, a piece of newspaper/flyer

Circle Time on Zoom

Join an EarlyON Educator for live Zoom Circle time every week

Activity	Date and Time	Location	Description
Circle Time Includes songs, stories and activities	EVERY Friday at 11am EVERY Tuesday at 9am EVERY Wednesday at 6:30pm	Zoom	To register, please email earlyon.admin@niagara.ymca.ca You will be sent a Zoom link to access the circle time you have registered for. If your child has any song requests, please include those choices in your email.



Good Night Friends is growing and changing....
story, activities and songs. Join us for our new
Circle Time!

Every Wednesday at 6:30pm

Activity	Date and Time	Location	Description
Evening Circle Time	EVERY Wednesday at 6:30pm	Zoom	To register, please email earlyon.admin@niagara.ymca.ca You will be sent a Zoom link to access the circle time session you have registered for.

EARLYON CHILD AND FAMILY CENTRES:

- Are places where parents, caregivers and children build strong relationships with each other and connect with other families and EarlyON professionals
- Offer a variety of programs and services that meet the unique needs of children and families in an inclusive environment
- Provide resources and workshops with up-to-date information for all stages of your family life, from preconception and prenatal care, to nutrition, toilet training, toddler curiosity, and early school experiences
- Are funded by the Ontario Ministry of Education through Niagara Region Children Services



Do you have questions about your child's health or growth and development?

Now you can:

- Call @ 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#) (auto-translated in 90 different languages)
- [Facebook messenger](#)

With a public health nurse at [Niagara Parents](#).

Nurses are happy to provide reliable advice about; pregnancy, newborn care, feeding your baby, behavioural issues, child or parental mental health concerns, and community supports. A public health nurse is available to answer your questions Monday – Friday 8:30 a.m. – 4:00 p.m. You are also able to register for many of our clinics and classes at [niagararegion.ca/parents](#). We're with your every step of the way

Visit any one of these sites to find more about EarlyON virtual services, resources and contact information.



YMCA Twitter: @YMCANIagara



Facebook: YMCA of Niagara



www.youtube.com

YMCA of Niagara Website: <https://ymcaofniagara.org/programs/community-initiatives/earlyon-centres/>