



August 2021

Virtual Services



EarlyON Child and Family Centres—Virtually

Our YMCA EarlyON Child and FamilyCentres 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 deliver important services for children, parents, and caregivers virtually. We offer individualized support, answer questions, and provide resources or referrals by telephone, email and through our social media posts on Facebook and Twitter.

Parents and caregivers may also sign up for interactive sessions offered online such as circle time, children's activities, and

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

Reach us by telephone or by email

EarlyON Bunting: 289-686-5543

EarlyON Grantham: 289-686-4255

EarlyON Thorold: 289-241-0372

EarlyON Walker: 905-650-7019

Earlyon.admin@niagara.ymca.ca

In-person, outdoor programs

We are very excited to be able to offer in-person, outdoor programs in August.

These limited capacity programs will be by pre-registration only, will take place in one location and have Covid safety measures in place.

Please follow our facebook page and/or website for details and registration information

Our EarlyON program facilitators strive to deliver virtual programs and services that address your needs and expectations. We welcome your suggestions, and ideas for workshop topics or resources that might assist you. Send your comments to earlyon.admin@niagara.ymca.ca

Registration Information

To register for any of our online workshops, circles or story times 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.

Adult Workshops

Adult workshop	Date and Time	Location	Description
Love My Baby	Wednesdays August 4, 11, 18 1:30pm	Zoom	Please join Kristin for this interactive 3 week program that encourages parents/caregivers to connect with their baby in meaningful ways that promote secure attachment, communication and brain development.
Alternatives to Time-Outs	Thursday August 19 1pm	Zoom	Let's discuss some alternatives to the ever-famous Time-Out and why Time-Out's may not always be the best solution. There are other ways to distract, regulate, calm and understand the behaviours that your little one's are expressing.
Encouraging Gratitude	Tuesday August 24 1pm	Zoom	Come join us as we discuss the importance of gratitude, how to encourage gratitude in your children and gratitude activities that you can incorporate into your family!

Children's Workshops

Activity	Date and Time	Location	Description
Pool Noodle Monster	Saturday August 7 10am	Zoom	Create happy little monsters using summertime craft supplies. Materials: pool noodle (cut up into smaller rings), pipe cleaners, pompoms, googly eyes, glue.
Fire Breathing Dragon Story and Craft	Monday August 9 10am	Zoom	Join us for a story and craft. This fire breathing dragon made from a cardboard toilet roll is very easy for children to make and wonderful way to help children develop their oral motor skills. Materials: 1 paper tube, green construction paper, 4 pompoms (2 small and 2 larger ones if possible), 2 googly eyes, scraps of tissue paper in red, yellow and orange, glue, tape and scissors
Fun Ways to Brush Our Teeth!	Thursday August 12 1pm	Zoom	Brushing our teeth can be fun!...if we sing a little, count a little and make some funny faces in the mirror!
DIY Stickers	Saturday August 14 10am	Zoom	Do you have a passion for stickers? Using them for crafts, collecting and decorating your home are just some of the possibilities! Join in the fun today as we decorate our very own DIY stickers! Materials: parchment paper, packing tape, white computer paper, crayons.
Fun and Games Time!	Monday August 16 10am	Zoom	Simon Says, I Spy and Number and Letter Hunts are just a few of the games we'll be playing during this fun and interactive time together!

Children's Workshops Continued

Activity	Date and Time	Location	Description
"If You Give a Mouse a Cookie" Puffy Paint Activity	Wednesday August 18 10am	Zoom	Let's read "If You Give A Mouse A Cookie" and create a giant cookie using puffy paint! Materials: white glue, white shaving cream, brown paint, a spoon, a bowl, measuring cups, a paper plate, brown paper, a circle paper punch or scissors
End of Summer Paper Flower Craft	Saturday August 21 10am	Zoom	We saw lots of beautiful flowers this summer didn't we? Let's make a bouquet to remember them! Materials: Egg carton, pipe cleaners, popsicle sticks, glue, a few coffee filters (any kind), scissors, paint or markers, paint brushes, glitter if you like!
Movement and Dance	Monday August 23 10am	Zoom	Does your child have a passion for music and dance? Then it's time to grab your dancing shoes as we get our bodies moving and grooving! Join in today and learn new choreography and ways to move your body as we dance the morning away!
"I Love you All Day Long" Book and Activity	Wednesday August 25th 10am	Zoom	Let's read a story and then make a craft that reminds us no matter where we go, or what new changes lay ahead, we are loved and remembered All Day Long! Materials: construction paper (whatever colour you like), markers.
Sunflower Fork Painting	Saturday August 28 10am	Zoom	Let's make a sunflower craft using fork prints and paint! Materials: paper, paint (yellow, brown, green), forks, something to hold your paint (i.e.paper plate)

Children's Activities Continued

Activity	Date and Time	Location	Description
Kids Yoga	Monday August 30 11am	Zoom	Get your yoga mat ready and come join Celine for a fun, and interactive kids' yoga adventure! Parents are encouraged to join in on the fun! Using stories, role-play, and a good portion of silliness we will move and stretch as well as squeeze in some breathing, relaxation, and visualization techniques. We hope to see you there! Celine is a certified kid's yoga instructor through Cosmic Kids Yoga!



Follow us on Instagram at
Earlyonatymcaniagara



to watch our new summer series "Where am I" to win prizes!

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	Zoom	If your child has any song requests, please include those choices in your email.

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](#)



[earlyonatymcaniagara](#)

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