



**Caledonia**  
 35 Braemar Ave. Caledonia, ON N3W 2M5  
 Phone: 905-765-1661

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play & Learn 9:00-11:30am	Well Baby/ Baby Play 9:00-12:00pm  Nurse on site 9:30 am - 11:30 am	Play & Learn 9:00-3:00pm  Play & Learn 5:30-7:30pm	Play & Learn 9:00-3:00pm	Play & Learn 9:00-12:00pm  <ul style="list-style-type: none"> <li>• Jan 11 &amp; 25</li> <li>• Feb 8 &amp; 22</li> <li>• Mar 8 &amp; 22</li> <li>• Apr 12 &amp; 26</li> <li>• May 10 &amp; 24</li> <li>• Jun 14 &amp; 28</li> </ul>	<b>St. Paul's Anglican Church</b> <b>27 Orkney Street East</b>  Play & Learn 9:00-12:00pm  <ul style="list-style-type: none"> <li>• Jan 26</li> <li>• Feb 23</li> <li>• Mar 23</li> <li>• Apr 27</li> <li>• May 25</li> <li>• Jun 22</li> </ul>

**Baby Picasso Drop In: Tuesday January 15, April 16 and May 7 - 9:30 a.m. to 11:30 a.m. And Monday February 11 - 1:00 p.m. to 2:30 p.m.**

Open to any parent/caregiver and their child 0-12 months.  
 An opportunity for babies to explore the world with their body, mind and senses. Messy babies at play... please dress for fun!

**Snuggle Time: Wednesday January 30 - 5:30 p.m. to 7:30 p.m.**

Open to any parent/caregiver and their child 0-6 years.  
 Join us in your favorite PJ's and create a masterpiece, enjoy a light snack and story together before heading home to brush your teeth and get tucked snuggly into bed.

**Sensory Bottles: Saturday February 23 - During Play and Learn**



Open to any parent/caregiver and their child 0-6 years.  
 Looking for a fun activity to do with your child. Bring a clear plastic bottle and lid, we will supply the rest for you and your child to create your own sensory bottle to take home and enjoy.

**Infant Mother Goose:**

**Mondays February 25 to March 25 - 1:00 p.m. to 2:00 p.m. and 2:30 p.m. to 3:30 p.m. and Mondays May 27 to June 24 - 1:00 p.m. to 2:00 p.m. and 2:30 p.m. to 3:30 p.m.**

Open to any parent/caregiver and their child 0-12 months.  
 An interactive program focusing on the pleasure of rhymes, songs and stories.

**Sugar Bush Trip: Tuesday March 19 - 10:00 a.m. to 11:00 a.m.**

*Richardson Farm, 131 River Road, Dunnville*  
 Open to any parent/caregiver and their children 0-6 years.  
 Enjoy a wagon ride and a walk in the sugar bush to explore where maple syrup comes from.



## **Learning Around the House: Monday April 8 and 15 - 1:00 p.m. to 3:00 p.m.**

Open to any parent/caregiver and their child 0-6 years.

Come and see what opportunities are available at the EarlyON centre to explore and investigate during hands-on math experiences. Parents and children can engage in everyday math ideas that support early learning math development. Experience ideas that can be used at home every day.

## **Moo to You Visitor: Monday April 29 - 10:00 a.m. to 11:00 a.m.**



Open to any parent/caregiver and their children 0-6 years.

Explore and learn how milk gets from the cow to the table. Engage and have fun with your child and the HN Dairy Educator from Dairy Farmers of Ontario.

## **Gym Time: 4<sup>th</sup> Tuesday of each month (Jan to Apr)**

**January 22, February 26, March 26 and April 23 - 10:00 a.m. to 11:30 a.m.**

Gateway Church, 15 Haldimand 66, Caledonia

Open to any parent/caregiver and their child 0-6 years.

Enhance your child's physical literacy during fundamental movement skills through a variety of games and activities.

## **Yoga for Mom and Child - Guest Instructor:**

**Monday January 7, 14, 21 and 28 - 1:00 p.m. to 2:00 p.m.**

Open to any parent/caregiver and their children 0-6 years

This interactive family yoga program will help you learn to relax with your child through music, movement and mindfulness.

## **Nature Scavenger Hunt: Monday May 13 - 1:30 p.m. to 2:30 p.m.**

*Seneca Park, 27 McClung Road, Caledonia*

Open to any parent/caregiver and their children 0-6 years. There are so many things to see, smell, hear and touch in nature so come out and participate in shared exploration with your child.

## **Parenting Programs**

### **Prenatal Classes: Once a week for five week block.**

Thursday January 31 to February 28 - 7:00 p.m. to 9:00 p.m.

Thursday March 14 to April 11 - 7:00 p.m. to 9:00 p.m.

Thursday April 25 to May 23 - 7:00 p.m. to 9:00 p.m.

Thursday June 6 to July 4 - 7:00 p.m. to 9:00 p.m.

Prenatal classes are led by a Public Health Nurse. Participants receive the book "The Joy of Parenting" and are given lots of time for discussion and questions. Classes are offered free and are provided by the Haldimand-Norfolk Health Unit and EarlyON Child and Family Centres. To register call the Health Unit at 905-318-6623



## **Positive Discipline in Everyday Parenting:**

**Every Thursday February 7 to March 28 – 6:30 p.m. to 8:00 p.m.**

Raising your child, not your voice. Parents learn to set boundaries and use teachable moments to provide their children with the skills for success. Up to age 6.

For more information or to register, please call Barb at 519-587-2441 or 1-800-265-8087 ext. 405.

### **Holiday Closure Notice**

**All H-N REACH/EarlyON Child and Family Centres will be closed on:**

Tuesday January 1 – New Year's Day

Monday February 18 – Family Day

Friday April 19 to Monday April 22 – Easter Weekend

Saturday May 18 to Monday May 20 – Victoria Day Weekend