



# EarlyON Child & Family Centres Program Descriptions



Durham Region EarlyON locations and phone numbers:

Ajax 905-619-4565 ext. 300

Newcastle 905-987-6914

Port Perry 905-985-2824

Brock 905-862-3131

Bowmanville 365 885-6317

Uxbridge 905-862-3131

Family and Community Action  
Program (FCAP) 905-686-6466

Oshawa 905-434-3831

Whitby 905-666-4794

**Pickering 905-839-3007**

## Program Descriptions

### **Baby cafe (birth to 18 months)**

Get connected to other parents and parents to be. A nurse/lactation consultant will be present each week to answer questions. All pregnant women, parents and caregivers are welcome. You can bring your partner too.

### **Connections café (birth to 6 years)**

Join us for a free accessible program for families and children with special needs. Families will have the opportunity to connect with each other as well as information on community supports and resources. No registration required, siblings are welcome.

### **Dad and me (birth to 6 years)**

This interactive program enhances and promotes healthy child development by providing age specific activities focusing on social, intellectual, physical, and emotional skills. Adults will discover age appropriate activities to enhance their child's growth, and development, and be able to network with parents/caregivers with children of the same age. Parents and children are free to explore in a child-focused and age appropriate environment

### **Explore and discover (birth to 6 years)**

Children are naturally curious. During this program, we will engage in inquiry-based play that will encourage your child to question, investigate, explore and discover the world around them.

### **Family Fun Time (birth to 99 years)**

Experience opportunities for families and their children to participate in unstructured early learning activities and to enjoy the use of the play materials and resources. This program is designed to encourage quality adult and child interactions in an age-appropriate, child-focused environment that enhances and promotes healthy child development. Please note that older children are welcome if accompanied by a sibling aged 0-6 years.

### **Focus on infants (birth to 15 months)**

Calling all parents and babies to join this program as a wonderful opportunity to learn, experience, and socialize. This program will offer knowledge of resources and services available within the community, as well as networking opportunities with other moms and professionals. During this share and learn opportunity, you will be encouraged to share your expertise as a parent while learning new ideas, strategies, and helpful hints from others.

### **Focus on physical literacy gym program (walking child to 6 years)**

Along with free play, structured activities will be offered during this fun filled hour. This is a great opportunity to develop gross motor skills and burn off some extra energy.

### **Focus on preschool (2.5 to 6 years)**

This school readiness program will allow your child to develop skills that will help them be successful when they enter Kindergarten. While participating in the program, your child will have the opportunity to enhance social, fine motor, language, mathematical, problem solving and self-help skills.

### **Focus on toddlers (15 to 30 months)**

**This interactive toddler program enhances and promotes healthy child development by providing age specific activities!** This interactive toddler program enhances and promotes healthy child development by providing age specific activities focusing on social, intellectual, physical, and emotional skills. Adults will discover age appropriate learning experiences that will keep children engaged during play.

### **Infant massage (birth to 12 months)**

Learn techniques in Infant massage that will promote healthy development, growth and positive interaction between parents/caregivers and children. These techniques will foster attachment bonds through the power of nurturing touch. This course is facilitated by a certified infant massage instructor. This is a five week course, attendance for all five weeks is required.

### **Jouer pour apprendre (naissance à six ans)**

Programme d'accueil pour parent/éducatrice avec des enfants de naissance à six ans. Jouer pour Apprendre est un programme d'insertion conçu pour encourager les interactions de qualité entre adultes et enfants.

### **K is for Kindergarten (3 to 4 years)**

K is for kindergarten is a free school readiness program, developed for children eligible for school entry in September of the current calendar year. This 8 session program is designed to help prepare parents and children for the transition to kindergarten. Children will participate in an emergent curriculum environment parallel to the format school system. The curriculum includes play based activities that build social skills, early math, fine and gross motor skills, as well as language and literacy development. Every session parents will participate in a discussion that offers tools and strategies for a smooth transition into kindergarten. Topics will focus on self-regulation, learning styles and communication. **Families will only be able to register for one session.**

### **Music programs (musical babies for birth to 15 months and family music and movement for birth to six years)**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

### **Nature Exploration (birth to 6 years)**

Our environment sets the tone for learning in this special classroom, we will learn about respecting our environment, what that means and how we can help leave the space better than when we arrived. Connecting with nature is encouraged through child-lead exploration Witness your child's curiosity, excitement and risky play while learning their individual boundaries which fosters and empowers our children as they discover the world around them.

### **Parent-child mother goose (birth to 12 months)**

This program offers a group experience for parents and babies focusing on the pleasure and power of using rhymes, songs, and stories. This also provides parents a time to socialize and network with each other while spending quality time with their babies. This is a 10 week program, attendance for all 10 weeks is required.

### **Play to learn (birth to 6 years)**

Experience opportunities for families and their children to participate in unstructured early learning activities and to enjoy the use of the play materials and resources. This program is designed to encourage quality adult and child interactions in an age-appropriate, child-focused environment that enhances and promotes healthy child development. No registration is required, and hours will vary from day to day. Play to learn infants is for birth to 15 months only and play to learn toddlers is for 15 to 30 months.

*NEW* Join us for a school readiness activity or experience during each of our play to learn programs. This activity is designed to cultivate skills in self-regulation, fine motor development, or literacy and mathematical thinking.

### **Special Connections (birth to 6 years)**

Join us for a free accessible program for families and children with special needs. We provide a sensory sensitive, non-judgmental and supportive environment. Come in and engage with families who have similar experiences and gain connections to various community agencies.

### **Stepping stones (3 to 6 years)**

Stepping stones is a program that provides developmentally-appropriate activities designed to meet the needs of each individual child. Parents attend with their children for the first portion and engage in activities. Then the parents will separate for a parent seminar while the children participate in a Kindergarten focus program. Priority is given to children attending Kindergarten in September of the current calendar year.

### **Walk and rhyme (birth to 6 years)**

Walk and rhyme with us. You will be introduced to songs and nursery rhymes while enjoying the outdoors and some physical fitness! Participants will learn how to incorporate music into everyday play experiences and physical fitness.

The EarlyON Child and Family Centre reserves the right to cancel a program due to low registration. The calendar may not reflect changes.