

July/paskowipīsim/Feather-Moulting Moon 2022



Regina Early Years Family Centre
 familycentre@reginakids.ca
 reginakids.ca/eyfc

MON	TUE	WED	THU	FRI
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4 Registered Play Time (In Person) 9:00-10:25am 10:50-12:15am 1:00-2:25pm 2:50-4:00pm Baby Art 1:30pm (in person)	5 Story Time 1:30pm (in person)	6 Registered Play Time (In Person) 9:00-10:25am 10:50-12:15am 1:00-2:25pm 2:50-4:00pm Young Chefs 10:00am (in person)	7 Connect and Play 10:00am (Kiwanis Park) Little Einstein's Science Class 2:00 pm (in person)	8
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Baby Art

Mondays in person at 1:30pm

At 3079 5th Ave

For ages 0-5 + caregiver.

Get a little messy with your baby!!

Introducing your baby to art helps them develop their large and small motor skills and hand eye coordination. It offers many different sensory experiences depending on the tools and materials used. Baby art also helps deepen the connection between you and your baby as you experience the art materials together.

Pre-Register at: <https://EYFRC.as.me/babyart>

Story Time

Tuesdays in person at 1:30pm

At 3079 5th Ave

For ages 0-5 + caregiver.

Did you know that reading to your child helps teach them about communication. It introduces them to many concepts such as numbers, letters, colors, and shapes. Your child will build listening, memory and vocabulary skills when they are read to. And it give them information about the world around them. Join James as takes you on weekly adventures though story telling.

Pre-Register at: <https://EYFRC.as.me/storytime>

Young Chefs

Wednesdays at 10:00am

At 3079 5th Ave

For ages 0-5 + caregiver.

Cooking together with your child provides quality bonding time with you and your child. It often involves math and literacy skills as they learn about measurements and look at recipes even if they are not able to read yet. They will be exposed to literacy as you read the directions out loud. It requires listening and memory as well. At the end of it they will be able to share something delicious with you that you created together. Join James and Pam as they take your taste buds for a deliciously wild ride.

Pre Register at: <https://EYFRC.as.me/youngchefs>

Connect & Play YQR

Thursdays 10:00am

For ages 0-5yrs

At Kiwanis Park with Pam

For ages 0-5 + caregiver.

Focus on learning through play and physical development.

Pre-register at: <https://EYFRC.as.me/ConnectandPlayYQR>

If no program dates display in the square space the program is currently full, and program registration opens 2 weeks prior to the scheduled dates.

Little Einstein's Science Class

Thursdays at 2:00pm (in person)

At 3079 5th Ave

For ages 0-5 + Caregiver

Introducing children to science helps with their brain development. Toddlers can do science experiments by using materials children like to play with. When exposed to science they will learn to ask questions, solve problems and test ideas.

" It helps them to grow big ideas and understand fundamental concepts."

Join James and Pam for some fun messy science play!

Pre-Register at: <https://EYFRC.as.me/littleinsteinscienceclass>

Monday Play Time

At 3079 5th Ave

For ages 0-5 + Caregiver

You can book a spot on your own for you and your child to come and play in the center, or you can book with a friend. Be careful to select the right times if you are booking with a friend. A family unit is considered to be you and your children if booking with a friend they would be considered their own family unit and they will have to fill out their own booking.

Pre-register at: <https://EYFRC.as.me/MondayPlayTime>

Wednesday Play Time

At 3079 5th Ave

For ages 0-5 + Caregiver

You can book a spot on your own for you and your child to come and play in the center or you can book with a friend. Be careful to select the right times if you are booking with a friend. A family unit is considered to be you and your children if booking with a friend they would be considered their own family unit and they will have to fill out their own booking.

Pre-register at: <https://EYFRC.as.me/WednesdayPlayTime>

If no program dates display in the square space the program is currently full, and program registration opens 2 weeks prior to the scheduled dates.

Have questions about play or your child's development?

Call in and ask one of our facilitators:

Available between 9am-4pm Monday to Thursday

&

Fridays from 9am-1pm

Triple P: Workshops

Come join Triple P Practitioner Pam for the following zoom sessions:

Transitions to Childcare

July 19th and August 9th at 1:30pm on Zoom

Pam will give you some tips on how to support a smooth transition to childcare for the whole family.

Pre-Register up to two weeks ahead of the scheduled group

Pre Register at: <https://EYFRC.as.me/TriplepTransitionsToChildcare>

Play Time

July 12th and August 16th at 1:30pm on Zoom

Join Pam for a session on in the ins and outs of play time and how we can have a successful less stress playtime with our children.

Pre-Register up to two weeks ahead of the scheduled group

Pre-Register at: <https://EYFRC.as.me/playtimetriplepsession>

Triple P Supports

Available between

8:30-4:30

Monday to Friday

Dunja Luzar (306) 520-2074
dluzar@earlylearning.ca

Pam Ashurst (306) 519 6616
pashurst@earlylearning.ca



Special Thanks to our Sponsors:





306-520-8431



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www.rphn.ca



**Regina Perinatal
Health Network**
A program of The Regina Early Learning Centre
#MoreThanPostpartum



reginaperinatalhealthnetwork



Regina Perinatal Health Network

Perinatal Mood & Anxiety Disorders (PMAD) like Postpartum Depression affect 1 in 5 birthing people every year and we know, without a doubt, that untreated perinatal mental illness significantly impacts the development of young children.

The Regina Perinatal Health Network is a program of the Regina Early Learning Centre and offers FREE, online, prenatal & postpartum support to new and expectant families.

