



Child and Family Centre

**KENORA**

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**JANUARY 2025**



### Program Descriptions for January

- ◇ **Baby Beginnings:** ages 0-18mths. A time for new parents to visit with one another and get some peer support. EarlyON staff and visiting professionals such as an NWHU Nurse, Lactation Consultant and staff from KACL Children's Services are available to answer questions and provide resources about child development. The scale and measuring equipment is here weekly to track your child's growth.
- ◇ **Songs and Stories:** ages 2-4yrs. We start by gathering on the carpet for songs and a story, then continue with an art experience, followed by a group snacktime and free play. **Please call 467-5530 to register** for this program, as space is limited. Participants register for one week at a time, on a first come first served basis.
- ◇ **NEW:French Fun:** ages 0-6yrs. This group is for our Francophone families, or those hoping for more French language exposure. It will include singing, stories, an art activity, light snacks and free play. The idea is to expose children to as much French as possible, through conversing in French with one another and through a completely French circle time. No registration required.
- ◇ **Toddler Hour:** ages 12-23 mths. If your child is aging out of Baby Beginnings but not old enough for Thursday's structured group, this is the program for you! Some young-toddler activities will be available in a less-formal format, including songs, stories, dancing, art and sensory play. Come prepared for your child to get messy while they explore. No sign up required.
- ◇ **Open Gym:** ages 0-6 yrs. Come out to École Ste-Marguerite Bourgeoys for some active play. A great way to burn off some energy when the winter temperatures are too much! Light snacks are provided.

\*\*\*Please note: all activities at the EarlyON Centre require parent/caregiver participation\*\*\*

January 27 is Family Literacy Day in Canada!

Visit [familyliteracyday.ca](http://familyliteracyday.ca) for some more info and fun activities you can do together as a family. The theme for this year is "Learn to be Green, Together!"

One of our favourite winter rhymes here at the Centre (make up your own actions!):

#### Chubby Little Snowman

A chubby little snowman had a carrot nose.  
Along came a bunny and what do you suppose?  
That hungry little bunny was looking for his lunch.  
He ate that snowman's carrot nose-  
Nibble, nibble, crunch!