



Child and Family Centre

KENORA

24 Main Street South
Kenora, Ontario P9N 1S7
(807) 467-5530 Fax: 467-2489
Email: kenoraearlyon@fireflynw.ca
Website: fireflynw.ca
Facebook:
FIREFLYEarlyONKenora

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.
- ◇ **Music and Movement:** ages 2-4yrs. This group features a circle time of active songs, rhymes and musical exploration, an art experience, 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. Please Note: A Certified Therapy Dog will be in attendance at the Feb 6 session.
- ◇ **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. Once a month, staff from KACL's Children's Services will visit to bring information about child development and parenting.
- ◇ **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.
- ◇ **Drop In Visits:** ages 0-6 yrs. These are times when you can pop in to play, do crafts, feed your baby, chat with other families, etc.

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

MONDAY, FEBRUARY 17 IS FAMILY DAY IN ONTARIO! Our Centre will be CLOSED but watch our facebook page, we'll be sharing some suggestions for activities through other community organizations.

Something to Think About Trying for Family Day:

Spend an entire unhurried day together. Let the chores wait, don't schedule any events or appointments. Just be together, relaxed and focused on each other. Try to keep the electronics off, stay in your jammies, make a good breakfast, walk together outdoors.

Just be.