



Child and Family Centre

KENORA

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FIREFLYEarlyONKenora

MARCH 2025



PROGRAM DESCRIPTIONS FOR MARCH

- ◇ **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.
- ◇ **Kids in the Kitchen:** ages 2.5-4yrs. We start by gathering on the carpet for introductions and a short nutrition-related circle time. Then we move to the table and prepare a recipe together, and get to sample our work! **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. This group requires more following instructions and waiting time than our other preschool-aged groups, so we will need to stick to the suggested age range for sign-ups, in order for it to be developmentally appropriate. Thanks for understanding!
- ◇ **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.
- ◇ **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.
- ◇ **Feed the Birds at Vernon Trails:** ages 0-6yrs. Meet us at Vernon Nature Area and we'll bring the birdseed! We'll feed the birds, then go for a nature walk. Please note: our birdseed contains nuts.

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

MARCH IS NUTRITION MONTH!!!!

Did you know that FIREFLY has a video presentation on Picky Eating, presented by Speech-Language Pathologists, an Occupational Therapist and a Registered Dietician? It can be viewed on the FIREFLY website fireflynw.ca ([Picky Eater - FIREFLY](#))

