

EARLYON VIRTUAL PROGRAMS & SUPPORTS



Ask an ECE

From tummy time to sleep, our ECEs have answers to your questions. Weekdays from 2:30 - 3:30, one of our ECE/ECAs will be on our Facebook page to answer questions about specific topics.



Baby Talk: A Chance for New Parents to Connect and Ask Questions

Do you wonder if your baby is getting enough sleep, if they are ready to start solids, how to encourage more tummy time or tips to help with teething? Join us to problem solve these questions and any others you might have. Connect with us and other parents on Zoom to share tips and encouragement.



Baby Playtime

Do you have a little one under 16 months at home? Wondering how to keep them engaged and learning? Check out our weekly Baby Playtime activity on Zoom.



Bedtime Stories

Join your EarlyON team each weeknight at 6:30 as we share bedtime stories and songs with you and your little ones in a recorded video on our Facebook page. Available for you to enjoy whenever you like!



Birthday of the Month Circle Time

Does your child have a Birthday this month? Join us for a Happy Birthday Circle time on Zoom with songs, games and a story to celebrate! Date varies monthly.



Cooking with Kids

Please Join Heather and her 3-year-old son, Charles, for Cooking with Kids. We will post a new recipe and new video each week and walk you through the fun and interactive process of creating something delicious for you and your family to enjoy!



Creative Kids

Do you have a little artist at home? Why not join us for arts and crafts time? Each week, we will work on arts and crafts projects together and share our beautiful creations.



Creative Movement Circle Time

Are you enjoying our daily Circle Time? Join us for even more! This smaller active circle time will encourage you and your little ones to jump, dance and play. Let's get moving together!



Dads' Check-in and Chat

Calling all Dads! We miss you at our Saturday morning Dads' Program! We want to know how things are going, how you've been spending your time, and how your kids are doing. Join us on Zoom to chat, sing songs, and share thoughts & stories.



Family Fun Fitness

This is virtually interactive program for families with children 3-6 years old. We will explore various movement skills with the use of songs & rhymes, and we will end with some gentle yoga stretches and discussion about nutrition and wellness.



Forest Friday Blog

Since we aren't able to meet in person, our Forest School Educator, Lisa, will share some of the changes she sees happening outside around her home, and offer a suggestion of something to do that will help connect you to a little nature. Even though we can't go far, remember nature is all around us. Just step outside your door, and enjoy! <https://lisaheinbecker.wixsite.com/website>



Jump into JK Group

Is your child starting Kindergarten in September? Would you like them to attend a special circle time with songs, games, and stories with other children their age? Would you like to learn about some activities you can try at home to prepare your child for school? If the answer is YES, join us for Jump into JK!



Let's Go Outside!

This interactive Zoom program will engage children and their caregivers in outdoor exploration and activities that will connect them to their piece of "nearby nature". Together, we'll observe seasonal changes, suggest ways to engage with nature, and encourage mindfulness practices. Children will be encouraged to share their observations and interests which could lead the direction of the program.



Mindful Mondays

Check out our social media post that encourages you to start your week off in peace. Take a few minutes to set a calm tone to your week.



Baby and Me Yoga

You and your little one can join us for songs, movements and gentle yoga poses to do together! Enjoy the opportunity to bond with your baby, meet other moms, and de-stress, all in the comfort of your own home.



Mother Goose

Come and join us for virtual Mother Goose as we sing nursery rhymes, play simple singing games, and enjoy a fun and interactive time with your infants while chatting with each other in a relaxed and fun atmosphere.



Our World, Our Communities, Our Families

Let's make connections to chat, learn and celebrate different cultures, traditions, languages and experiences.



Parent Connect

Let's Connect! Join us twice a week as we discuss infant and early years development, share resources and connect with guest speakers from our community partners specializing in early years development. Stay tuned to our social media sites for weekly topics.



Coffee Chat

Trying to navigate parenting? Grab your morning coffee or tea, and join a ROCK Mental Health Consultant and EarlyON Educator as they discuss a variety of different topics such as Attachment and Self-Regulation.



Let's Play a Game

Come play some classic and original preschool games with us. Games like Eye-Spy, Simon Says and many more are not only super fun, but also help build essential skills.



Show & Share

We would love to see your children show and share with us. Does your child have a favourite costume or dress up outfit, favourite toy, family pet, or new art work they made? We can chat with them about any topic they choose! Let us engage with your child for a bit and give yourself a break.



Sing-Along Circle Time

Do you miss circle time? Do your kids want to sing and dance to live music? Join Leigh and Jordan for Circle Time.



Did You Know?

Hey Kids, Did you know...?" Join us every Monday to learn about fun facts, make cool discoveries and discuss new topics together. This is an interactive program designed for children 3+ and their family.



STEM Activities

Spark your child's curiosity with these simple and fun STEM activities to do at home with your family. STEM encourages collaboration, creativity, experimentation and builds resiliency for ages 3+.



Toddler Story-Time

Join us for picture books, songs, finger plays, and rhymes just right for your 18 month - 2 year old.



Virtual Stepping Stones

Does your child have disabilities, exceptionalities, or other sensitivities? We miss seeing our friends! We want to know how you are doing and reach out to new friends we haven't met yet! How are you keeping your kids busy? How are you managing during these stressful times? Let's connect and maybe sing a few songs.



Program Registration Update!

All our virtual programs are by registration through ROCKevents!

Please go to <https://rockevents.ca/eventgroup/earlyon/> to register for our **FREE** fun and interactive programs.

To secure your spot please register before 8am the day of the program.

Free Virtual Parent Workshops/Webinars in July!

Intro to Self-Reg

Presenter: ROCK Mental Health Consultant

Date: July 14, 2020

Time: 6:30-8:00pm

Registration: www.rockevents.ca

This workshop will begin to introduce Dr. Stuart Shanker's understanding of "Self-Reg" and build on participant's understanding of how to support children in dealing with their stressors.

Stress: How it Impacts Children's Mental Health

Presenter: ROCK Mental Health Consultant

Date: July 28, 2020

Time: 6:30-8:00pm

Registration: www.rockevents.ca

This presentation is a two-part series that introduces some of the key concepts of Kids Have Stress Tool®, a program designed to help caregivers become more mindful of children's stress, and how to support children in coping.

Contact Us



905-638-4973



Monday-Friday, 9am-4pm



earlyon@rockonline.ca

Follow us on Social Media!



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JULY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Facebook Instagram Twitter	9:00 - 10:00 Daily Activity Ideas 10:00 Mindful Monday	9:00 - 10:00 Daily Activity Ideas	9:00 - 10:00 Daily Activity Ideas	9:00 - 10:00 Daily Activity Ideas	9:00 - 10:00 Daily Activity Ideas 4:00 Forest Friday Blog	
Facebook ROCK - EarlyON Burlington	2:30 Ask an ECE 6:30 Bedtime Stories	11:00 Cooking with Kids 2:30 Ask an ECE 6:30 Bedtime Stories	2:30 Ask an ECE 6:30 Bedtime Stories	2:30 Ask an ECE 6:30 Bedtime Stories	2:30 Ask an ECE 6:30 Bedtime Stories	
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