

EARLYON IN-PERSON AND 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 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.



Baby Play and Chat

Do you have a little one under 16 months? Wondering how to keep them engaged and learning? Join us as you and your baby connect through play as our Educators support and answer your questions around your child's growth and development.



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.



Crafty Story Time

Come and join the fun as we connect through stories, crafts and songs! We will read a new story each week while creating an art activity to go with it. Come for the story or the craft, or stay for both!



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

Please join us each Saturday morning at our St. Mark location as we check in and chat with one another! This is an opportunity to connect and engage through play with your child, and other dads in a safe and interactive environment. Grandpas & uncles welcomed!



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.



Exploring Cultures through Play

Come take a trip with us around the world and experience the many cultures, heritage, traditions, and stories through art, literature, music, dance, and play. Our safe play space creates an environment where you and your child will engage and learn about the world around us without packing your suitcase!



Infant Massage

This program is facilitated by our very own registered IAIM Instructor. Infant massage is such a crucial part of the bonding process between infant and caregiver. The connections formed during massage have been studied and found to have lifelong benefits. This is a 5-week series.



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.



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.



Outdoor Classroom

Join our Forest School Educator and Early Childhood Educator as we explore a local forest in all seasons. Play in the leaves and rain, balance on logs, and make mud pies, all while fostering a love and appreciation for the land. This program is guided by the children and their interests as this is how they learn best!



Parent Cafe

Come join in for a fun, collaborative, learning experience where you can share your ideas and thoughts in an open forum on topics such as: Self-Regulation, behavioural concerns, and other areas that are of interest to you. Our Parent Educator, Lindsay, is here to support, provide guidance, and resources on a variety of topics.



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.



REACHout to our Parent Educator

Our parent-educator, Lindsay is available for parents seeking support for children 0-6 years old. Register for a 15-minute time-slot where you can privately ask questions about child development, challenging behaviours and other services that are available through ROCK and other community agencies.



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? Please join us for this fun and interactive circle so we can do all of that and more!



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.



Stepping Stones

Does your child thrive in environments where there is less stimulation? Join us for a sensory-controlled drop-in playgroup for little one's ages 0-6. Siblings under 6 are welcome too! Come make new friends, connect with other families, and play with your child in a fun and safe space.



Walking to Wellness

Join us weekly for our walking towards wellness program! This physical and interactive program is a great way to meet other parents in the community and contribute to your overall wellness while walking and strolling together at a safe physical distance.



Program Registration Update!

All our virtual and in-person 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 in October!

5-Week Abbreviated Circle of Security

Presenter: EarlyON Parent Educator

Date: Tuesday(s) October 13, 20, 27, November 3, and 10, 2020

Time: 1:30-12:30pm

Registration: www.rockevents.ca

- Are you a parent of a child aged 0-4 years?
- Are you wondering what your child is trying to communicate through their behaviour?
- Are you curious to find ways to support your child's exploration?
- Are you interested to know how to meet your child's social emotional needs and support their development?

If these questions interest you then please join us for this 5-Week Abbreviated Circle of Security Series. In this reflective workshop, we will explore the "secure base" for children and their innate need for connection.

Stress - The Impact on Children's Mental Health

Presenter: EarlyON Parent Educator and Mental Health Consultant

Date: Thursday October 22, 2020

Time: 1:00-2:30pm (virtual screening begins at 1:15pm)

Age Range: 24mo - 6 years old

Registration: www.rockevents.ca

Stress can affect anyone who feels overwhelmed -even children. In preschoolers, separation from parents can cause anxiety. As children get older, academic and social pressures (especially from trying to fit in) create stress. Children have many stressors that they have to overcome daily that can impact their emotional and social well-being. Please join us for this webinar on the impacts of stress and how a secure based relationship between a child and a parent/caregiver can help reduce stressors that children experience and build the capacity to learn coping skills to support them.

Contact Us



905-638-4973



Monday-Friday, 9am-12pm



earlyon@rockonline.ca

Follow us on Social Media!



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OCTOBER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In-Person Programming Cumberland 9:00-11:30am	Free Exploration and Play Morning Circle Infant Massage <i>* Program designed for infants' birth to 8 months</i>	Free Exploration and Play Morning Circle Exploring Culture Through Play	Free Exploration and Play Morning Circle STEM	Free Exploration and Play Morning Circle Infant Massage <i>* Program designed for infants' birth to 8 months</i>	Free Exploration and Play Morning Circle Baby Play and Chat <i>* Program designed for infants' birth to 12 months</i>	
In-Person Programming St. Marks 9:00-11:30am	Free Exploration and Play Morning Circle STEM	Free Exploration and Play Morning Circle Toddler Story Time	Stepping Stones <i>* This program is for children with exceptionalities or sensitivities who need a quieter program</i>	Free Exploration and Play Morning Circle Creative Movement Time	Free Exploration and Play Morning Circle Exploring Culture Through Play	Dad's Check In and Chat
Outdoor Programming	9:30am Outdoor Classroom	9:30am Walking to Wellness	9:30am Outdoor Classroom	1:00pm Outdoor Classroom		
Curbside Pick-Up	9:00-11:00am		9:00-11:00am			
Social Media	9:30am Mindful Monday Post Birthday Shout-outs (Facebook only)		9:30am Wellness Wednesdays Post	9:30am Ask an ECE (Facebook only)		
Virtual Programming	1:30pm Mother Goose 2:30pm Sing-Along Circle Time 2:30pm Did You Know? 3:30pm Crafty Story Time	1:30pm Mother Goose 2:30pm Sing-Along Circle Time 3:00pm Parent Connect 3:30pm Show and Share		9:30am Baby & Me Yoga 1:00pm REACHout to your Parent Educator 2:00pm Mother Goose 2:30pm Sing-Along Circle Time 3:30pm STEM (Ages 4-6)	9:00am Parent Cafe 10:00am Mother Goose 2:30pm Sing-Along Circle Time	