

EARLYON IN-PERSON AND VIRTUAL PROGRAMS & SUPPORTS



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.



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

Join us every Thursday morning for a physically active circle time that will encourage you and your little ones to jump, dance and play at a safe distance. 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!



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!



Goodnight Mother Goose

Put on your pyjamas and enjoy saying goodnight with us during Goodnight Mother Goose with soothing songs, stories and rhymes. We can't wait to be a part of your bedtime routine!



Infant Massage

This 5-week virtual program gives participants the opportunity to learn the benefits and techniques of infant massage while promoting the bond between infant/parent. Further information will be sent to participants upon confirmation. Please note attendance 5-week attendance is mandatory.



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.



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.



ROCK Talk

Join our Early Childhood Educator Colleen for weekly conversations around your child's development from tummy time to sleep. Colleen will be on the ROCK EarlyON Facebook site each Wednesday at 9:30am to answer questions about specific topics.



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

Each week we will spark your child's curiosity with interactive, simple and fun STEM activities! STEM encourages collaboration, creativity, experimentation and builds resiliency for ages 3+. Come and explore with us!



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.



Toddler Story-Time

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



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 ensure that you are registering a ticket per child (Infants to six years old) and per adult.

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 November!

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.

Redefining Labels

Dates and times are unknown and to be announced on our social media pages!

This workshop supports the importance of using a strength-based approach to understanding behaviours. Please join us as we share ways to reframe your child's behaviour and interpret it as a form of communication that will help identify and eliminate the stressors behind it. Conversation will include ways to help children through their self-regulation process, and how to support their overall social-emotional development.

Contact Us



905-638-4973



Monday-Friday, 9am-12pm



earlyon@rockonline.ca

Follow us on Social Media!



Instagram: [ROCKEarlyONBurlington](https://www.instagram.com/rockearlyonburlington)
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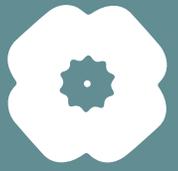


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NOVEMBER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In-Person Programming Cumberland	9:00am Infant Massage *Program designed for infants' birth to 8 months	9:00am Exploring Culture Through Play 1:30pm Infant Massage *Program designed for infants' birth to 8 months	9:00am STEM	9:00am Stay and Play *Program designed for infants' birth to 6 years old	9:00am Baby Play and Chat *Program designed for infants' birth to 12 months	
In-Person Programming St. Marks	9:00am STEM	9:00am Toddler Story Time	9:00am Stepping Stones *This program is for children with exceptionalities or sensitivities who need a quieter program	9:00am Creative Movement Time 1:30pm Stay and Play *Program designed for birth- six years	9:00am Exploring Culture Through Play	9:00am 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	9:30am Walking to Wellness	
Curbside Pick-Up	9:00-11:00am			9:00-11:00am		
Social Media			9:30am ROCK Talks with Colleen			
Virtual Programming	1:00pm Parent Cafe 1:30pm Mother Goose 2:30pm Sing-Along Circle Time 3:30pm Crafty Story Time	1:30pm Mother Goose 2:30pm Sing-Along Circle Time 6:30pm Bedtime Story	10:30am Book Club 6:00pm Goodnight Mother Goose	9:00am Baby & Me Yoga 1:00pm REACHout to your Parent Educator 1:30pm Mother Goose 3:30pm STEM (Ages 4-6)	1:30pm Mother Goose 1:30pm Infant Massage 2:30pm Sing-Along Circle Time	