

EARLYON IN-PERSON AND VIRTUAL PROGRAMS & SUPPORTS



ASL Story Time

ROCK EarlyON is excited announce that we are partnering with SLIAO to provide ASL Interpreting services for our ASL Story Time! Please join us as we jump into a world of imagination and learning through various stories using ASL to include all deaf, hard of hearing, and hearing children and families!



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.



NEW! Build a Story

Join us as we build a story together using objects that your child will bring to class! Each week we will focus on a different letter, an Educator will start the story; and your child will have the opportunity to add to the story using their objects as prompts. Caregivers can join in and add to the story too! You never know where the story will lead us, but you'll be guaranteed it will be different every time!. Age appropriate: 3yrs and up



Bedtime Stories

Grab your bedtime stuffy or blanket, get your pyjamas on, and join Miss Colleen on Tuesday evenings for bedtime stories and lullabies for your little ones via Zoom. If you fall asleep, that's okay, there will be plenty more next week!



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!



Curbside Craft Pick-Up

Monday is now Funday with Curbside Craft Pickup! Do you miss taking part in our arts and crafts activities? Now you can pick up a craft bag without having to leave your car! This activity is at no cost, but we would be happy to see a photo of your craft! Just send your photo to earlyon@rockonline.ca so we can share your creativity on our social media sites!



Exploring Cultures through Story & Song

Come take a trip with us around the world and experience the many cultures, heritages, and traditions, through song, stories, and more! We are pleased to introduce our partnership with HMC Cultural Brokers, as EarlyON and HMC take you on an exciting journey each week without having to pack 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.



Lending Library

Is your child tired of reading the same stories over and over? Access our free "Lending Library"! Come and pick-up books and activities from our Cumberland Site for your child via our curb-side pickup. Once returned, the materials will quarantine for 72 hours and are then thoroughly sanitized to maintain safety for all our EarlyON families.



Loose Parts Scavenger Hunt

When children play and interact with loose parts, they enter a world full of "what ifs" that provides an opportunity to think imaginatively and bring excitement to play. Every week we will be posting a scavenger hunt on EarlyON Burlington Facebook, Instagram and Twitter page and hope you join us for "loose parts creative hunt" where we will use these items to create exciting things!



NEW! Mindful Movement

Join us for some simple exercises that gently stretch your baby's body. Each week we will explore the same gentle movements accompanied by various songs and rhymes. Together we will discuss ways to support our connection with ourselves, our babies and with each other through discussion, tips, and mindfulness practices. Age appropriate: 2 months-pre crawling



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

Registration re-opens mid-January

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.



NEW! Puppet Party

Gather your puppets and stuffies! It's time for a Puppet party! Join Javaneh and Leigh as they lead you in a fun song time (with your child's name in the hello song) and short puppet show on ZOOM. Age appropriate: All Ages



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 or 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 noon to answer questions about specific topics.



Shake, Rattle and Rhyme

Come and join our "Shake, Rattle and Rhyme" program! This is developed for children ages 24-36 months. Each week we will be using home-made instruments or props as we sing and rhyme to enhance early literacy. Don't forget, on Thursday morning's you can safely pick-up materials via our curb-side pickup to provide you with all the materials needed to create simple musical instruments or props in preparation for this program!



Stay and Play

Registration re-opens mid-January

Come 'Stay and Play' with us! This open-ended play program gives you and your child a chance to enjoy our spacious play space, fun activities, and engage with other families at a safe physical distance! This program is for children of all ages.



STEM

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 all ages.



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!



Show and 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.



Song and Story Time

Join us for some of our favourite circle time songs that will get you up moving and dancing. Once we have gotten all of our energy out, we will share some of our favourite books with you during our story time. You won't want to miss all this fun!



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

Registration re-opens mid-January

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.



NEW! Yoga Animals

Many yoga poses were inspired by animals. Join us each week to explore some fun ways to move our bodies and calm our minds. Age appropriate: 3yrs and up.



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 January!

Nurturing your Child's Developing Brain

Presenter: EarlyON Parent Educator

Date: Thursday January 14, 2021

Time: 6:30pm -7:30pm

Registration: www.rockevents.ca

Based on "The Whole-Brain Child" book by neuroscientist Daniel J. Siegel, and parenting expert Tina Payne Bryson, this workshop will provide you with an insight of how a child's brain functions, matures, and constantly changes in response to everything it encounters. Please join our Parent Educator for strategies and recommendations to support your child's development and their developing brain.

Contact Us



905-638-4973



Monday-Friday, 9am-12pm**



earlyon@rockonline.ca

**** Please note that all virtual programs will be CLOSED from December 24 and resume January 4, 2021. In-Person programming will resume January 18, 2021, pending Halton's COVID-19 Restrictions.**

Follow us on Social Media!



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



Twitter: ROCKEarlyONBurlington
[@ROCKEarlyON](https://twitter.com/ROCKEarlyON)



Facebook: ROCK - EarlyON Burlington
[@ROCK - EarlyON Burlington](https://www.facebook.com/ROCK-EarlyONBurlington)

JANUARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curbside Activities	9:00-11:00am Curbside Pickup, Warwick Location	9:00-12:00pm Lending Library	9:00-11:00am Curbside Pickup, Cumberland Location	9:00-12:00pm Shake Rattle and Rhyme Curbside, Cumberland Location * Must be registered for following week	
Facebook	12:00-12:30pm Pandemic Parenting	12:00-12:30pm Did You Know?	12:00-12:30pm Breastfeeding Q&A	12:00-12:30pm ROCK Talk with Colleen	
Virtual Programming AM	9:00-10:00am Mother Goose 9:30-11:00am Infant Massage 10:00-11:00am Shake, Rattle and Rhyme 11:00-12:00pm Mindful Movement 11:30-12:00pm Song and Story Time	9:00-10:00am Mother Goose 10:00-11:00am Baby Play and Chat 10:30-11:00am Creative Movement Circle Time 11:30-12:00pm ASL Story Circle 11:30-12:00pm Song and Story Time	9:00-10:00am Mother Goose 9:30-10:30am Stepping Stones 10:00-11:00am Baby Play and Chat 11:00-11:30am Sing Along Circle Time	9:00-10:00am Mindful Movement 9:00-10:00am Mother Goose 10:00-11:00am Loose Parts Creative Hunt	9:00-10:00am Mother Goose 10:30-11:30am Baby Play and Chat 10:30-11:00am Baby and Me Yoga 11:00-11:30am Puppet Party 11:30-12:00pm ASL Story Circle
Virtual Programming PM	1:00-2:00pm Mother Goose 1:00-2:00pm Parent Cafe 2:00-2:45pm Yoga Animals 2:30-3:30pm Exploring Cultures through Story and Song 3:00-3:30pm Crafty Story Time 3:30-4:00pm Sing Along Circle Time	1:00-2:00pm Mother Goose 2:00-3:00pm Loose Parts Creative Hunt 2:30-3:00pm Sing Along Circle Time 3:00-3:45pm Build A Story 3:30-4:00pm Show and Share 5:30-6:00pm Bedtime Story Time	5:30-6:30pm Goodnight Mother Goose	1:00-2:00pm Mother Goose 1:00-3:00pm REACHout to your Parent Educator 2:30-3:00pm Sing Along Circle Time 3:00-3:30pm STEM (3+ Ages) 3:30-4:00pm Crafty Story Time	1:00-2:00pm Mother Goose 1:30-2:30pm Infant Massage 2:00-2:30pm Song and Story Time