

# 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.



## Bienvenue Les Amis

Bonjour! Join us each week for songs and stories en Français! EarlyON in partnership with HMC Connections, want to ensure that your preschoolers have the ability to learn French prior to entering school. Whether you speak fluent French or just learning, we will ensure that your experiences with the French language is encouraging and FUN!



## 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!



## 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](mailto:earlyon@rockonline.ca) so we can share your creativity on our social media sites!



## Dad and Me - Starting April 20!

Dad and Me is an opportunity for dads to engage with their children, to network with other dads, and to HAVE FUN!! All dads, stepdads, grandfathers, uncles and special male role models are welcome to join us each week for fun activities



## 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.



## Little Messy Makers

Join us for a NEW one-hour program Little Messy Makers for children under 24 months. Activities that engage different senses will be suggested that will encourage child led exploration while in the comfort of your own home. Watch for the post on social media letting you know what materials you will need! The learning that will happen is well worth the "Little Mess"!



## 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.



## Nature Art Workshop

We're bringing the outdoors in! This workshop will engage your little ones with natural materials you have gathered while outside together, prior to the program. We will create together and learn about the natural world along the way.



## 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.



### School of ROCK - Starting April 21!

Do you have a child who will be starting Kindergarten in September? If so, join us every Wednesday morning at the School of Rock! There will be fun-tastic learning opportunities through songs, stories and a variety of activities each week to prepare you and your preschooler for JK.



### Sing and Stroll

At this new program, our focus is being active and having fun! We will go for a stroller-friendly walk along walking paths and end with an active circle time. All ages are welcome and don't forget to bring your own instruments!



### Stay and Play Indoor Programs Currently Paused

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.



### 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!



### 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

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.

## Special Event Programming

### Our Space Interactive Puppet Show

ROCK EarlyON, along with Halton Family for Families and Our Community Cares is excited to share this free event on Saturday mornings on Facebook Live. Please join Our Space as they present this 8-week series supporting social and emotional development, mental health and well-being for early years children and youth.



What's New?

## Saturday Morning "Our Space" time!



Register at:  
[www.rockevents.ca](http://www.rockevents.ca)

FACEBOOK LIVE EVENT

Join us and our "Our Space" friends where it all began when they were babies! Each week we'll meet a different friend and explore together. This is a show that introduces and explores the world of mental health to children in a delicate and playful manner, using puppets. Let's have fun, be creative, share our thoughts and most importantly, be ourselves.

SATURDAY'S FROM 9:00 - 9:45 A.M.

APRIL:	MAY:	JUNE:
April 10th	May 1st	June 5th
April 17th	May 8th	
April 24th	May 15th	
	May 29th	

For more information contact:  
[families@rockonline.ca](mailto:families@rockonline.ca) or [dianad@rockonline.ca](mailto:dianad@rockonline.ca)



## Parent Workshop: Self-Regulation

Presenter: EarlyON Parent Educator/Lead

Date: April 20, 2021

Time: 6:00pm- 7:00pm

Registration: [www.rockevents.ca](http://www.rockevents.ca)

This workshop will increase a caregiver's ability to support children's developing self-regulation skills from a position of co-regulation. This workshop will discuss self-regulation vs self-control, while addressing the importance of relationships. As a group, parents/caregivers will develop a 'toolbox' of relevant ideas and strategies to take away. Discussions will reflect on how the information presented may support and/ or enhance present programming and adult/child relationships.

## Contact Us



905-638-4973



Monday-Friday, 9am-12pm\*\*



[earlyon@rockonline.ca](mailto:earlyon@rockonline.ca)

\*\* Please note that indoor programming will not be operational due to Halton's COVID-19 capacity restrictions. Please stay-tuned to our social media sites for updates and for our virtual offerings. Thank you for your patience and stay safe!

## Follow us on Social Media!



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



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



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

# APRIL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Curbside Pickup Activities: Cumberland</b>	9:00-11:00am Curbside Pickup	9:00-12:00pm Lending Library	9:00-11:00am Crafty Story Time	9:00-11:00am Shake Rattle & Rhyme		
<b>Facebook</b>	12:00-12:30pm Pandemic Parenting		12:00-12:30pm Breastfeeding Q&A	12:00-12:30pm ROCK Talk with Colleen		9:00-10:00am Our Space, Safe Space: Interactive Puppet Show
<b>Virtual Programming AM</b>	9:00-10:00am Mother Goose  9:30-11:00am Infant Massage  10:30-11:15am Shake, Rattle and Rhyme	9:00-10:00am Mother Goose  10:00-11:00am Baby Play and Chat  10:30-11:15am Creative Movement Circle Time  11:30-12:15pm Song and Story Time	9:00-10:00am Stepping Stones  10:00-11:00am Baby Play and Chat  11:00-12:00pm School of ROCK 2021  11:30-12:15pm Sing Along Circle Time	9:00-10:00am Mindful Movement  10:00-10:45am Sing Along Circle Time  10:30-11:30am Mother Goose  11:00-12:00pm REACHout to your Parent Educator  11:30-12:15pm Song and Story Time	9:00-10:00am Mother Goose  10:00-11:00am Parent Cafe  10:30-12:00pm Baby and Me Yoga  11:00-11:45am Song & Story Time	
<b>Virtual Programming PM</b>	1:30-2:15pm Yoga Animals  2:00-3:00pm REACHout to your Parent Educator  2:30-3:15pm Bienvenue les Amis (Welcome Friends)  3:00-3:45pm Crafty Story Time	1:00-2:00pm Nature Art Workshop  2:00-3:00pm Loose Parts Creative Hunt  2:30-3:15pm Sing Along Circle Time  3:00-3:45pm Build A Story  4:00-4:45pm Dad and Me  5:30-6:00pm Bedtime Story Time	5:30-6:30pm Goodnight Mother Goose	1:30-2:30pm Infant Massage  1:30-2:30pm Little Messy Makers  3:00-3:45pm STEM (3+ Ages)  3:30-4:15pm Crafty Story Time	1:00-2:00pm Mother Goose  1:30-2:15pm Show and Share  1:30-2:30pm Baby Play & Chat  3:00-3:45pm Puppet Party	
<b>Outdoor Programming AM</b>	9:30-11:00am Walking to Wellness, Cumberland	9:30-11:30am Outdoor Classroom	9:30-11:00am Walking to Wellness, Cumberland	9:30-11:00am Walking to Wellness, Cumberland	9:30-11:00am Sing and Stroll, Sherwood Forest	
<b>Outdoor Programming PM</b>	1:30-3:00pm Sing and Stroll, Sherwood Forest			1:30-3:30pm Outdoor Classroom		