

EARLYON IN-PERSON AND VIRTUAL PROGRAMS & SUPPORTS

Adventure Playground

Children will use their imaginations and ingenuity to build and shape the environment according to their own creative vision using natural materials during Adventure Playground! **Age 2-6**

Art in the Park

We can't wait to join you and your little artists outdoors! Educators will have a different art activity ready for you each week so let's get creative and have some fun! **Ages 2+**

Baby Play and Chat Virtual and Outdoor

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. **Birth - 16 months**

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! **Ages 3+**

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! **Ages 3+**

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! **18 months+**

Creative Movement Circle Time

Join us every Tuesday 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!
All Ages

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! **Ages 2+**

Family Fun Night

Looking for fun activities you can do as a family? Join us each week for family friendly games and activities that are enjoyable for all ages! **All Ages**

Infant Massage Virtual and Outdoor

This 5-week virtual and outdoor program gives participants the opportunity to learn the benefits and techniques of infant massage while promoting the bond between infant/parent. Please note attendance 5-week attendance is mandatory. **Birth - 8 months**

Kitchen Korner

Empty out those kitchen cupboards and bring your imagination each week as we participate in fun kitchen activities that will support your child's skill development in a variety of ways!
Ages 3+

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. **All Ages**

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"! **Birth - 24 months**

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! **Ages 2+**

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. **Birth - 12 months**

Mother Goose In the Park

Come and join us outdoors for 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 outdoor atmosphere. **Birth - 12 months**

Nature Bingo

For this fun outdoor Bingo program, we will collect items from nature on our walk and then play Bingo! Don't forget to wear your weather appropriate clothes and join us for this fun and interactive program! **Ages 3+**

Nature Art Workshop

This outdoor workshop will engage your little ones with natural materials we will gather while outside. What nature can't provide; your Educators will bring! We will create together, share nature inspired stories and learn about the natural world along the way. **Ages 2+**

Outdoor Classroom

Join us as we explore a local forest in all seasons. This program is guided by the children and their interests and our Forest School Educator and RECE are on hand to support the children and their caregivers in their play and inquiry. There is no such thing as bad weather, so please dress accordingly. **Ages 2+**

Outdoor Stepping Stones

Does your child thrive in an environment where there is less stimulation? Join us for an outdoor sensory- controlled drop-in play group, make new friends, connect with other families and play in a fun safe space. **Birth+**

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.

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 resiliencies. **Ages 3+**

School of ROCK

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. **Ages 3.5+**

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! **All Ages**

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. **All Ages**

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! **Ages 2+**

Teddy Bear Picnic

Bring your Teddy Bear and blanket and join us for some songs, stories, rhymes and activities in the park. You won't want to miss all this fun! **Ages: 2+**

Virtual Field Trip

Pack your backpacks and take a virtual trip with us every Wednesday and explore the world around you in the comfort of your own home. Each week will we uncover new places to be discovered. **Ages 3+**

Walking to Wellness

Join us weekly for this physical and interactive program. This 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. **All Ages**

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. **Ages 2.5+**



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 www.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.

Summer Special Events

Parenting Panel

Panel Guest: The Womb Burlington

Date: Thursday July 8 and Thursday August 12, 2021

Time: 10:00-11:00am

Facebook Live: www.facebook.com/ROCKEarlyON

Welcome to the Parenting Panel where we are so excited to have Hayley Bennison (Lactation Consultant), Becky Soehner (Sleep Consultant), and Shannon Macaulay (Social Worker) from the Womb Burlington to share their knowledge and expertise in a safe and welcoming environment. Please submit your questions to earlyon@rockonline.ca by July 5 and log on to www.facebook.com/ROCKEarlyON to get all your questions answered.

Building Play Skills

Facilitator: ROCK

Date: Tuesday August 17, 2021

Time: 1:00-2:00pm

Registration: www.rockevents.ca

Play is more than just a way for your child to have fun. Play is an essential part of early childhood development as it contributes to a child's cognitive, physical, social, and social-emotional development. In this workshop, we will explore how play is an integral part of your child's growth and development and how we, as parents and caregivers, can support our child to build on their already-developing play skills.

New Program Announcement!

Reading ROCKS!

Explore ROCKonLearns newest offering! Reading ROCKS is a pre-recorded story archive filled with books read by our very own ROCK EarlyON Educators. You and your child can explore a variety of stories that spark imagination and communication while promoting the development of your child's language and early literacy skills.

Here are some easy steps to access Reading ROCKS:

Step 1: Visit www.rockonlearn.ca

Step 2: Log on or create an account

Step 3: Click on the EarlyON Tab at the top of the page

Step 4: Browse for stories!





As we resume in-person programs, please read and follow our PPE and screening procedures located on www.rockevents.ca for the safety of your family and our EarlyON Team.

Only registered families will be able to participate in our program so please ensure you are registering all adults and children attending.

All programs that are located off-site will have the address in the confirmation email. See you soon!

Contact Us



905-638-4973



Monday-Friday, 9am-12pm



earlyon@rockonline.ca

Follow us on Social Media!



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



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JULY AND AUGUST



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curbside Pickup Activities	9:00-11:00am Crafty Story Time	9:00-11:00am Lending Library			9:00-11:00am Curbside Craft Pickup
Facebook	12:00pm Kitchen Korner		9:00am Virtual Field Trip 12:00-12:30pm Breastfeeding Q&A	12:00-12:30pm ROCK Talk with Colleen	
Virtual Programs AM	9:30-11:00am Infant Massage 11:30-12:15pm Song & Story Time	9:00-10:00am Mother Goose 10:00-11:00am Baby Play and Chat 11:30-12:15pm Creative Movement Circle Time	9:00-10:00am Song & Story 11:00-12:00pm School of ROCK	9:30-10:15am Song & Story Time 11:00-12:00pm REACHout to your Parent Educator 11:30-12:15pm Show & Share	9:30-10:15am Song & Story Time 10:00-11:00am Parent Cafe
Virtual Programs PM	1:00-2:00pm 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	1:30-2:15pm Song & Story Time 2:30-3:00pm Loose Parts Creative Hunt 3:00-3:45pm Sing Along Circle Time		1:30-2:30pm Little Messy Makers 2:00-2:45pm Build A Story 3:00-3:45pm STEM (3+ Ages) 6:00-6:45pm Family Fun Night	1:00-2:00pm Mother Goose 1:30-2:30pm Baby Play & Chat
Outdoor Programs AM	9:30-10:30am Mother Goose in the Park 9:30-11:00am Nature Bingo	9:30-11:30am Outdoor Classroom	9:30-11:30am Adventure Playground 9:30-11:00am Bay Play & Chat in the Park	9:30-11:00am Walking to Wellness 9:30-10:30am Mother Goose in the Park	9:30-11:00am Outdoor Infant Massage 9:30-10:30am Teddy Bear Picnic
Outdoor Programs PM	1:30-2:30pm Stepping Stones	2:00-3:30pm Nature Art Workshop		1:00-2:30pm Art in the Park	