

Winter Newsletter 2020



The EarlyON Child and Family Centre is here to provide a community meeting place for parents, care providers and children that supports and enhances the nurturing of children and re-affirms the value of parenting.



Main Site Locations and Hours of Operation

Midland

356 King Street
705-526-2456
midland@earlyonsimcoenorth.ca

Orillia

80 Colborne Street West
705-325-1299
orillia@earlyonsimcoenorth.ca

Monday	9:00-12:00/1:00-4:00 (Mondays are for registered programs and resources only)
Tuesday (Midland)	9:00-12:00/1:00-8:00
Tuesday (Orillia)	9:00-12:00/1:00-4:00
Wednesday (Midland)	9:00-12:00/1:00-4:00
Wednesday (Orillia)	9:00-12:00/1:00-8:00
Thursday	9:00-12:00/1:00-4:00
Friday	9:00-12:00
Saturday	9:00-1:00
Sunday	Closed

 www.earlyonsimcoenorth.ca

Closures

January-March 2019:

January 1st
February 18th



Follow us on Facebook!
**EarlyON Child and Family
Centre Simcoe North**



Board of Directors

Rebecca Dupuis - Chair ~ Melissa Marchand - Vice Chair ~ Joan MacMillan - Treasurer ~ Katie Heffernan - Secretary
Stephanie Vanier ~ Natallie West ~ Sue Gignac ~ Suzanne Woodrow

SNOW POLICY & PROGRAM CLOSURES

If school buses are cancelled in the "Simcoe County North Zone", registered programs at the centres will be cancelled and all Satellite sites will be closed. A decision will be made if the Orillia and Midland centres will remain open for "Stay, Play & Learn."

If a decision is made to close the EarlyON Centres, we will announce closures on:

- Kool fm 107.5, KICX 106, THE DOCK 104.1
- Our website and our Facebook page

If you are unsure if a program is cancelled due to weather, please call the Midland or Orillia centres. Please be weather aware and drive according to conditions. Be safe.

Services That We Offer

- Stay, Play and Learn
- Circle Time and Snack
- Full Day and Half Day Satellite Programs
- Parent Education Workshops
- Parent Child Interactive Programs
- Dads Programs
- Grandparents Parenting Again Support
- Emergency Baby Needs Depot
- Clothing Exchange
- Developmental Screens
- Toy Lending Library
- Parent Resource Library
- Good for Life Kits
- Information about community resources

Regular Programming

Circle Time and Snack — For ages 0 to 6 years
Join us for a fun interactive circle time and a healthy snack. Offered Tuesday to Saturday.

Midland: Snack at 10:30 am followed by circle time
Orillia: Snack at 10:30 am and circle time at 11:30 am

PJ and Story Time — For ages 0 to 6 years
Come dressed in your PJs and snuggle up together for circle time and snack.

Midland: Tuesdays from 5:30-7:30 pm
Orillia: Wednesdays from 5:30-7:30 pm

Grandparents Parenting Again: 9:30-11:30 am
Come receive support and resource information.
Orillia: The second & fourth Thursday of each month

Drop-In to Chat with New Path Youth and Family Services Early Years Counsellor 9:30-11:30 am
Do you have questions about how to support your child's emotional and mental health?

Midland: Second Tuesday of each month
Orillia: Last Friday of each month

Drop-In to Chat with Nicole Early Literacy Specialist
Midland: Wednesday, January 8th, Tuesday, February 25th, and Wednesday, March 11th 9:30-11:30 am
Orillia: January 31st, February 13th, March 26th @ 9:30

Drop-In to Chat with Angelia Indigenous Coordinator
Midland: Friday, January 10th, Wednesday, February 5th, Wednesday, March 4th 9:30-11:30 am
Orillia: January 28th, February 20th, March 5th @ 9:30

Breastfeeding Support with La Leche League
Orillia: Third Tuesday of each month at 6:30 pm

Community Action Program for Children (Mothercare/Next Step) Will visit the Orillia Centre Thursdays, once a month. Check calendars, Facebook and website for dates & times.

Monthly Early Learning Programs
(No registration required)

Marvellous Math
Midland: First Thursday of each month at 9:00 am
Orillia: Fourth Wednesday of each month at 10:00 am

Cooking with Kids
Midland: Second Thursday of each month at 10:00 am
Orillia: First Wednesday of each month at 10:00 am

Early Science
Midland: Third Thursday of each month at 9:00 am
Orillia: Third Wednesday of each month at 10:00 am

Little Artists
Midland: Fourth Thursday of each month at 9:00 am
Orillia: Second Wednesday of each month at 10:00 am

Loose Parts
Midland: When there is a fifth Thursday at 9:00 am

Big Movement Day
Orillia: When there is a fifth Wednesday at 10:00 am

Early Screening Matters



Parents are encouraged to keep track of their child's milestones right from infancy. Research tells us that children's experiences during pregnancy and from the day they are born affects how they feel, learn, and make friends. Screening helps all parents see if their child's development is on track. The EarlyON staff are pleased to offer developmental screenings for children from 6 months to school entry. Talk to a staff to arrange an appointment when it's most convenient for you.

356 King Street, Midland 705-526-2456

80 Colborne Street West, Orillia 705-325-1299

EarlyON Child and Family Centre - Simcoe North

Midland EarlyON Programs

Registration is required for all programs listed on this page.

Registration opens one month prior to the programs' start date. Please call to register.

Baby Signs — For parents with children 6 to 18 months

Thursday, January 9th to January 30th, 1:30-3:00 pm

Child monitoring available for older siblings.

Thursday, March 26th to April 16th, 1:30-3:00 pm

Child monitoring available for older siblings.

This program will help parents to connect with their baby using some basic sign language for everyday interactions. Learn basic signs, sing songs, connect and bond with your baby.

Parent Child Mother Goose Infant — For parents with children 0 to 18 months.

Tuesday, January 14th to March 3rd, 1:30-3:00 pm

Child monitoring available for older siblings.

Learn ways to bond and communicate with your child through songs, rhymes, lullabies and storytelling. All participants receive a booklet of songs at the end of the program.

Robyn (Dietitian) from North Simcoe Family Health Team — For parents with children 0 to 6

Wednesday, January 15th, 9:30-11:00 am

Do you have questions about healthy eating? Robyn from NSFHT will be available to have helpful conversations and answer any questions you might have for her. **No registration required.**

Lauretta (Speech and Language Pathologist) from RVH — For parents with children 0 to 6

Thursday, January 23rd, 9:30-11:00 am

Do you have questions about how to support your child's language development? Lauretta from Royal Victoria Hospital will be available to have helpful conversations and answer any questions you might have as a parent. **No registration is required.**

Triple P Positive Parenting — For parents with children 2 to 12 years.

Child monitoring for walking children.

Triple P Tip Sheet Discussion on Disobedience — **Wednesday, January 15th 1:00-3:00 pm**

— **Thursday, February 27th, 1:00-3:00 pm**

Children need limits or simple rules for their own safety and to help them to get along with others. This workshop will give you suggestions to help you teach your toddler to accept limits.

The Power of Positive Parenting — **Thursday, February 6th, 1:00-3:00 pm**

Learn to help children develop skills and feel good about themselves

Confident Competent Children — **Thursday, February 13th, 1:00-3:00 pm**

Learn to apply positive parenting principles to create a foundation of success at school and in life.

Raising Resilient Children — **Thursday, February 20th, 1:00-3:00 pm**

Learn to help your children to cope with everyday feelings and strong emotions.

Pancake Tuesday Day — **Tuesday, February 25th, 10:00-11:00 am**

Join us for a delicious morning of pancake making! **No registration required.**

Grow With Your Baby — For parents with children 0 to 12 months.

Monday, March 16th to May 11th, 1:30-3:00 pm

Child monitoring available for older siblings.

Grow With Your Baby includes a weekly guest speaker for parents to gain information through discussions and activities to enhance development by playing, singing, and moving.

After Baby Group — For parents with children 0-12 months

Monday, March 30th to June 1st, 9:30-11:00 am

Child monitoring available for older siblings.

Need support? You're not alone. This group is for parents that are experiencing mood changes after baby. Parents will meet other new parents, discuss relationships, difficult emotions, how to build coping skills, and take care of yourself.

Call Kelly Morris at the North Simcoe Family Health Team to register 705 526 7804 x220.

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EarlyON Child and Family Centre - Simcoe North

Orillia EarlyON Programs

Registration is required for all programs listed on this page.

Registration opens one month prior to the programs' start date. Please call to register.

AFTER BABY GROUP *(Child monitoring available for walking children.)*

Monday, January 13th to March 9th, 10:00-11:30

Need support? You're not alone. This group is for parents that are experiencing mood changes after baby. Parents will meet other new parents, discuss relationships, difficult emotions and how to take care of yourself, and build coping skills. To register call Jaime Charlebois at Orillia Soldiers' Memorial Hospital @ 705-325-2201 x 3544

INFANT MOTHERGOOSE *(For parents with children 0-18 months.)*

Monday, January 13th to March 9th, 1:30-3:00

This program helps parents find ways to bond and communicate with your child through poems, songs, rhymes, lullabies and story telling. Parents will have the opportunity to connect with other parents and find ways to interact with your child one to one, face to face. Each parent will receive a booklet on the final session with all of the activities they have experienced during the program. *(Child monitoring available for older siblings.)*

TRIPLE P PARENT DISCUSSION *(For parents with children 2-12 years.)*

Discussion groups offers suggestions and ideas on positive parenting to help you deal with day-to-day challenges and promote your child's development. *(Child monitoring available for walking children)*

Disobedience—Thursday, January 30th, 1:00-3:00

It's natural for children to test their limits, but they also need to learn to follow instructions.

Developing Bedtime Routines—Thursday, March 26th, 1:00-3:00

It can be exhausting for the whole family when there are problems at bedtime. Parents can help their children develop good sleep habits.

TRIPLE P PARENTING SEMINARS SERIES *(For parents with children 2-12 years)*

The Power of Positive Parenting —Thursday, February 6th, 1:00-3:00

Learn how to help children develop skills and feel good about themselves.

Confident Competent Children —Thursday, February 13th, 1:00-3:00

Learn how to apply positive parenting principles to create a foundation of success at school and in life.

Raising Resilient Children — Thursday, February 20th, 1:00-3:00

Learn how to help children to cope with everyday feelings and strong emotions.

(Limited child monitoring available for walking children.)

PANCAKE TUESDAY

Tuesday, February 25th, 11:00-12:00—You are invited to join us for some delicious pancakes at the centre today.

Families are welcome to come dressed in their PJs.

BABY SIGNS *(For parents with children 6 to 18 months)*

Tuesday, March 10th to 31st, 10:00-11:30

This program will help parents to connect with their baby using some basic sign language for everyday interactions. Parents will learn basic signs for songs, activities, family and more. *(Child monitoring available.)*

Lauretta (Speech and Language Pathologist) from RVH

Wednesday, February 19th @ 10:00

Do you have questions about your child's speech and language? Join Lauretta from RVH Speech & Language during our Stay Play and Learn drop-in. Parents can talk to Lauretta, ask questions, and receive helpful information about their child's speech and language. (No registration required.)

A SPECIAL EVENT—LIGHT ATILIER!

Thursday, February 6th, 10:00-12:00

We are inviting families to join us to explore, discover, experience, and experiment with light and reflection in our first light atelier activity. No registration required.

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80 Colborne Street West, Orillia 705-325-1299

EarlyON Child and Family Centre - Simcoe North

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Satellite Locations

EarlyON Child and Family Centres - Simcoe North are open to all families and provide support, personal connections and a network of resources as well as play and inquiry based programs for young children and their families. Join us for Stay, Play and Learn at our many locations throughout North Simcoe. Please check out our website for more information at www.earlyonsimcoenorth.ca

PENETANGUISHENE

Mondays, 9:00-12:00 and 1:00-4:00
Covenant Christian Community Church
95 Robert Street East, Penetanguishene

Angelia Indigenous Coordinator

Monday, January 13th, 9:30-11:30

Infant Mother Goose Time

Monday, January 20th-March 16th, 1:30-3:00

Registration Required — 705-526-2456

Triple P Parent Tip Sheet Discussion — Topic TBA

Wednesday, March 18th, 9:30-11:30

Registration Required — 705-526-2456

JARRATT

Mondays, 9:00-12:00 and 1:00-4:00

Wednesdays, 9:00-12:00

Jarratt Community Hall

837 Horseshoe Valley Road, Jarratt

Big Body Play

Wednesday, January 15th, 9:00-12:00

Mother Goose Time

Wednesday, January 15th to March 4th, 1:30-3:00

Rainbow Music & Fun Pop Up

Monday, February 10th, 10:00-11:30

PORT MCNICOLL

Wednesdays, 9:00-12:00

Port McNicoll Community Centre

560 Seventh Avenue, Port McNicoll

ELMVALE

Tuesdays, 9:00-12:00 and 1:00-4:00

Thursdays, 9:00-12:00 and 1:00-4:00

Springwater Library

50 Queen Street, Elmvale

Infant Mother Goose Time

Thursday, January 23rd to March 12th, 1:30-3:00

Registration Required — 705-526-2456

COLDWATER

Tuesdays, 9:00-12:00 and 1:00-4:00

Wednesdays, 9:00-12:00

St. Andrew's Presbyterian Church

28 Gray Street, Coldwater

Baby Signs — February 4th to 25th, 1:30-3:30

Registration required.

Indigenous Coordinator — January 21st, 10:00

Books & Brunch:

On the last Tuesday of each month, 10:00-11:30

Registration required. We are still open for Stay, Play & Learn. **(Registration required)**

RAMARA

Thursdays, 9:00-12:00

Ramara Fire Station 2, 85 Patricia Drive

VICTORIA HARBOUR

Mondays, 9:00-12:00 and 1:00-4:00

Harbour Shore Community Room



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