

HWCCCC EarlyON Program Descriptions

**As educators we recognize parents as their child's first teacher. As educators we choose to be a part of your child's journey to reach their full potential.
We join you as their guide to offer early learning experiences that answer your children's questions about the world around them.**

Building Relationships with Nature Outdoors

When children connect with nature and freely explore its components, they develop their own personal relationship with nature. Spending time outdoors children can also experience a sense of belonging, develop a sense of self in connection with and as a part of nature, and contribute their ideas to the world around them. By offering children time to be immersed in nature we can support them in developing environmental values to become present and future stewards of the Earth who will preserve the diversity and wonder of nature. Please join us to experience outdoor creative art expression, building and constructing, science and sensory, imaginative play and learning together with your child through unstructured play outdoors. Please bring a refillable water bottle and a change of clothing for water and mud exploration. Program runs all year, rain, snow or shine, please dress for the weather! Limited Muddy Buddies and rain boots are available for lending on site. A nutritional snack will be provided.

Hamilton Public Health Covid-19 Protocol – self screen for Covid-19 before attending the program.

Drop-In Early Learning Sessions

Open ended play environments provide opportunities for children to freely explore loose parts by engaging in imaginative play, creative exploration and nurture their natural curiosity to arrive at outcomes that are meaningful to them. Come explore loose parts that provide endless opportunities for children to move, carry, redesign, line up, take apart and put back together in multiple ways, providing more than one answer to the endless question's children have about the world around them. By engaging in rich learning environments children have the opportunity to strengthen their problem-solving skills, mathematical literacy, memory and concentration, literacy and language, and emotional and social development. Please bring a refillable water bottle. A nutritional snack will be provided.

Hamilton Public Health Covid-19 Protocol – self screen for Covid-19 before attending the program.

The following programs are offered at HWCCCC EarlyON locations:

Baby Network This is a participant led program with a focus on conversations that are important to our families. This is a great opportunity to build relationships and support socialization and well-being. Discuss valuable information that directly relates to your family, your baby and family sleep, nutrition, wellness and self-care, returning to work, childcare, play and learning, developmental milestones are just a few topics explored. Join us and share your thoughts and ideas.

Mocktails and Canvases is a program offered once a month. It's a chance for families to come together and spend some time creating a keepsake, while networking with other families and an EarlyON Facilitator. Every month a new plant-based Mocktail will be featured that will be both tasty and nutritious.

Infant Massage Parents, caregivers, and their pre-crawling infants will enjoy a warm, nurturing, bonding experience through touch. This program is a great way to socialize with other families, learn about the many benefits of infant massage, ask questions, and support your baby's physical health and well-being. Families that want to review are welcome to attend.

Rhyme Time Children, parents and caregivers will have an opportunity to sing songs, do finger plays and listen to a short story. Each week, the facilitators will introduce a new song and the songs will be repeated 2 times in the session so adults are able to learn the words and sing to their children. Rhyme Time promotes early literacy, including phonemic awareness, or the ability to hear, identify and use individual sounds in words. We look forward to seeing you and spend some time together and engage in meaningful conversations.

Infant Rhyme Time this session offered to families with newborn children to 18 months of age.

Have a Ball children, parents and caregivers will enjoy a sense of energizing fun interacting with nature's loose parts, balls, hoops, and other outdoor materials that support big body play, physical health and healthy lifestyles. Being active strengthens children's bones, muscles, heart and lungs. Physical activity improves children's coordination, balance, posture, flexibility, and improves attention and memory.

Jump, Spin, Skip and Grow in the Gym Active physical play provides an opportunity to challenge skills, test limits, expand reach, develop balance and build endurance. Physical play is necessary to grow healthy muscles, bones, strengthen heart and lungs and promote healthy brain development. Children grow in self-confidence and experience fun when running, jumping, skipping, throwing, spinning, climbing and rolling. Join us in the gym for some fun and interactive play experiences.

Virtual Sessions Offered Each Week with Our Early Years Facilitators on Zoom:

Mondays - Rhyme Time – 6:30-7:00 pm Children, parents and caregivers will have an opportunity to sing songs, do finger plays and listen to a short story. Each week, the facilitators will introduce a new song and the songs will be repeated 2 times in the session so adults are able to learn the words and sing to their children. Rhyme Time promotes early literacy, including phonemic awareness, or the ability to hear, identify and use individual sounds in words. We look forward to seeing you and spend some time together and engage in meaningful conversations.

Tuesdays - Infant Massage – 6:30-7:30 pm Parents, caregivers, and their pre-crawling infants will enjoy a warm, nurturing, bonding experience through touch. This program is a great way to socialize with other families, learn about the many benefits of infant massage, ask questions, and support your baby's physical health and well-being. Families that want to review are welcome to attend.

Wednesdays - Parent Connection – 6:30-7:30 pm Are you looking to connect with other parents and caregivers? Join us on Zoom every week to discuss the joys and challenges of today's family life. Early Years Facilitators are available to answer your questions about child development, community resources, stress and anxiety, family well-being, and many more topics.