



PROGRAM DESCRIPTIONS



INFANT PROGRAMS – Registration Required

Mother Goose	Mother Goose is an interactive group experience for parents/caregivers and their babies aged 0-12 months. The program focuses on the pleasure of songs, games and stories together and provides an essential foundation for early literacy.
Comfort, Play & Teach	Comfort, Play & Teach is an interactive program for parents/caregivers and their babies ages 0-18 months. You and your baby will focus on finger plays, action, bounce, & movement songs and a craft. We will end the program with a relaxation massage and a lullaby to say goodbye
Baby Games	Baby Games is an interactive program for parents and babies. Parents will learn how to use simple, everyday items and activities to stimulate their baby and contribute to their development.
Sing and Sign	Sing and Sign is a program for parents and caregivers with children up to 12 months of age. This program offers a straightforward and lighthearted approach to teaching infants how to communicate using simple signs. Signing will help your child communicate basic needs long before they can speak. We will be using basic, everyday signs, songs and video clips in this program.

TODDLER PROGRAMS – Registration Required

Terrific Twos	Terrific Twos is a program for toddlers aged 24-36 months. This program encourages socialization and sharing through group interaction, imagination and their developmental needs.
Mommy and Munchkins (0 – 24 Months)	Mommy and Munchkins is a program for parents and children to experience different types of instruments while singing songs, learning rhymes and participating in parachute play. Your child will be exposed to the instruments, music and movement activities and storytelling through sing-able books.
Fun For Ones	Fun For Ones is a program for children aged 12-24 months. The program encourages sensory development in the child and helps them explore the world at their own level. Both parents and children are encouraged to participate in circle time where they will have exposure to musical instruments, songs, rhymes, storytelling and age appropriate activities.

SCHOOLREADINESS PROGRAMS – Registration Required

Colour works	This program is designed for children 2-6 years to be introduced to colours. Every week there will be a new amazing colour to explore! In this program we will see, hear, and smell amazing coloured things. A "colour Circle "will finish the program.
Early Math	In this school readiness program you and your child will be exposed to many exciting concepts of mathematics. Each session will focus on patterns, counting, sorting, space (pouring and filling) and comparing attributes (longer/shorter, bigger/smaller).The program will finish with a 20 minute circle that will include estimating, counting books, and a five minute closure time with the parachute!
Fun Time	This program will help your child develop prediction and observation skills. Each week we will explore a different topic; shapes, colours numbers, etc.
Family Fun	This program will encourage children and their parents/caregivers to explore many theme related topics together.

PARENTING PROGRAMS

Triple P – Positive Parenting Program	Triple P is a scientifically researched family intervention strategy designed to assist parents to improve their parenting skills and build positive relationships with their children. This program is one-on-one, parent and facilitator.
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