

Program Binder

Ontario Early Years Centre - Simcoe North

www.oeycsimcoenorth.ca



Early Years
Petite enfance



BABY SIGNS
BUDDING BOOK WORMS
CONNECT WITH YOUR BABY
COOKING WITH KIDS
EARLY SCIENCE/SUPER SCIENCE
FAMILY FUN WITH NUMBERS
GETTING READY FOR K
GRANDPARENTS PARENTING AGAIN
GROW WITH YOUR BABY
IN THE KNOW
LITTLE ARTISTS
MARVELOUS MATH
MOTHER GOOSE TIME
NOBODY'S PERFECT
PARENT CHILD MOTHER GOOSE—INFANT
PARENT CHILD MOTHER GOOSE—TODDLER
PARENTING TIP WORKSHOPS
PARENTING YOUR TODDLER
PJ & STORYTIME
PLAY & LEARN
RAINBOW FUN & MUSIC
READY SET READ
STAY & PLAY
TODDLER TIME
TRIPLE P—THE POWER OF POSITIVE PARENTING
TRIPLE P—CONFIDENT COMPETENT CHILDREN
TRIPLE P—RAISING RESILIENT CHILDREN
YOU AND YOUR TODDLER

INFANT PROGRAMS—0-18 MO

- BABY SIGNS
- CONNECT WITH YOUR BABY
- PARENT CHILD MOTHER GOOSE—INFANT
- GROW WITH YOUR BABY

TODDLER PROGRAMS—19 MO-2 1/2 YRS

- PARENT CHILD MOTHER GOOSE—TODDLER
- PARENTING YOUR TODDLER
- RAINBOW FUN & MUSIC
- TODDLER TIME
- YOU AND YOUR TODDLER

PRESCHOOL PROGRAMS— 2 YRS +

- BUDDING BOOK WORMS
- GETTING READY FOR K—(*FOR CHILDREN ENTERING SCHOOL IN SEPTEMBER*)
- FAMILY FUN WITH NUMBERS
- READY SET READ—(*IN SCHOOLS ONLY*)

ALL AGES—0-6 YRS

- MOTHER GOOSE TIME
- PJ & STORYTIME
- PLAY & LEARN
- STAY & PLAY
- SUPER SCIENCE
- MARVELOUS MATH
- LITTLE ARTISTS
- COOKING WITH KIDS

PARENTING

- GRANDPARENTS PARENTING AGAIN
- IN THE KNOW
- NOBODY'S PERFECT
- PARENTING TIP WORKSHOPS
- TRIPLE P—THE POWER OF POSITIVE PARENTING
- TRIPLE P—CONFIDENT COMPETENT CHILDREN
- TRIPLE P—RAISING RESILIENT CHILDREN

BABY SIGNS

Program Description:

This 4-week program will help parents communicate with their infant through sign language. Parents and children will learn signs for letters, numbers, everyday words, songs, reading and more. Baby Signs gives parents a window into their child's likes and dislikes, wants and needs, and another way to communicate with their baby before they can talk. Signing with your baby helps develop bonding by doing face to face interactions and watching for baby's cues all while having fun.

Program Objectives:

- Learn basic sign language to communicate with your child.
- Increase opportunities to strengthen the connection between parent and child through one to one interaction.
- Learn to pick up cues from your baby through gazes, gestures, and face to face communicating.
- Decrease frustration between parent and child.

Enrolment:	Adults and their Infants
Number of Sessions:	4
Length of Sessions:	1 1/2 hours
Child Monitoring:	For older children if needed.
Age of Children:	6-18 months
Pre-registration required:	Yes

BUDDING BOOK WORMS

Program Description:

This program is designed to create opportunities for adults and children to read and share books together. Parents and their children can access resources and guidance for reading, discussing and enjoying books together.

Program Objectives:

- To promote early literacy.
- To promote a love of books and reading.
- To build family relationships.
- To improve communications skills.

Enrolment: **Adults and children**

Number of Sessions: **6-8 weeks**

Length of Sessions: **1 1/2 hours**

Child Monitoring: **No**

Age of Children: **3-6 years**

Pre-registration required: **Yes**

CONNECT WITH YOUR BABY

Program Description:

This 4-week program is for parents with children 0-6 months and provides information, fun, and activities to appropriately stimulate and nurture their child. The parents spend time during the program learning new skills with their child and practicing what they have learned. Parents learn the importance of their baby's development as well as ways that they can enhance these areas; attachment, communication, stimulation, and motor skills.

Program Objectives:

- Parents understand the "typical" range of development for babies.
- Parents gain confidence in their ability to interact and bond with their infant.
- Parents obtain hands on activities that they can use at home with their child.
- Parents gain an understanding of their role in their child's learning readiness which begins at infancy and continues through childhood.

Enrolment:	Adults and infants
Number of Sessions:	4
Length of Sessions:	2 hours
Child monitoring:	For older siblings
Age of Children:	0-6 months
Pre-registration required:	yes

COOKING WITH KIDS

Program Description:

The learning environment is set up for children of all ages to explore through inquiry and interests. Caregivers can support inquiry by following their child's lead, and exploring together. Morning snack will be prepared and shared with those attending Stay and Play.

Program Objectives:

- To show parents how easy it can be to involve children in preparing food at home.
- To encourage children to try new foods.
- To teach new math, science, and early literacy skills while following recipes.
- To give children a sense of independence while practicing new skills.

Enrolment:

Adults and children

Number of Sessions:

**1st Wednesday in Orillia
2nd Thursday in Midland**

Length of Sessions:

**Set-up through centre during morning Stay
and Play**

Child monitoring:

No

Age of Children:

0-6 years

Pre-registration required:

No

EARLY SCIENCE/SUPER SCIENCE

Program Description:

The learning environment is set up for children of all ages to explore through inquiry and interests. Caregivers can support inquiry by following their child's lead, and exploring together.

Program Objectives:

- To help children develop problem solving skills.
- To increase language.
- Turn taking helps child's readiness to learn and the opportunity for success in school.
- Exploration and use of imagination.
- To introduce and explore science concepts.

Enrolment:	Adults and children
Number of Sessions:	3rd Wednesday in Orillia 3rd Thursday in Midland
Length of Sessions:	Set-up through centre during morning Stay and Play
Child monitoring:	No
Age of Children:	0-6 years
Pre-registration required:	No

FAMILY FUN WITH NUMBERS

Program Description:

This program is for families who would like their children to experience success in math. With the use of concrete materials and activities, math games are used to assist parents to understand math ideas when working with their children. During the program, real world concepts are used such as measurement, estimation, counting, etc. Mathematical strands used in this program are; number sense and numeration, measurement, geometry and spatial sense and patterning and algebra.

Program Objectives:

- Parents and children will enjoy learning math skills together.
- Parents will see that math is more than just counting and adding, that it is everywhere.
- To assist parents in feeling more comfortable solving math problems together with their children.
- Parents and children will gain confidence and a better understanding of simple math concepts.

Enrolment:	Adults and child
Number of Sessions:	6
Length of Sessions:	1 1/2 hours
Child monitoring:	No
Age of Children:	2 1/2—6 years
Pre-registration required:	Yes

GETTING READY FOR K

Program Description:

Getting Ready for Kindergarten has been developed for both parents and their children. This 4 week parent-child interactive series will cover topics such as; How Your Child Learns, Help Your Child Get Along, Help Your Child Figure Things Out, and Going to School. Children will participate in an activity and then join their parents and work on the activity together.

Program Objectives:

- Parents gain confidence in their ability to involve their child in basic learning activities.
- Children and parents gain knowledge and confidence to prepare them for when they start school in the fall.
- Parents obtain hands on activities that they can use at home with their children to ensure school readiness.
- Parents and children enjoy preparing for school together.

Enrolment:

Adults and children

Number of Sessions:

4

Length of Sessions:

2 hours

Child monitoring:

For preschoolers in the program

Age of Children:

Children that will be entering school in the fall.

Pre-registration required:

Yes

GRANDPARENTS PARENTING AGAIN

Program Description:

Support group for Grandparents/Kin raising grandchildren, grandnieces, grandnephews.

Program Objectives:

- To provide information, resources and support.

Enrolment:

Adults

Number of Sessions:

Three time a month

- 1st Tuesday of the month-Midland
- 2nd and 3rd Tuesday-Orillia

Length of Sessions:

2 hours

Child monitoring:

When requested

Age of Children:

0-6 years

Pre-registration required:

No

GROW WITH YOUR BABY

Program Description:

The Grow With Your Baby program includes a weekly guest speaker. Parents will gain knowledge through discussions with our guest speakers.

Parents and their babies will be involved with activities to enhance development.

Program Objectives:

- **To increase parent’s confidence and knowledge in parenting their child.**
- **To provide opportunities for families to meet other families in their communities.**
- **To introduce families to current community supports available.**

Enrolment: **Adults and infants**

Number of Sessions: **8 weeks**

Length of sessions: **2 hours**

Child Monitoring: **For older children**

Age of children: **0—12 months**

Pre-registration required: **Yes**

IN THE KNOW

Program Description:

A non-registered program where parents get the opportunity to speak to a professional /knowledgeable person about topics of concern or interest to them. It is an informal meeting with contact at the parent's discretion.

Program Objectives:

- Information sharing
- Provide resources

Enrolment:	Adults and Children
Number of Sessions:	Once every two months
Length of Sessions:	Up to 3 hours
Child monitoring:	None
Age of Children:	0-6 years
Pre-registration required:	None

LITTLE ARTISTS

Program Description:

This program introduces children to the wide variety of different art mediums and allows them to express their own artistic self.

Program Objectives:

- Allow children to be creative and express themselves through their art work.
- Encourage children and parents to work with different art mediums.
- To give children an opportunity to use their fine and gross motor skills.
- To help parents understand that the process is more important than the product.
- Build self esteem and confidence.
- Encourages independence.
- Develops imagination.
- Develops hand-eye coordination.
- Broadens vocabulary.

Enrolment:

Adults and children

Number of Sessions:

**2nd Wednesday in Orillia
4th Thursday in Midland**

Length of Sessions:

**Set-up through centre during morning Stay
and Play**

Child monitoring:

No

Age of Children:

0-6 years

Pre-registration required:

Yes

MARVELOUS MATH

Program Description:

This program is a learning event for parents/ care providers and their children. It is parent-child interactive. Caregivers are able to explore the environment with their children and support early numeracy skills.

Program Objectives:

- To introduce and practice math concepts. For example, sizes, shapes, sorting, numeracy, and colours.

Enrolment:

Adults and children

Number of Sessions:

**4th Wednesday in Orillia
1st Thursday in Midland**

Length of Sessions:

**Set-up through centre during morning Stay
and Play**

Child monitoring:

No

Age of Children:

0-6 years

Pre-registration required:

No

MOTHERGOOSE TIME

Program Description:

A group experience for parents and care providers and their children. Each session is one hour long and is divided into 3 parts. The first part is learning the songs, rhymes and poems. The second part is a short break to give families a chance to meet and connect with each other. And the third part of the hour is story telling.

This program is a group experience and helps to encourage parents to communicate with their child in any situation.

Program Objectives:

- To show parents new ways to play with their children.
- Give parents an opportunity to connect and network with other parents.
- Teach children new skills through movement.
- To increase social competency for children and parents.
- Strengthen bonds between parent and child.

Enrolment: Adult and children

Number of Sessions: 6-8 weeks

Length of Sessions: 1 1/2 hour

Child monitoring: No

Age of Children: 0-6 years

Pre-registration required: Yes

NOBODY'S PERFECT

Program Description:

This is a parenting program that will look at different aspects and needs of parents who are parenting young children. Parents will choose which topics to discuss such as; positive discipline, nutrition, stress, literacy, parent expectations, and much more.

Program Objectives:

- Build on parenting skills parents already have, and learn and practise new ones.
- Build self-esteem and confidence as parents.
- Parents will recognize their own strengths and abilities.
- Make connection with other parents and see each other as a source of help and support.
- Parents will learn more about their own children's needs, development, strengths, and behaviour.

Enrolment:	Adults
Number of Sessions:	8
Length of Sessions:	2 hours
Child monitoring:	For walking children
Age of Children:	0-6 years
Pre-registration required:	Yes

PARENT-CHILD MOTHERGOOSE-INFANT

Program Description:

The Parent-Child Mother Goose program is a group experience for parents and their children, This is a wonderful eight-week program that teaches parents ways to bond and communicate with their child. Parent-Child Mother Goose is based on the oral language and encourages communicating with your child through poems, songs, rhymes, lullabies and story telling using language, facial and body language.

Program Objectives:

- Increase bonding and connection between parent and child.
- Communicate using body, facial and oral language.
- Parents learn easy, fun ways to play, interact, teach, and redirect their child.
- Give parents an opportunity to connect and network with other parents.

Enrolment:	Adult and Infant
Number of Sessions:	6-8 weeks
Length of Sessions:	1 1/2 hours
Child monitoring:	For older siblings
Age of Children:	0-18 months
Pre-registration required:	yes

PARENT-CHILD MOTHERGOOSE-TODDLER

Program Description:

The Parent-Child Mother Goose program is a group experience for parents and their children, This is a wonderful eight-week program that teaches parents ways to bond and communicate with their child. Parent-Child Mother Goose is based on the oral language and encourages communicating with your child through poems, songs, rhymes, lullabies and story telling using language, facial and body language.

Each group consists of 3 parts. The first section is learning rhymes, songs, poems, and practicing them. The second part is break time to give parents the chance to connect. Finally the third part is to teach parents oral story telling.

Program Objectives:

- Increase bonding and connection between parent and child.
- Communicate using body, facial and oral language without visual aids.
- Parents learn easy, fun ways to play, interact, teach, and redirect their child.
- Give parents an opportunity to connect and network with other parents.
- Teach children through movement.

Enrolment:	Adult and Toddler
Number of Sessions:	6-8 weeks
Length of Sessions:	1 1/2 hours
Child monitoring:	For walking children
Age of Children:	19-30 months
Pre-registration required:	Yes

PARENT TIPS WORKSHOP

Program Description:

These workshops take place once a month and offer a variety of different parenting topics. Each workshop focuses on different aspects of parenting. Some workshops are developed from the Triple P tip sheets and in other workshops guest speakers are invited in to talk to adults about parenting concerns or interests.

Program Objectives:

- To increase parenting skills and knowledge.
- To offer parenting support and resources.
- To help parents develop confidence in their parenting skills.
- To help parents develop a better understanding of their children's needs and development.

Enrolment:

Adults

Number of Sessions:

Monthly

Length of Sessions:

1-2 hours

Child monitoring:

For walking children.

Age of Children:

Topics cover children 0-6 years.

Pre-registration required:

Yes

PARENTING YOUR TODDLER

Program Description:

Parenting Your Toddler is a four session program for caregivers and their children ages 18 months to 36 months of age. The caregivers attend a workshop for the first hour while children participate in planned activities to support their social and emotional growth. The second half of each session caregivers and children enjoy interactive activities to build on existing skills and develop new ones. Our goal is to increase caregiver knowledge of self-regulation to support building secure attachment and relationships, expressing emotions and feelings, guiding behaviors and learning through play.

Program Objectives:

- Caregivers gain knowledge on how to observe and understand their children
- To increase parental confidence in their ability to guide their child through challenges
- To increase parental understanding of overall toddler development with a focus on social, emotional and cognitive development in self-regulation.
- Caregivers reflect on toddler emotions and methods of how to communicate with their child. Caregivers consider ways to respond to their child and implications of their response.
- Caregivers reflect on increased knowledge of temperament and emotions to begin to plan mindful responses to toddler's cues and actions.

Enrolment:	Adults and children
Number of Sessions:	4 sessions
Length of Sessions:	2 hours
Child monitoring:	During parent sessions
Age of children	18 months to 36 months
Pre-registration required:	Yes

PJ'S AND STORYTIME

Program Description:

This evening drop in program offers parents an opportunity to attend the OEYC after dinner hours on Tuesdays. It also offers 4—6 year old school age children a time to visit the centre. Parents and children have relaxed stay and play time as well as an optional storytime and snack. Families are welcome to attend in their pyjamas to shorten the bedtime routine at home.

Program Objectives:

- Provide an opportunity for any family to attend the OEYC after dinner and regular working hours.
- Decrease isolation
- Provide access to OEYC resources and information
- Develop social skills
- Improve pre-literacy
- Provide relaxed distraction free environment for all parents to connect with their child (ren)
- Provide a variety of learning opportunities
- Provide a social setting for both parents and children.

Enrolment: non registered

Adults and children

Number of Sessions:

Every Tuesday evening

Length of Sessions:

4—8 pm, circle and snack at 6:30

Child Monitoring:

no

Age of Children:

0—6 years

Pre-registration required:

no

PLAY & LEARN

Program Description:

This is a drop in program for families with children 0-6 years of age. Parents/caregivers have the opportunity to join in for crafts, story time, toys, circle time, educational activities, and snack with other families in their community.

Program Objectives:

- A place for families to meet other families and join in with social activities.
- Help children practice and develop skills needed for optimum development.
- To provide parents information and support with parenting.
- To allow children and parents the opportunity to participate in planned activities.
- To provide a meeting place for rural parents and their children.

Enrolment: Adults and children

Number of Sessions: On-going

Length of Sessions: 1 1/2 hours

Child monitoring: No

Age of Children: 0-6 years

Pre-registration required: No

RAINBOW MUSIC & FUN

Program Description:

Rainbow Fun & Music is a 1 hour parent-child interactive Music and Early Literacy program with a 1/2 hour snack time at the end. We will show parents how easy it can be to encourage early literacy skills and help your child to be more active by using music, songs, poems, dancing and playing. During the program we enhance learning through movement by using scarves, musical instruments, ribbons, bean bags, rhythm sticks, our own bodies, parachutes, etc.

Program Objectives:

- To support and develop strong adult-child relationships.
- To make learning fun and enjoy music.
- To recognize we all learn in different ways.
- To give young children the opportunity to be physically active.
- To help children develop learning skills in a social setting.
- To provide parents information and ideas about child development, early literacy skills.
- To show parents how easy it is to teach with simple activities using items from home.

Enrolment:

Adults and Children

Number of Sessions:

1 a month or a 6-8 week program

Length of Sessions:

1 1/2 hours

Child monitoring:

No

Age of Children:

18 mo—6 years

Pre-registration required:

Yes

READY SET READ

Program Description:

An early literacy reading skills program taken to elementary schools. Centres are set up in the gym and led by grade 7 or 8 students. Students receive an orientated and practiced all activities. Centre practice a variety of pre reading skills such as rhyming, sequencing, sound recognition, pretending, describing, syllables, listening, etc.

Program Objectives:

- To expose children to fun activities to promote early literacy skills required for reading.
- To provide a safe, non-threatening environment for successful learning.
- To encourage parents to attend and participate in the activities.
- To teach parents fun ways to practice early literacy reading skills with their children that they can do at home.
- To give an opportunity for older students to take on leadership roles and feel successful.
- To promote confidence in older students.
- To give older students the opportunity to be in a teaching role for the day.

Enrolment:

**JK, SK, Grade 1, Grade 2 students
Grade 7/8 students, parents, teachers, resource teachers, educational assistance, literacy specialists for the board of Ed**

Number of Sessions:

1 per school when requested.

Length of Sessions:

70 minutes

Child monitoring:

No

Age of Children:

**3-7 years primary grades
12-14 years for group leaders**

Pre-registration required:

Arranged through the school

STAY & PLAY

Program Description:

Our stay and play offers a wide range of early learning play experiences for children and their families. Children have the opportunity to play with different toys, try new activities, and interact with other children in an informal, fun environment. Adults can share a relaxed playtime with their children while meeting with other adults and children. A fun interactive circle time takes place daily at the centre during stay and play. Parents and care providers have access to trained and informed staff members to discuss parenting concerns or interests. Access to Resources—toy lending, resource lending library, special needs toy lending, Emergency Baby Needs, clothing cupboard etc.

Program Objectives:

- To build the comfort level for parents and children to become involved with the centre and other families.
- To provide a supportive environment for all families and caregivers, in particular, first times parents/caregivers, new families to our community, grandparents and families with English as a second language.
- To provide an opportunity for children to interact with other children in a social setting.
- To decrease isolation for all our families and their children.
- To provide access to resources and parent education.
- To provide a variety of learning opportunities for children.
- To encourage parents to interact with, and role model for their child during circle time.

Enrolment: **Adults and children**

Number of Sessions: **Daily**

Length of Sessions: **During centre hours**

Child monitoring: **No**

Age of Children: **0-6 years**

Pre-registration required: **No**

TODDLER TIME

Program Description:

A parent-child interactive program with weekly themes providing sensory, craft, socialization, fine and gross motor activities focused on making learning fun. During this program parents/ caregivers and their children will experience free play, sensory, craft, snack and circle time.

Program Objectives:

- Focus on parent-child interaction
- Socialization in a structured setting.
- To enhance and support parents to provide and extend learning opportunities appropriate to toddlers that can easily be repeated and made fun at home.

Enrolment: Adults and children

Number of Sessions: 6-8 weeks

Length of Sessions: 1 1/2 hours

Child monitoring: No

Age of Children: 12 mo-2 1/2 years

Pre-registration required: No

TRIPLE P SEMINARS: The Power of Positive Parenting

Program Description:

Positive parenting is an effective approach to raising children that emphasises the positive. It involves creating a family environment that is loving, supportive and predictable. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable. Each parent is given a tip sheet that gives some suggestions about how to use positive parenting in raising children.

Program Objectives:

- Gives parents ideas on creating a safe, interesting and consistent environment for their children.
- Helps parents understand their child's misbehaviour, why it's happening, what to do about it, and how to prevent it from happening.
- Gives parents key messages to remember when dealing with children's behaviours.
- Builds positive relationships between parents and children.

Enrolment:	Adults
Number of Sessions:	One
Length of Sessions:	2 hours
Child monitoring:	Yes for walking children
Age of Children:	2-12 years
Pre-registration required:	Yes

TRIPLE P SEMINARS: Confident Competent Children

Program Description:

This seminar talks to parents about encouraging some core skills that are important for everyone in the family. Children are more likely to be confident, succeed at school, and get on well with others when they develop certain life skills. In this seminar we will discuss being respectful and considerate, communicating well with others, thinking positively, having a healthy self-esteem, being a good problem solver, and becoming independent. Each parent is given a tip sheet that gives some suggestions about how to help children learn these important life skills and become confident and competent individuals.

Program Objectives:

- Help parents create good communication skills with their child.
- Give parents suggestions to help their children develop skills from each building block.
- To help parents help their children become confident and competent.
- Give parents some key messages to remember to help them and their children be successful in school and in life.

Enrolment:

Adults

Number of Sessions:

One

Length of Sessions:

2 hours

Child monitoring:

Yes

Age of Children:

Topics cover children 2-12 years

Pre-registration required:

Yes

TRIPLE P SEMINARS: Raising Resilient Children

Program Description:

This seminar talks to parents about helping their children learn to deal with their emotions and their emotional resilience, or ability to cope with their feelings. We will be talking about six key steps; recognizing and accepting feelings, express feelings appropriately, develop a positive outlook, develop effective ways of coping, deal with negative feelings and unpleasant situations, and manage particularly stressful life events. Each parent is given a tip sheet that gives some suggestions about how to help children become emotionally resilient.

Program Objectives:

- Parents will have a better understanding of what emotional resilience is and why it's important for children.
- Give parents suggestions on how to recognize and accept feelings.
- Help parents help their children develop coping skills when dealing with emotions.
- Build positive relationships with adults and children.

Enrolment:

Adults

Number of Sessions:

One

Length of Sessions:

2 hours

Child monitoring:

Yes

Age of Children:

Topics cover children 2-12 years

Pre-registration required:

Yes

YOU AND YOUR TODDLER

Program Description:

During this 4 week parenting workshop, parents will be talking about things they as parents can do to help their 1-3 year olds enjoy and have the confidence to learn new things. Parents will explore and learn the ways of your toddler, how to be an effective parent, and participate in group learning as well as hands on “practice” with your toddler.

This program could have two additional weeks added that can incorporate guest speakers or parent education topics such as; toileting, temper tantrums, separation anxiety, speech and language, (As determined by the needs of the particular parent group attending the program.)

Program Objectives:

- Parents understand the “typical” range of development for toddlers.
- Parents gain confidence in involving their children in basic learning activities.
- Parents obtain hands on activities that they can use at home with their child.
- Parents understand that their role in their child’s learning readiness begins in infancy and continues through childhood.

Enrolment:	Adults and toddlers
Number of Sessions:	4
Length of Sessions:	2 hours
Child monitoring:	Yes
Age of Children:	1-3 years
Pre-registration required:	Yes