



## EarlyON Child and Family Centre Thornhill 7755 Bayview, Charlton Public School, and Thornhill Public School Virtual and Outdoor Services - September 2021

Free inclusive drop-in programs for families, caregivers, and their children (birth to age 6)

### October 2021

**In October 2021, we are offering virtual, outdoor and indoor programs.**

**Pre-registered Outdoors:** We're offering four outdoor programs at local parks. See details on the following pages.

**Pre-registered Indoors:** We're offering one indoor program at 7755 Bayview. See details on the following pages.

**Pre-registered – Zoom:** This month, we're offering a multitude of engaging interactive online programs via **Zoom**, a web-based video-conferencing tool. Pre-registration is required, and participants must have access to the internet. See details below. Registration for October 2021 programs is offered via Eventbrite. Registration closes at 12:00 p.m. noon on the day prior to each program. Some exceptions apply. **Note:** Pre-registration is required and space is limited. To register, click on the link provided with each program description beginning on page 3. If you need assistance, please email [EarlyONThornhill@familydaycare.com](mailto:EarlyONThornhill@familydaycare.com) or call 905-709-6159.

**Online Via Facebook:** Live online programs are offered by our EarlyON Educators, on our **EarlyON @ Family Day** Facebook page, at **9 a.m. and 1 p.m. every Thursday (except holidays)**. Programs may include Songs, Stories and Homemade Props, Songs and Stories in various languages, Story Stretchers, Family Cooking to Learn, Playful Math, Playful Literacy, Let's Create Together, and many more...To join our Facebook page, go to <https://www.facebook.com/groups/FDEarlyON/> and click 'Join'.

**Storypark:** 24-hour access to **Storypark**, a secure, private online community space where our Educators post announcements, suggestions and videos for learning activities, and other parenting resources. The EarlyON Thornhill platform comprises various rooms, each dedicated to a specific type of resource. There is 24-hour-a-day access to this platform so that all materials can be viewed at your convenience. To join Storypark, please email [EarlyONThornhill@familydaycare.com](mailto:EarlyONThornhill@familydaycare.com) or call 905-709-6159.

**Phone/Email Support Services:** EarlyON Educators are available to assist you with questions about our programs and services, and concerns regarding your child's development or parenting/family challenges. They can also provide you with information and referrals to local programs/services. If you wish to reach an Educator, please email [EarlyONThornhill@familydaycare.com](mailto:EarlyONThornhill@familydaycare.com) or call 905-709-6159 from Monday to Friday, 8:30 a.m. – 4:30 p.m. If your call is unanswered, please leave a message and we will return your call as soon as possible.

**The EarlyON Child and Family Centre Thornhill centres are currently closed.** Please check [www.familydaycare.com/earlyON](http://www.familydaycare.com/earlyON) for updates. EarlyON Thornhill serves families in the Thornhill area.

**EarlyON Child and Family Centre Thornhill**  
7755 Bayview Avenue  
Thornhill, ON L3T 4P1  
905 709-6159

**Charlton Public School**  
121 Joseph Aaron Boulevard, Room 121  
Vaughan, ON L4J 6J5  
905 709-6159

**Thornhill Public School**  
7554 Yonge Street, Room B101  
Thornhill, ON L4J 1V8  
905 709-6159

## Contact Us

Email: [EarlyONThornhill@familydaycare.com](mailto:EarlyONThornhill@familydaycare.com)

Phone: 905 709-6159

Online: [www.familydaycare.com](http://www.familydaycare.com)  
[www.york.ca/EarlyON](http://www.york.ca/EarlyON)



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 905 709-6159

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Highlights:</b> <ul style="list-style-type: none"> <li>We're moving indoors with one indoor program for infants</li> <li>Wonders of Nature outdoor adventures</li> <li>Outdoor programs at the park</li> <li>Parenting programs featuring prenatal education and self-reg parenting</li> <li>One new virtual program: Show and Share!</li> <li>And many virtual programs for you and your child!</li> </ul>				<sup>1</sup> <a href="#">PRE-REGISTERED - ZOOM</a> <b>Songs &amp; Stories in Korean</b> 9:30-10:10 <b>Yoga Dance</b> 10:30-11:10	<sup>2</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Guys and Their Little Ones</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Family Songs &amp; Stories</b> 1:00-1:40
<sup>4</sup> <a href="#">PRE-REGISTERED - INDOORS</a> <b>Zumbini for Babies</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Mother Goose</b> 1:30-2:30	<sup>5</sup> <a href="#">PRE-REGISTERED - ZOOM</a> <b>Pre-School STEM</b> 10:00-10:40 <b>Parents as Partners: Prenatal Education</b> 2:00-3:00	<sup>6</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Strollers 'n' Motion</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Show &amp; Share</b> 10:00-11:00 <b>Nobody's Perfect</b> 2:00-3:00	<sup>7</sup> <a href="#">PRE-REGISTERED - ZOOM</a> <b>Yoga Fun for Toddlers</b> 10:00-10:40 <b>Music and Movement</b> 5:00-5:40	<sup>8</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Loose Parts Play</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Love my Baby</b> 9:30-10:30	<sup>9</sup> <b>CLOSED FOR THANKSGIVING WEEKEND</b>
<sup>11</sup> <b>CLOSED FOR THANKSGIVING. HAVE A WONDERFUL AND SAFE HOLIDAY!</b>	<sup>12</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Wonders of Nature</b> 9:45-12:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Pre-School STEM</b> 10:00-10:40 <b>Triple P</b> 10:00-11:00 <b>Parents as Partners: Prenatal Breastfeeding</b> 2:00-3:00	<sup>13</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Strollers 'n' Motion</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Show &amp; Share</b> 10:00-11:00 <b>Nobody's Perfect</b> 2:00-3:00	<sup>14</sup> <a href="#">PRE-REGISTERED - ZOOM</a> <b>Yoga Fun for Toddlers</b> 10:00-10:40 <b>Triple P</b> 10:00-11:00 <b>Music and Movement</b> 5:00-5:40	<sup>15</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Loose Parts Play</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Love my Baby</b> 9:30-10:30	<sup>16</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Guys and Their Little Ones</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Family Songs &amp; Stories</b> 1:00-1:40
<sup>18</sup> <a href="#">PRE-REGISTERED - INDOORS</a> <b>Zumbini for Babies</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Little Artists</b> 10:00-10:40 <b>Mother Goose</b> 1:30-2:30	<sup>19</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Wonders of Nature</b> 9:45-12:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Pre-School STEM</b> 10:00-10:40 <b>Triple P</b> 10:00-11:00 <b>Parents as Partners: Pelvic Health Physio for Pregnancy</b> 2:00-3:00	<sup>20</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Strollers 'n' Motion</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Show &amp; Share</b> 10:00-11:00 <b>Songs &amp; Stories in Spanish</b> 2:00-2:40	<sup>21</sup> <a href="#">PRE-REGISTERED - ZOOM</a> <b>Tot Stop</b> 10:00-10:40 <b>Triple P</b> 10:00-11:00 <b>Music and Movement</b> 5:00-5:40	<sup>22</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Nature &amp; Me</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Love my Baby</b> 9:30-10:30	<sup>23</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Family Songs &amp; Stories</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Guys and Their Little Ones</b> 1:00-1:40
<sup>25</sup> <a href="#">PRE-REGISTERED - INDOORS</a> <b>Zumbini for Babies</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Little Artists</b> 10:00-10:40 <b>Mother Goose</b> 1:30-2:30	<sup>26</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Wonders of Nature</b> 9:45-12:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Pre-School STEM</b> 10:00-10:40 <b>Triple P</b> 10:00-11:00 <b>Parents as Partners: Naturopathy for Pregnancy</b> 2:00-3:00 <b>Parents as Partners: Self-Reg Parenting</b> 2:00-3:00	<sup>27</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Strollers 'n' Motion</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Show &amp; Share</b> 10:00-11:00 <b>Songs &amp; Stories in Spanish</b> 2:00-2:40	<sup>28</sup> <a href="#">PRE-REGISTERED - ZOOM</a> <b>Tot Stop</b> 10:00-10:40 <b>Triple P</b> 10:00-11:00 <b>Music and Movement</b> 5:00-5:40	<sup>29</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Nature &amp; Me</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Love my Baby</b> 9:30-10:30	<sup>30</sup> <a href="#">PRE-REGISTERED - OUTDOORS</a> <b>Family Songs &amp; Stories</b> 10:00-11:00  <a href="#">PRE-REGISTERED - ZOOM</a> <b>Guys and Their Little Ones</b> 1:00-1:40
<a href="#">ONLINE VIA FACEBOOK</a> <b>Live program</b> 9:00 & 1:00	<a href="#">ONLINE VIA FACEBOOK</a> <b>Live program</b> 9:00 & 1:00	<a href="#">ONLINE VIA FACEBOOK</a> <b>Live program</b> 9:00 & 1:00	<a href="#">ONLINE VIA FACEBOOK</a> <b>Live program</b> 9:00 & 1:00	<a href="#">ONLINE VIA FACEBOOK</a> <b>Live program</b> 9:00 & 1:00	



Child and Family Centre

EarlyON Child and Family Centre Thornhill  
Family Day Care Services  
7755 Bayview Avenue, Thornhill, ON L3T 4P1  
905 709-6159

Welcome to EarlyON Child and Family Centre Thornhill! Our inclusive drop-in programs for families, caregivers, and their children (birth to age 6) are offered *at no charge*.

### INPERSON: PRE-REGISTERED PARENT/CHILD PROGRAMS

#### BEFORE YOU REGISTER FOR INDOOR OR OUTDOOR PROGRAMS: PLEASE READ THESE IMPORTANT NOTES.

- Due to the province's restrictions on the number of people permitted at outdoor gatherings, only **one adult may accompany each child**. Exceptions may apply; please contact us if you have any questions
- You only need to register **ONCE** per family
- We will continue to follow social distancing guidelines and health and safety policies to ensure the well-being of all participating families. Masks must be worn if physical distancing of two metres cannot be maintained by participants of separate households.
- Families registering for in-person programs will be invited to attend our **online in-person orientation program** to receive important information about our in-person program protocols in advance

### INDOORS: PRE-REGISTERED PARENT/CHILD PROGRAMS

#### Zumbini for Babies (Birth to approx. 8 months – not yet crawling) (October 4, 18, 25)

Zumbini® not only provides a wonderful workout for parents, but it also provides the opportunity for children to experience the sounds and rhythm of the music and movements. Zumbini® also encourages parent-child bonding while helping to develop cognitive abilities, motor and social skills, language, and emotional well-being. [Click here to register](#)

### OUTDOORS: PRE-REGISTERED PARENT/CHILD PROGRAMS

#### Wonders of Nature Outdoor Adventure Series

The **Wonders of Nature Series** comprises three individual 2-hour outdoor adventures for you and your child, in collaboration with *EarlyON Child and Family Centres Richmond Hill, Woodbridge, King, Aurora and Thornhill*. **REGISTRATION FOR WONDERS OF NATURE OPENS ON SEPTEMBER 29.**

#### Wonders of Nature at Strawberry Creek Farm (Birth to 6 years) (October 12)

Wonders of Nature offers an outdoor adventure walk and activities that families and educators enjoy the nature and autumn foliage at the farm, wagon rides, strolls through the corn maze and pumpkin patch, and the playground. Please be prepared for a burst of colour and fun at the farm! Please scroll down for important information about this program. [Click here for more information](#)

#### Wonders of Nature at YMCA Cedar Glen Outdoor Centre (Birth to 6 years) (October 19)

Join us on October 19 for Wonders of Nature offering an outdoor adventure walk and activities at YMCA Cedar Glen Outdoor Centre! YMCA Cedar Glen Outdoor Centre is the perfect place for children and adults to grow in confidence and learn new skills. We'll start with a ride on a tractor down to the valley and read Dr. Seuss' *The Lorax* in a beautiful outdoor setting. Once the story concludes, we'll explore the environmental themes with a hike, discussion and nature games, such as wobble board and balance beam. Families will experience hands-on environmental learning through fun and engaging activities that promote health and well-being through an active lifestyle in the outdoors. Please scroll down for important information about this program. [Click here for more information](#)

#### Wonders of Nature at Edwards Gardens (Birth to 6 years) (October 26)

Join us on October 26 for Wonders of Nature offering an outdoor adventure walk and activities at the beautiful Edwards Gardens in North York. Together, families and Educators will explore the fall foliage, rockery, streams and wildlife this beautiful area offers. In addition, you and your child may participate in an art experience, storytime, nature treasure hunt and land acknowledgement. Children will be gifted tools to use for up-close investigation of findings during their time at Wonders of Nature. Come and take part in this exciting outdoor adventure at one of the most colour times of the year! Please scroll down for important information about this program. [Click here for more information](#)



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## OUTDOOR PROGRAMS AT THE PARK

### **Guys and Their Little Ones Outdoors at the Park (birth to 15 months) (October 2 & 16)**

We're taking Guys and Their Little Ones OUTDOORS to York Hill District Park, but just on October 2 and 16! This is a program devoted completely to Dads, Grandpas, Uncles and male caregivers, and their children who want to spend some special time together. This program includes arts, sensory experiences, games, songs and stories, and music and movement. [Click here to register](#)

### **Strollers 'n' Motion (birth to 15 months) (October 6, 13, 20, 27)**

We will move, walk, build strength, nurture a healthy body & mind while connecting with your baby and creating an empowering community for everyBODY! Strollers 'n' Motion is offered at Huntington Park. [Click here to register](#)

### **Loose Parts Play Outdoors at the Park (2.5 to 6 years) (October 8, 15)**

Loose Parts play uses commonly found materials! Children are invited to Sugar Bush Heritage Park to explore everyday objects in imaginative ways. Introducing loose parts play provides endless opportunities to develop early literacy, math, and problem-solving skills to name a few!

[Click here to register](#)

### **Nature and Me (2.5 years to 6 years) (October 22, 29)**

Nature and Me at Pomona Mills Park, focuses on the splendour and beauty of the nature that is all around us and aims to promote young children's learning through an awareness and love of nature. [Click here to register](#)

### **Family Songs and Stories Outdoors at the Park (birth to 15 months) (October 23 & 30)**

We're taking Family Songs and Stories OUTDOORS to Huntington Park, but just on October 23 & 30. This program can benefit your child's skills in early numeracy and early literacy development and even improve self-regulation in fun, creative and musical ways! [Click here to register](#)

## ONLINE VIA ZOOM: PRE-REGISTERED INTERACTIVE PARENT/CHILD PROGRAMS

### **Parent-Child Mother Goose (birth to 12 months) (September 13, 20, 27, October 4, 18, 25, November 1 & 8 - 8 weeks)**

This 8-day program of 40 minutes each day over a period of 9 weeks offers a group experience for parents and their infants. Mother Goose introduces the pleasure and power of using rhymes, songs, and stories together. Babies benefit from enjoyable, healthy early experiences with language and communication. [Click here to register](#)

### **Songs and Stories in Korean (birth to 6 years) (October 1)**

Familiarize and increase your child's interest in the Korean culture and Korean language through interactive songs and stories. This program builds confidence in the mother tongue and builds a strong foundation for learning...and for non-Korean speakers, is a great way to introduce a new language to your child. [Click here to register](#)

### **Yoga Dance (2.5 to 6 years) (October 1)**

This yoga-based program introduces mindfulness to children through yoga poses and journeys through an exploration of fun, love, joy and dance, allowing each child to develop physical literacy skills and to foster optimal health. [Click here to register](#)

### **Family Songs and Stories (birth to 6 years) (October 2 & 16)**

Family Songs and Stories can benefit your child's skills in early numeracy and early literacy development and even improve self-regulation in fun, creative and musical ways! [Click here to register](#)

### **Pre-School STEM (2.5 to 6 years) (October 5, 12, 19, 26)**

Engage in meaningful STEM experiences through songs, books, art and sensory play. STEM includes the areas of science, technology, engineering, and math presented in a fun and intriguing way. These STEM ideas are simple enough for families with pre-schoolers to learn and enjoy together. [Click here to register](#)

### **NEW! Show and Share (2 to 6 years) (October 6, 13, 20, 27)**

Show and Share is a wonderful community building program during which children will be invited to take the lead role and share meaningful things with their peers. It could be a pet, stuffed animal, or a fun dance; the children can decide! [Click here to register](#)

### **Yoga Fun for Toddlers (18 to 36 months) (October 7, 14)**

This is a yoga-based program which introduces mindfulness to toddlers through yoga poses, and journeys through an exploration of fun, love and joy, allowing each child to develop physical literacy skills and to foster optimal health. [Click here to register](#)

### **Music and Movement (2 to 6 years) (October 7, 14, 21, 28)**

This program promotes physical literacy, movement, and activity, as well as the four foundations needed for children to grow and flourish: belonging, well-being, expression, and engagement. We will also tell stories, sing some favourite songs, play musical instruments, and practise mindfulness [Click here to register](#)

### **Little Artists (2.5 to 6 years) (October 18, 25)**

Little Artists is a program that will engage children through a variety of process art experiences. The importance of promoting sensory motor development, creativity and imagination is highlighted throughout the program. [Click here to register](#)

### **Songs & Stories in Spanish (birth to 6 years) (October 20, 27)**

Familiarize and increase your child's interest in the Spanish culture and Spanish language through interactive songs and stories. This program builds confidence in the mother tongue and builds a strong foundation for learning...and for non-Spanish speakers, is a great way to introduce a new language to your child. [Click here to register](#)



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**Top Stop (18 to 36 months) (October 21, 28)**

This program focuses on toddlers' development through play including arts experiences, sensory activities, songs and rhymes.

[Click here to register](#)

**Guys and Their Little Ones (birth to 6 years) (October 23, 30)**

This is a program devoted completely to Dads, Grandpas, Uncles and male caregivers, and their children who want to spend a special 40 minutes together. This program includes arts, sensory experiences, games, songs and stories, and music and movement.

[Click here to register](#)

**PRE-REGISTERED INTERACTIVE PARENTING PROGRAMS – ONLINE via ZOOM**

**IMPORTANT NOTE: CHILDREN NEED NOT ATTEND PARENTING PROGRAMS**

**Love My Baby (for parents of children birth to 6 years) (October 8, 15, 22, 29)**

This program provides an opportunity to talk about matters which are important to you, which you'd feel comfortable sharing...matters about which you'd like to exchange suggestions and advice. Each week of Love My Baby will begin with a 10-minute story time for Babies and will be followed by discussions, potentially guided by pre-determined questions. [Click here to register](#)

**Parents as Partners Series**

In the first four sessions of the October Parents as Partners Series, we'll focus on the aspects of prenatal health. In the final session, we'll look at self-reg parenting. Parents/caregivers of children ages birth to 6 years may attend any of the Parents as Partners workshops.

**Parents as Partners: Prenatal Education (Recommended for Expecting Parents) (October 5)**

Join Doula **Chari Schwartz** and **Cheryl Wise** to learn about the benefits of doulas. Studies have shown that when doulas attend births, labours are shorter with fewer complications, babies are healthier, and breastfeed/feed more easily. Join us for this information packed workshop that will help you learn more about how the doula is an essential coach for the birthing experience! [Click here to register](#)

**Parents as Partners: Prenatal Breastfeeding (Recommended for Expecting Parents) (October 12)**

This workshop will help you understand your baby's biological needs right from birth, and how meeting those needs will facilitate increased breastfeeding success and parenting confidence and will assist you in establishing a breastfeeding relationship with your baby(ies) and to troubleshoot any challenges that may arise. Facilitated by *The WOMB's International Certified Lactation Consultant Aibhne Stranks*. [Click here to register](#)

**Parents as Partners: Pelvic Health Physiotherapy for Pregnancy (Recommended for Expecting Parents) (October 19)**

In this workshop, participants will join **Registered Physiotherapist Barbara Szczerba** to learn all about the importance of pelvic health during their pregnancy and postpartum. Topics will include an explanation of pelvic health physiotherapy and it's role during pregnancy, a description of the pelvic floor and what to expect during a first session, treatment during the postpartum period, and some exercises you can do now to strengthen your pelvic floor and prepare for an easier labour and delivery! [Click here to register](#)

**Parents as Partners: Naturopathy During Pregnancy Recommended for Expecting Parents) (October 26)**

Join **Dr. Nicole Tillie** as she guides you through each trimester in pregnancy and discusses key dietary and supplemental nutrients to support each phase of baby's growth and development along with tips on managing common pregnancy concerns safely using naturopathic medicine as an extension of your obstetrician's care. Dr. Nicole will guide you on optimizing not only your health during pregnancy, but your little one's as well so that you can both thrive postpartum. [Click here to register](#)

**Parents as Partners: Intro to Self Reg Parenting (For parents of children birth to 6 years) (October 26)**

Did you know that today's families are dealing with higher levels of stress than in past generations? Stress that can affect the behaviour of both children and parents? **Dr. Angie Rosati, Professor of Early Childhood Education at Sheridan College**, will introduce you to Self-Reg, Dr. Stuart Shanker's unique and helpful method for understanding and responding to your children's (and your own) stress. Self-Reg can transform your parenting! [Click here to register](#)

**Triple P: Power of Positive Parenting**

**(for parents of children birth to 6 years) (October 12, 14, 19, 21, 26, 28)**

Triple P is a registered parenting program and a unique, multi-level family intervention program for the treatment and prevention of behavioural and emotional problems in children.

**Triple P – DETAILS AND A LINK TO REGISTER COMING SOON**

# The Parents as Partners Series



EarlyON Thornhill presents the **Parents as Partners Series**. *You may register to attend one or all of the following programs. Parents of children birth to 6 years may attend any of the Parents as Partners programs.*

## **PARENTS AS PARTNERS: PRENATAL EDUCATION**

In the first four sessions of the October Parents as Partners Series, we'll focus on the aspects of prenatal health. In the final session, we'll look at self-reg parenting. *Recommended for expecting parents.*

### **Prenatal Education**

**October 5 – 2:00-3:00pm**

Join Doula **Chari Schwartz** and **Cheryl Wise** to learn about the benefits of doulas. [Click here to register](#)

### **Prenatal Breastfeeding**

**October 12 – 2:00-3:00pm**

**WOMB's International Certified Lactation Consultant Aibhne Stranks** will help you understand your baby's biological needs from birth.

[Click here to register](#)

### **Pelvic Health Physiotherapy for Pregnancy**

**October 19 – 2:00-3:00pm**

Participants will join **Registered Physiotherapist Barbara Szczerba** to learn all about the importance of pelvic health during their pregnancy and postpartum. [Click here to register](#)

### **Naturopathy During Pregnancy**

**October 26 – 2:00-3:00pm**

Join **Dr. Nicole Tillie** as she guides you through each trimester in pregnancy and discusses key dietary and supplemental nutrients to support each phase of baby's growth. [Click here to register](#)

## **PARENTS AS PARTNERS: SELF-REG PARENTING**

**October 26 – 2:00-3:00pm**

Join **Dr. Angie Rosati, Professor of Early Childhood Education at Sheridan College** who will introduce you to Self-Reg, a unique and helpful method for understanding and responding to your children's (and your own) stress.

[Click here to register](#)

## **Where?**

Online Via Zoom. *Please note that in order to participate, you must have access to the internet and the most current Zoom platform.*

For more information, please call 905-709-6159 or email us at [EarlyONThornhill@familydaycare.com](mailto:EarlyONThornhill@familydaycare.com)

# Wonders of Nature Outdoor Adventures



**The Wonders of Nature Series** comprises three individual 2-hour outdoor adventures for you and your child, in collaboration with *EarlyON Child and Family Centres Richmond Hill, Woodbridge, King, Aurora and Thornhill*. For children birth to 6 years old and their parents/caregivers.

REGISTRATION FOR WONDERS OF NATURE IS VIA EVENTBRITE AND OPENS ON SEPTEMBER 29.

## **Wonders of Nature at Strawberry Creek Farm - October 12 – 10:00am – 12:00pm**

Wonders of Nature offers an outdoor adventure walk and activities that families and educators enjoy the nature and autumn foliage at the farm, wagon rides, strolls through the corn maze and pumpkin patch, and the playground. Please be prepared for a burst of colour and fun at the farm! Please scroll down for important information about this program. [Click here for more information](#)

## **Wonders of Nature at YMCA Cedar Glen Outdoor Centre - October 19 – 10:00am – 12:00pm**

We'll start with a ride on a tractor down to the valley and read Dr. Seuss' *The Lorax* in a beautiful outdoor setting. Once the story concludes, we'll explore the environmental themes with a hike, discussion and nature games, such as wobble board and balance beam. Families will experience hands-on environmental learning through fun and engaging activities that promote health and well-being through an active lifestyle in the outdoors. Please scroll down for important information about this program. [Click here for more information](#)

## **Wonders of Nature at Edwards Gardens - October 26 – 10:00am – 12:00pm**

Together, families and Educators will explore the fall foliage, rockery, streams and wildlife this beautiful area offers. In addition, you and your child may participate in an art experience, storytime, nature treasure hunt and land acknowledgement. Children will be gifted tools to use for up-close investigation of findings during their time at Wonders of Nature. Come and take part in this exciting outdoor adventure at one of the most colour times of the year! Please scroll down for important information about this program. [Click here for more information](#)

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