










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 PLAY & LEARN Stratford EarlyON 9:00-11:30 am	 PLAY & LEARN Stratford EarlyON 9:00-11:30 am *1:00-7:00 pm Evening Play & Learn returns Sept. 3	 PLAY & LEARN Stratford EarlyON 9:00-11:30 am 1:00-4:30 pm	 PLAY & LEARN Stratford EarlyON 9:00-11:30 am	 *NEW* PLAY & MOVE Jubilee Church (See back for details) 9:30-11:00 am	 PLAY & LEARN Stratford EarlyON 9:30-12:30pm
 *NEW* PLAY & MOVE Stratford EarlyON (See back for details) 9:30-11:00 am	 INFANT PROGRAM Stratford EarlyON 1:30-3:00 pm 8 weeks starting Sept. 10	 ASK A DIETITIAN 9:00-10:00 am FEEDING YOUR BABY 10:00-11:00 am Sept. 28	 BREASTFEEDING BUDDIES 1:00-2:00 pm Sept. 5	 BABY TIME Stratford EarlyON 9:00-11:30 am	<p style="text-align: center;"><u>CLOSED</u></p> Staff Professional Development Sept. 21
<p style="text-align: center;"><u>CLOSED:</u></p> Labour Day Sept. 2				 Picasso 10:00-11:00 am 2:00-3:00 pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Programs Proudly Operated By Perth Care for Kids </div>
				 PLAY & LEARN 1:00-4:00pm	

What is Play & Learn?

A free, drop-in program for children and their parents or caregivers. The play environment allows children to explore and create with new materials; play with other children; learn to express their thoughts and feelings; build language skills through songs and stories at circle. All parents/caregivers welcome!

Infant Program

An 8-week program designed for parents with infants 0-4 months of age. Each week will focus on learning and growing together and will feature a different topic each week.
Sept. 10 - Oct. 29
1:30-3:00 pm

PICASSO

Learn how to increase your child's brain development through art and sensory experiences. Be prepared to get messy and have fun! Children 0-6yrs welcome.

Last Friday of every month
10:00-11:00am & 2:00-3:00pm

Physical Literacy -

is about developing the basic movement skills that all children need, such as running, hopping, throwing, catching and jumping.

*NEW: PLAY & MOVE

We are now offering two times a week that you and your little one can get out and get active.

Monday:

We will be setting up lots of gross motor activities in the Community Room on the main floor from 9:30-11:00 am

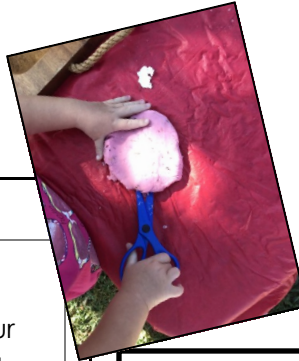
Friday:

Our program at Jubilee Church will now feature gross motor activities to encourage and develop physical literacy 9:30-11:30 am

All children 0-6yrs welcome! There will be something for all age groups.



Tips for Life Long Learning



Fine Motor Tips

Picking items up using:

- The whole hand (palmar grasp)
- Thumb and pointer finger (pincer grasp)

Are ways to develop fine motor (small hand muscle) strength. Building this strength helps children to dress themselves, feed themselves, turn the pages of books and write!



Before we ever put a pencil in a child's hand, those hands should dig, climb, press, push, pull, squish, twist, and pinch in a wide array of environments and with a variety of materials. ~ Annanda Morgan



Play with your child to build fine motor skills:

- Spend time with playdough, when you're ready, add scissors!
- Give babies different objects (soft and hard, big and small) to grab with their whole hand.
- Rip paper to make beautiful pictures.

Feeding Your Baby

Star Family Health Team

Wed. Sept 28 10:00-11:00 am

Join our Registered Dietitian for a 1 hour information session intended to help parents with babies 2-6 months old.

For more information and to register please visit www.starfht.ca
OR call 519-273-1060 ext. 254

Babies are welcome!

***** If you have a child over the age of 6 months join us from 9:00-10:00 for**

ASK A DIETITIAN

with all your feeding and nutrition questions!