



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>PLAY &amp; LEARN</b> Kinkora</p> <p>9:00-11:00am <b>Sept. 16 &amp; 30</b></p> <p>Kinkora Community Centre 4596 Rd 145</p>	 <p><b>PLAY &amp; LEARN</b> St Marys</p> <p>9:00-11:00am <b>Starts Sept. 10</b></p> <p>St. Marys Pyramid Centre 317 James St S</p>  <p><b>INFANT PROGRAM</b> Mitchell</p> <p>10:00-11:30am <b>6 weeks starting Sept. 24</b> *Pre-registration required*</p> <p>West Perth Public Library 105 St Andrew Street</p>  <p><b>MINDFUL PARENTING</b> St Marys</p> <p>1:00-3:00pm <b>4 weeks starting Sept. 10</b> *Pre-registration required*</p> <p>St. Marys Presbyterian Church 147 Widder St E</p>	 <p><b>PLAY &amp; LEARN</b> Mitchell</p> <p>9:00-11:00am <b>Starts Sept. 4</b></p> <p>St Vincent de Paul Hall 29 Park Lane <b>No program Sept 18</b></p>  <p><b>BABY TIME</b> Mitchell</p> <p>1:00-3:00pm <b>Starts Sept 4</b></p> <p>Mitchell Arena 185 Wellington St <b>No program Sept 18</b></p>  <p><b>BABY PICASSO</b> @ Baby Time</p> <p><b>Sept 25</b></p>	 <p><b>PLAY &amp; LEARN</b> Sebringville</p> <p>9:00-11:00am <b>*Starts Sept. 5*</b></p> <p>Sebringville Community Centre, 302 Huron Rd</p>  <p><b>Outside Sept. 5</b> (weather dependent)</p>  <p><b>RAISING YOUR SPIRITED CHILD</b> Mitchell</p> <p>1:00-3:00pm <b>4 weeks starting Sept. 12</b> *Pre-registration required*</p> <p>Grace Lutheran Church 108 St David Street</p>  <p><b>PLAY &amp; LEARN</b> Mitchell</p> <p>1:00-3:00pm <b>Starts Sept 12</b></p> <p>Grace Lutheran Church 108 St David Street</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;">  <p><b>SCHOLASTIC BOOK FAIR</b> 8:00am-5:00pm <b>Starts Sept 27</b></p> <p>See Back for more details</p> </div>  <p><b>PLAY &amp; SKATE</b> Mitchell</p> <p>9:00-11:00am Returns Tuesdays &amp; Fridays in October!</p>	 <p><b>PLAY &amp; LEARN OUTSIDE</b> St Marys</p> <p>9:00-11:00am <b>Sept 7</b></p> <p>Cadzow Park 217 Park St</p>  <p><b>PLAY &amp; LEARN</b> Mitchell</p> <p>9:00-11:00am <b>Sept 28</b></p> <p>Perth Care for Kids 177 Frances St</p>  <p>Book Fair open during Play &amp; Learn</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>Programs Proudly Operated By</b></p> <p><i>Perth Care for Kids</i></p> </div>

## Parenting Workshops:

Pre registration is required

Limited child minding spaces available

For registration or questions: 519-348-8618      westperth@pcfk.on.ca

For full details check our website: [www.pcfk.on.ca](http://www.pcfk.on.ca)

### Raising Your Spirited Child

- Parents will learn to enhance parent-child relationship, an understanding of temperamental traits, the importance of positive labels and strategies for handling difficult situations

~ Mitchell, September 12—October 3

### Mindfully Parenting

- This group focuses on a new sense of self-awareness and calming techniques to approach parenting differently within your home—a mindful approach to discipline without yelling, shame, blame or pain

~ St Marys, September 10—October 1

### Infant Program

This program is designed for parents with infants birth to 4 months of age

Each week will include discussion on a variety of topics and the chance to ask questions and share successes



## 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

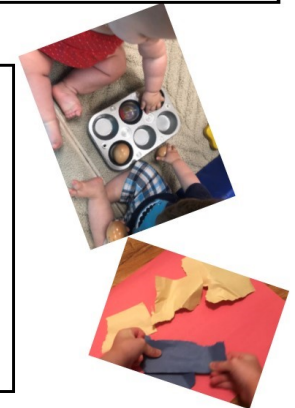
- Building this strength helps children to dress themselves, feed themselves, turn the pages of books and write!

*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*

~ Amnanda 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



**SCHOLASTIC**

**BOOK**

**FAIR**

Located at: West Perth EarlyON/Perth Care For Kids, 177 Frances St. Mitchell, ON

Sept 27 to Oct 16 Monday to Friday ~ 8:00am-5:00pm & SATURDAY Sept 28th 9:00-11:00am

Payment by: cash, cheque or credit, debit at main site only

