

EARLY YEARS

APRIL 2025-NEWSLETTER

WELCOME TO EARLY YEARS

Drop-in Group ages 0-6
Tuesdays 1:30pm- 2:30pm
Wednesdays from 10:30-11:30am

ORANGE ZONE

CLIMBING

climbing is a beneficial activity that fosters, confidence, problem solving and improves their motor skills, using their hands, feet, and bodies differently improving their muscle development,

HOW TO DEVELOP

- Children typically learn to climb between 8-12 months , grabbing objects to pull themselves up
- children 12-18 months are beginning to climb the stairs and begin to climb furniture
- start slowly introducing your child to climbing by providing your child with a safe and stimulating environment for plenty of opportunity to explore climbing, like, climbing structures(indoor or outdoor), obstacle courses, supervised play on big play structures at a playground, or even a tree

GREEN ZONE

HAND EYE COORDINATION

hand eye coordination works on, on grasping, and manipulating objects, the ability to coordinate visual information with hand coordination

HOW TO DEVELOP

- hand eye coordination begins to develop in infancy which progresses more when your child is 6-12 months
- engage your child in activities such as catching a ball, colouring, painting, or putting together a puzzle, all of these require precise movements

BLUE ZONE

CONNECTION

A strong bond between a child and caregiver provides security, builds trust, aids emotional regulation, and promotes positive social interactions.

HOW TO DEVELOP

- 0-3 months
A child begins forming connections with caregivers from the moment they are born.
- 3-6 months
Child begins to smile back at caregivers and may show distress when a caregiver leaves.
- 6-9 months
A strong attachment develops with baby seeking comfort primarily from their caregiver, exhibiting stranger anxiety

REMINDERS

- Adults need to supervise their child for the duration of the program.
- Please remember to sign yourself and your child in when coming into early years .
- Feel free to bring a water bottle, snack and inside shoes .

CONTACT INFO

Website: CCCHILD.ORG

Phone: (250) 392-4481

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UPCOMING EVENTS

OTHER DROP-IN GROUPS TO ASK US ABOUT

Mom's Connection Group
Giggles and Wiggles
(see whiteboard for more details)

AGES 0-1

- Infant massage
- Giggles and wiggles
- Connections

AGES 5-8

- Mighty Moe
- Rising Stars

PARENTS

- Power to Parent
- Making Sense of Anxiety
- Alpha Child
- Mothering the Mother
- Body Based Healing
- Food Skills for Families
- Circle of Security
- Prenatal
- Parenting is Tough
- Children in between

AGES 9-12

- Worry Dragons
- Connect 6
- Merge

TEENS

- Vibe Group
- Dungeons & Dragons

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