

# HEALTHY CHILD PROGRAMS

## **Rock & Read - Parent/Child (Baby - 5 years)**

A literacy program for parents and preschoolers! Rock'n Read is a hands-on family literacy program for parents and their preschoolers. Families enjoy rhymes, songs, lullabies and books sharing. The children enjoy quality playtime while parents share and discuss family literacy "tips and tricks" and make a beautiful book for their child.

## **Wiggle Tales - Parent/Child (Ages 2 - 4 years)**

Wiggle Tales is a program designed to offer preschool children an opportunity to develop physical, emotional, and social competency within a peer group. Developmental activities are centered around a theme based on a story, and parents also have the opportunity to discuss and share ideas or concerns about a suggested topic.

## **Shake, Rattle & Roll - A gym program for parents & toddlers!**

A program for children 18 months to 3 years of age that encourages early movement and co-ordination using simple songs, large and small apparatus and hand-held equipment. Toddlers will develop a positive attitude towards physical activity while having fun with mom and/or dad.

## **Kids in the Kitchen (Ages 6 –12 years)**

Do you wish your child would learn how to prepare some of their snacks so they might be more interested in eating nutritious foods? Well, "Kids in the Kitchen" might be for your child!

## **Musical Story Time - Parent/Child (Ages 2 - 4 years)**

Parent and child will participate in storytelling and musical discovery. Each week will introduce a new theme to explore through stories, songs, instrument exploration and creative movement.

## **Beneficial Presence - A Parenting Program**

Ever wonder how you can have a more beneficial presence in your children's lives? How to influence their choices in behaviours in a more positive way? Come and share/learn some refreshing strategies to guiding children's behaviour in a way that promotes your child's self esteem and preserves your energy! . . . Ensuring that you have a beneficial presence.

## **Kit & Kaboodle (Parent and Child Ages 2 - 5)**

A family literacy program for preschoolers and their parents/caregivers. This program has been developed by the Healthy Child Coalition Central Region and involves a circle time, songs, sound games and group story time.

## **Developing Capable People**

A powerful training program for anyone involved in the lives of children and youth, in our homes, schools and communities - seven life principles that are of crucial importance for positive youth development.

## **Play to Learn and Learn to Play - Parent and Child (Baby - 5 years)**

Play to Learn and Learn to Play is a family literacy model based on the value of play. Parents will explore play from many points of view - educational, social and emotional. Parents are encouraged to see the value of play in their children's lives as well as their own. The program involves a parent workshop, involving discussion, journaling and hands-on activities. We have a parent-child time as well as a game circle, where we just have fun trying out all those games we remember from our childhood, and a few new ones.