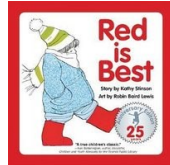

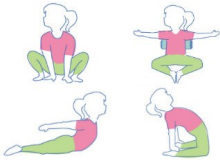
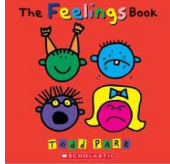
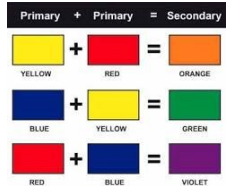



February 2018 Early Learning Calendar

Contact EarlyON Child and Family Centre at 1-866-433-8933 Ext. 2374 for more information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February is generally viewed as the month of love. We decided to talk about feelings and how feelings relate to child development. Recognizing one's feelings, understanding them and managing them, is a big part of child development and often a source of frustration.				1 Read "Red is Best" 	2 How adults react emotionally teaches children how they too should react. Remember to explain.	3 "Family dinners nourish mental health" McGill University So unplug and eat together on Saturdays
4 The weather is still cold but changes are happening. Talk about your love of nature and what you can do to take care of it.	5 Recognize feelings of frustration, anger and disappointment in children. Think, talk and act together.	6 	7 	8 Yoga for kids!	9 Read "The Feelings Book" 	10 Sing "Five Little Monkeys Jumping on the Bed" and have a fun pillow fight.
11 Physical contact builds confidence and body awareness in our children	12 Spray Paint in the snow and see what creations you can make together.		14 St. Valentine's Day Celebrate this day by telling your child(ren) about the day they were born.	15 Mini Mindmasters http://www.cyhneo.ca/mini-mindmasters	16 Chinese New Year Year of the Dog! Lucky Numer: 3, 4, 9 Lucky Colours: Red, Green and Purple	17  2018 Year of Dog
18 Pizza Night Cooking together develops math and literacy skills	19 Mini Mindmasters	20 Read the story "One" By Katherin Otoshi	21	22 Kids have Stress Too!	23	24
	26	27	28	Emotional intelligence is a set of skills associated with monitoring one's own and others' emotions, and the ability to use emotions to guide one's thinking and actions (Salovey & Mayer 1990).		