

## Families Matter Parent Link Centre

Rosemont Family Centre

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### January 2019



### OUR CENTRE OFFERS...

- Drop in and play
- Twins and Triplets Drop-In
- Support and Information for all Parents
- Community Resources
- Papa Bears
- Mandarin Mother Goose
- In-home Support
- Parenting Workshops
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks



# Rosemont

Welcome 2019, we wish you all the best for this New Year!

We are excited to welcome the New Year and are looking forward to seeing everyone again. We look forward to another fun filled year. Please note our Centre will reopen on Tuesday, January 8<sup>th</sup>, 2019.

### Parenting Workshops

#### Infant Massage

January 16 – 30

1:00 – 2:00 pm

In this class for parents with infants 1 - 7 months old you can learn specific nurturing touch and provide a full body massage for your little one. This provides a great way to connect with your child. Please bring a bath towel.

Parenting programs are a wonderful way to connect with other parents, learn in a supportive environment. Please check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca) for a list of upcoming classes at all of our locations.

### Cold and Flu Season

It's that time of year, if you or your children are sick, please stay home and get better! If you or your child have a fever, runny nose, are vomiting, or have had diarrhea in the last 24 hours, you are not well enough to come to the Centre. Please help us prevent the spreading of illness and know we are only looking out for your family's health as well as the health of everyone else who uses our space. Thank you for your understanding and cooperation.

### Ages and Stages Questionnaires

We are offering this helpful tool for you to learn more about how your child is developing and how to support your child's optimal development. Our staff is available on site to assist you in filling the questionnaire and chat if you have any questions

### 5 Minute No- Cook Glitter Snowman Playdough

#### Ingredients:

- 1 cup plain flour
- ½ cup salt
- 2 tablespoons cream of tartar
- 1 cup boiling water
- ½ tablespoon vegetable oil
- Colored glitter & food coloring

#### Method:

- ✚ Mix dry ingredients in a large bowl
- ✚ Combine oil and water, and slowly pour into dry ingredients
- ✚ Mix until dough comes together
- ✚ Add colouring and glitter and kneed
- ✚ Refrigerate until cool or break into small balls and play with immediately

*Learn Play Love*