

Scarborough East EarlyON Child & Family Centres

MARCH 2021

What's On This Month

All winter programs will be extended until March 20th. Registration for spring programs will begin on March 10th and programs will begin the week of April 6th.

NEW PROGRAMS:

Busy Body Boot Camp : This program is designed to get our bodies moving and promote gross motor development. Physical activity is important for everyone to build strength and coordination but it is also supports attention, focus, and wellness. Join us as we participate in different activities every day starting March 15 from Monday - Friday for 2 weeks.

Family Baking : Join amateur cook Miss Lisa and some special guests as we create some delicious baked goods. All recipes will be made with items in everyone's cupboard. Program is on Tuesdays starting on March 16th for 3 weeks. Register early to ensure your spot!

Click on the program name to go directly to the registration page!

Families In Settlement Together : Wrap-around settlement and integration programs for newcomer families with young children and families of children with special needs. A team of staff will provide support to families with their settlement journey through the implantation of a family settlement plan. For more information please contact Nievathaa at nsenthilnathan@esbgc.ca.

WORKSHOPS FOR MARCH 2021

Triple P: Positive Parenting Program: (Facilitator - Cecelia Martin, Strides Toronto)
Thursday, March 4 - 18, 2021 ~ 1:00 - 2:30 pm

School Registration (School Options/Accessing School Resources):
Monday, March 8, 2021 ~ 1:00 - 2:30 pm

Toilet Training - (Facilitator - Cecelia Martin, Strides Toronto)
Friday March 12, 2021 ~ 5:00 - 6:00 pm

Click on the title for more information

Click [HERE](#) to see our full calendar



Boys & Girls Club of East Scarborough



WORLD DOWN SYNDROME DAY

(Sunday March 21st)

World Down Syndrome Day (WDSD) is marked each year on March 21,^[1] beginning in 2006. The 21st day of March (the 3rd month of the year) was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

- The colors for Down syndrome awareness are blue and yellow.
- Show your support by wearing these colors.
- Wear crazy socks—stripes, polka dots, one short and one long, one yellow and one blue...you get the idea!



CHILDREN'S BOOKS FOR DOWN SYNDROME AWARENESS

What better way to shine light on lives touched by Down Syndrome than through books and the wonderful perspective they offer?

- You Matter by Christian Robinson
- Sabeel and Her Superheroes by Ayah Sayed
- Just Ask! Be Different, Be Brave, Be You by Sonia Sotomayor and Rafael Lopez
- Kids Like Me... Learn ABC's By Laura Ranoy and John Wayne Kishimoto
- The Day You Begin by Jacqueline Woodson and Rafael Lopez

INTERNATIONWOMEN'S DAY : MARCH 8TH

WD 2021 campaign theme: #ChooseToChallenge

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.

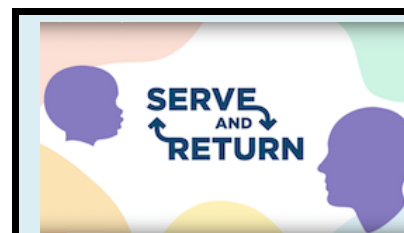
From challenge comes change, so let's all **choose to challenge**.



Boys & Girls Club
of East Scarborough
A good place to be

COFFEE CHAT TOPICS FOR MARCH 2021:

- **March 6th:** Brainstorming New Play ideas for Home
- **March 13:** School Registration
- **March 20:** Perspectives on Inclusion
- **March 27:** Increasing Attention and Focus



5 STEPS FOR BRAIN BUILDING -Child Development-

Share the Focus
Support and Encourage
Name it!
Take turns / Back and forth
Practice Endings and Beginnings



Centre on the
Developing Child at
Harvard University

Centre
Francophone
Services
Information
To check out
the services
offered by
Centre
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