

## Come Learn, Play, and Meet New Friends

### C.B. Stirling School EarlyON Program

(340 Queen Victoria Drive, Hamilton)

### Parent / Caregiver and Child Interactive Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 a.m. to 1:00 p.m.	8:45 a.m. to 1:00 p.m.	8:45 a.m. to 1:00 p.m.	8:45 a.m. to 1:00 p.m.	8:45 a.m. to 1:00 p.m.

### C.B. Stirling EarlyON Family Service Schedule

Services	Description	Time and Location
<b>Feeding Young Children (1-6 Years)</b>	Public Health Registered Dietitians teach parents and caregivers of children age one to six years about: What foods to offer your child, and; how to create a healthy eating environment, including family mealtimes and role modelling.	Thursday, September 19 10:00 – 11:00 a.m.
<b>“Check it Out” Child Development Drop-in</b>	Come and check out your child’s development... Do you have questions about your child’s development, behavior, vision, nutritional needs, dental health or speech and language development? Community professionals are available at a variety of locations to meet with families and their children from newborn to 6 years of age to offer consultation, teaching and referral with respect to their child’s development. Child early development identification sessions are free and no appointment is needed. Children must be accompanied by their Parent or Legal Guardian (or a designate with completed “Permission for Designate to share information / attend” form).	Thursday, October 17 10:00 a.m. – 12:00 p.m.
<b>Ask the Public Health Nurse</b>	The Public Health Nurse will be available to answer questions about breastfeeding, child safety (such as car seats and safe sleep), child development (such as milestones and toilet learning), healthy eating, and parenting issues such as sleep, crying and challenging behaviours. The Public Health Nurse also has information regarding programs and services for families.	Tuesday, September 10 Tuesday, November 12 Tuesday, December 3 10:00 – 11:00 a.m.

All programs are free of charge

Pour les services en français, veuillez appeler le Centre de Santé en composant le  
905-528-0163 poste 3228

For more information call 905-574-9344 x 859

[www.hamilton.ca/EarlyONcentres](http://www.hamilton.ca/EarlyONcentres)

[www.todaysfamily.ca](http://www.todaysfamily.ca)