

# BEST BEGINNING

CHILDREN'S PROGRAM NEWSLETTER

MARCH 2024

## BEST BEGINNING IN-PERSON GROUPS

Mondays 10:30am-12 noon

Central Library

800 3 Street SE

Tuesdays 1-2:30pm

Families Matter Centre

#101, 239 Midpark Way SE

Wednesdays 1-2:30pm

Genesis Centre

7555 Falconridge Blvd NE

## LEARNING TOPIC - COMMUNITY HELPERS

We will learn about

- Firefighters
- Doctors and Nurses
- Police Officers
- Construction and Safety



## ARTS, CRAFTS & ACTIVITIES

- Create a stop light
- Make a police badge
- Make a doctor's kit
- Spring/Easter crafts



## CALENDAR

- March 10 Daylight Saving Time
- March 11 First Day of Ramadan
- March 17 St Patrick's Day
- March 19 Spring Begins
- March 31 Easter Sunday



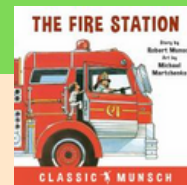
## CIRCLE TIME

Books available at the Calgary Public Library.

The Firestation by Robert Munsch

Vicky Goes to the Doctor by Ifeoma Onyefulu

Construction by Sally Sutton



# CHILD DEVELOPEMENT - PARENTING TIPS

## HOUSEHOLD CHORES FOR TODDLERS

### Age - Appropriate Chores

Each child develops at a different rate. It may take more time to accomplish tasks, but the outcome is that your child is learning to be independent and responsible.

#### Chores for 2 or 3 year-olds



- Pick up toys/put away
- Put books away
- Place napkins and cutlery on the table - may need help with the correct placement
- Help to clean up their messes after eating
- Learn to make simple choices by being given a choice of two foods for breakfast
- Take dishes to the counter after eating
- Co-operate with toilet training
- Undress/dress with assistance
- Put dirty clothes in hamper/laundry room
- Help put away groceries on lower shelves
- Assist with feeding the pets
- Put recycling items in their containers
- Hang up coats and sweaters on low hooks/mittens and hats in basket



Adapted from [www.parentingpower.ca](http://www.parentingpower.ca)

