

# Best Beginning Children's Program



LEARN

PLAY

GROW

**LEARNING TOPIC**

## Family & Friends

**ARTS, CRAFTS & ACTIVITIES**

- Paper baby blanket
- What do babies need?
- Family Diversity
- Valentine's Day craft
- Chinese New Year crafts

### Best Beginning In-Person Groups

Mondays 10:30am-12 noon  
Central Library  
800 3 Street SE

Tuesdays 1-2:30pm  
Salvation Army  
#100, 5115 17 Ave SE

Wednesdays 1-2:30pm  
Genesis Centre  
7555 Falconridge Blvd NE



## Circle Time

Books available at the Calgary Public Library

*One Family* by George Shannon

*All Kinds of Families* by MaryAnn Hoberman

*We Just Had a Baby* by Stephen Krensky

*How to Grow a Dinosaur* by Jill Esbaum

*Should I Share My Ice Cream?* by Mo Willems

## Calendar

FEB 14 VALENTINE'S DAY  
FEB 16 FAMILY DAY  
FEB 17 LUNAR NEW YEAR - YEAR OF THE HORSE  
RAMADAN BEGINS





# Mattering in Early Childhood

Mattering - the feeling that we are valued and have value to add to the world is important for brain development and should begin in the earliest days of life. Below are things caregivers can do to help children develop a strong foundation for healthy feelings of connection, belonging and purpose.

[DEVELOPINGCHILD.HARVARD.EDU](https://developingchild.harvard.edu)

## SERVE AND RETURN

Respond warmly and attend to a child's cues - a smile, a cry or a question. Show them they are worthy of an adult's time and attention.

## GET TO KNOW THE CHILD

Notice what they like, ask questions, and listen. It shows they are seen and valued for who they are.

## ENCOURAGE THEM TO CONTRIBUTE

Give them chores that are age-appropriate, like handing out spoons or putting away toys.

## CALL THEM A "HELPER"

Help children see their contributions as part of who they are.

## CHORES FOR 2 OR 3 YEAR-OLDS

- pick up toys/put away books
- help clean up their messes after eating
- take dishes to the counter after eating
- undress/dress with help
- help with feeding the pets
- co-operate with toilet training

