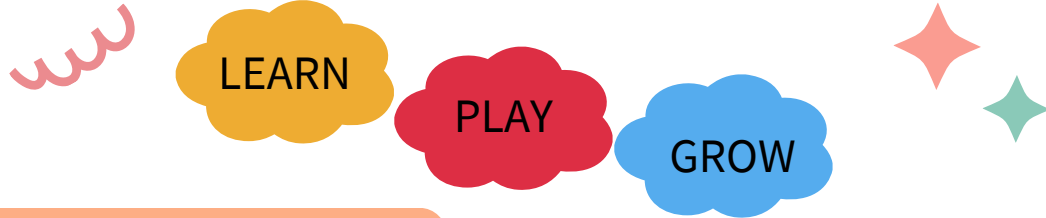


March 2026 Best Beginning Children's Program



Learning Theme
Community Helpers
We will learn about

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

Arts and Crafts

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



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

CALENDAR

March 7	Daylight savings time starts
March 8	Women's Day
March 17	St. Patrick's Day
March 20	Spring arrives
March 21	Eid al Fitr

Phrases to help an anxious child during difficult moments - at every age and stage:

@childlifetherapist

These phrases are simple but powerful! While it's not one size fits all, it can certainly help you and your kids pause and not let the anxious thoughts take over. Connect first - talk later!



0-2 years

Calm starts with you.

"It's ok to be nervous."

"You are safe."

"I'm right here."

3-5 years

Teach through play.

"Mr Worry, is that you?"

"You are not the boss of me!"

"We might have to take you with us to school but you are not going to ruin our day!"

6-9 years

Get curious, make it empowering.

"Hmm...what's your worry trying to tell you?"

Just because you think it doesn't make it true."

"Let's see if we can fill your brain with helpful thoughts."

10-12 years

Differentiate between worry and truth.

"Let's look at the facts - what's happening right now? What is true?"

"If your worry comes true, will you still be OK?"