



KIDZCLUB NEWSLETTER OCTOBER 2023

Dear Parents,

We've successfully finished the first month of school. In September, we covered some topics such as: "All about me", "Fall. Nature around us"

Please note: we are going outside every day. Please make sure that your children are dressed up appropriately for the weather.



Team building games



Team building games

OCTOBE CALENDAR



October 6 Friday	Professional Grows day. No classes	Program is open	Special activities
October 9, Monday	Thanksgiving day. School is closed	Program is closed	

Yours truly,
Tetyana, Nora, Jen, Len, Danielle



COMMUNITY INFO

Family resources

Please see the link below for an excellent resource for Family Resource Networks.

- Support for parents
- How FRN's help families
- Support for children and youth
- How to find an FRN

<https://www.alberta.ca/assets/documents/cs-family-resource-networks-fact-sheet.pdf>



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of 1 to 5 year olds

Winter 2023 Schedule

January 10 th	6:30 pm - 8:00 pm
February 8 th	1:30 pm - 3:00 pm
February 21 st	6:30 pm - 8:00 pm
March 22 nd	6:30 pm - 8:00 pm
April 12 th	6:30 pm - 8:00 pm
April 18 th	1:30 pm - 3:00 pm

Join Registered Dietitians to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend virtual classes!

REGISTRATION:

- birthandbabies.com
- 403-955-1450





Feeding Your Baby

FREE Online Nutrition Class

for parents and caregivers of infants

Registered Dietitians will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

REGISTRATION:

- birthandbabies.com
- 403-955-1450

Winter 2023 Schedule

January 3 rd	1:30 pm - 3:00 pm
January 17 th	1:30 pm - 3:00 pm
January 25 th	6:30 pm - 8:00 pm
February 7 th	1:30 pm - 3:00 pm
February 28 th	6:30 pm - 8:00 pm
March 8 th	1:30 pm - 3:00 pm
March 14 th	1:30 pm - 3:00 pm
March 29 th	6:30 pm - 8:00 pm
April 4 th	1:30 pm - 3:00 pm
April 25 th	6:30 pm - 8:00 pm

