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KIDZCLUB NEWSLETTER DECEMBER 2025

We've successfully finished the month of November at Kidzclub.

In November you children played and learned topics such as: "Remembrance Day", "Healthy living - stay active", "World Kindness Day", "What inclusiveness and diversity means for you", "Your culture and traditions"

FUN IN NOVEMBER



NOVEMBER CALENDAR

December 15, Monday	“Petit Concert”. Trio from Calgary Philharmonic Orkestra to bring the Mood of the Season	Time: 3:30-4:30. Parents are welcome. Please come before 3:30. Please do not come to pick up your children during the time between 3:30 and 4:30.	
December 18, Thursday	Christmas Concert and Party 4:00.	Parents are welcome	
December 19, Fri.	Last Day of School before Christmas break	Last day of Program before Christmas break	
January 6, Tue.	School re-open	Program re-open	

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>

Feeding Toddlers and Young Children

Eating food gives children the energy and nutrition needed to grow, learn, and play. Children learn about food and eating by watching others. Be a positive role model. The eating habits you teach a child in the early years can form a pattern that lasts a lifetime. Try some of the tips in this handout to help children build healthy eating habits.

Make mealtime family time

Mealtimes are a great time for your family to visit and talk. Keep mealtimes pleasant and relaxed. Let children see you enjoying a variety of foods. This will help children try new foods and to learn eating skills.



Children's appetites and willingness to try new foods will change from day to day. This may change depending on how fast they are growing, how active they are, or how they are feeling.

The feeding relationship

The way a parent and child relate to each other around feeding and eating is called the feeding relationship. Parents and children have different roles—these roles help children learn to be healthy eaters.

Parents and caregivers decide:

- **What food and drinks are offered.** Serve the same foods to the whole family. Offer a variety of foods from Canada's food guide.
- **When food and drinks are offered.** Offer 3 meals and 2–3 snacks each day at regular times. When children eat at regular times they are more likely to be ready to eat.
- **Where food and drinks are offered.** Children eat best when they sit comfortably, rather than walking around. Eat together, turn off the TV and put aside phones and electronics.

Children decide:

- **How much to eat** from the choices you've offered. Listen to children when they say "I'm full".
- **Whether to eat** from the choices offered. Children will sometimes eat more at meals or snacks and other times they'll eat less.

