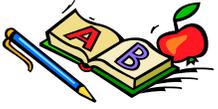


WHAT IS BETTER BEGINNINGS?



Better Beginnings is a parent/child program that supports the health and learning development of young children (from birth to age five) and their families.

It is a **FREE** program and is open to **all children from birth to 5 years** who are accompanied by a parent or a childcare provider.

The program offers a 1.5 hour session in community classrooms in: Benito, Bowsman, Minitonas, and Swan River. Sessions are on a drop-in basis, no registration required.



Thursdays, 10:00- 11:30 a.m. Session Leader - Kattie Griffith	Benito School
Tuesdays, 10:00- 11:30 a.m. Session Leader - Jill Shaw	Bowsman School
Thursdays, 10:00- 11:30 a.m. Session Leader - Jill Shaw	Minitonas School
Fridays, 10:00- 11:30 a.m. Session Leader - Kattie Griffith	ESRSS
Wednesdays, 10:00- 11:30 a.m. Session Leader - Jill Shaw	Taylor School

Sessions offer playtime, crafts, stories, songs, rhymes, healthy snacks, gym time and family resources.



Your role as a parent at Better Beginnings:

Parents/ childcare providers are in charge of each child that they bring to Better Beginnings.

However, if there is conflict between children and the parent is unaware, the leader or another parent may intervene on your behalf until it comes to your attention. It is important that Better Beginnings is a safe place for all children.

Parents should encourage their children to participate in age-appropriate activities. Parents are encouraged to participate alongside their children during all activities in the session.

Examples of parent participation are:

- 1) Joining your child on the floor to build a tower or do a puzzle together.
- 2) Joining in the circle during songs, rhymes, or other activities. Please sing along!
- 3) Directing your child to the floor for story time. Sit down with them to help them get involved with the story and stay interested.



4) Some crafts may require parental help. Be available to HELP with cutting or gluing etc. but try not to do it all for them. Remember that the appearance of the end product is not what's important. Crafts are a great way for your child to learn dexterity, creativity and independence.

For more information contact betterbeginnings@svsd.ca