



Bow Valley Early Childhood Development Coalition

June 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ACTIVE FOR LIFE

Raising physically literate kids.

At activeforlife.com, parents, educators, and coaches will find fun activities, engaging articles, and free resources to get kids active, healthy and happy.

activeforlife.com



Check the back of the calendar for activities to try with your child



BVPL: FC Stay&Play 1 Canmore

Banff Library: Once Upon an Alphabet 9:30 am | Ages 0-6

Super Saturday 1-2 pm | Ages 4-7

Canmore Library: Loosey Goosey 10:30 am

Bighorn Library: Family Time 10 am

artsPlace: 2

Family Sunday artsPlay Free Family Drop-in Workshop

Two sessions: 10:15-11 am or 11:15-12 pm

This is a 45-min. guided activity. Please arrive early as space is limited. Pre-registration takes place the day of, in-person, starting at 9:45 am

BVPL: FC Stay&Play 3 Banff, Canmore, Exshaw

BVPCN: Birth and Beyond* | 6-9 pm | Mountain Lakes Room, Canmore Hospital Second of 3 sessions.

Bighorn Library: Preschool Time 10:30 am

BVPL: FC Stay&Play 4 Banff, Canmore (dayhome)

BVPL: FC Stay&Play 5 Banff, Canmore

Banff Library: Preschool Storytime 10 am Baby Storytime 11 am

BVPL: FC Stay&Play 6 Banff, Canmore, Exshaw

BVPL: FC Stay&Play 7 Banff, Canmore

BVPL: FC Stay&Play 8 Canmore

Banff Library: Once Upon an Alphabet 9:30 am | Ages 0-6

Super Saturday 1-2 pm | Ages 4-7

artsPlace: 9

Family Sunday artsPlay Free Family Drop-in Workshop

Two sessions: 10:15-11 am or 11:15-12 pm

BVPL: Family Wildlife Safety | The Fenlands 10 am-12 pm | Banff Join in on wildlife safety education, Family Fun Zone for kids & coffee for parents

BVPL: FC Stay&Play 10 Banff, Canmore, Exshaw

BVPCN: Birth and Beyond* | 6-9 pm | BVPL Canmore Third of 3 sessions.

Bighorn Library: Preschool Time 10:30 am

BVPL: FC Stay&Play 11 Banff, Canmore (dayhome)

BVPL: FC Stay&Play 12 Banff, Canmore

BVPL: Nighty Night Sleep Tight for Infants* 10 am-12 pm | Canmore

Banff Library: Preschool Storytime 10 am Baby Storytime 11 am

BVPL: FC Stay&Play 13 Banff, Canmore, Exshaw

BVPL: Feeding Your Baby* 1:30-3 pm | Banff

BVPL: FC Stay&Play 14 Banff, Canmore

BVPL: Let's Get Active 10-11:30 am | Banff Drop in

BVPL: Go Wild Crafting 2-3:30 pm Canmore Drop in

BVPL: FC Stay&Play 15 Canmore

Banff Library: Once Upon an Alphabet 9:30 am | Ages 0-6

Super Saturday 1-2 pm | Ages 4-7

artsPlace: 16

Family Sunday artsPlay Free Family Drop-in Workshop

Two sessions: 10:15-11 am or 11:15-12 pm



BVPL: FC Stay&Play 17 Banff, Canmore, Exshaw

Bighorn Library: Preschool Time 10:30 am

BVPL: FC Stay&Play 18 Banff, Canmore (dayhome)

BVPL: NEW! Multiples Meet Up* 5-7:30 pm | Canmore

BVPL: FC Stay&Play 19 Banff, Canmore

BVPL: Nighty Night Sleep Tight for Toddlers* 10 am-12 pm | Canmore

Banff Library: Preschool Storytime 10 am Baby Storytime 11 am

BVPL: FC Stay&Play 20 Banff, Canmore, Exshaw

BVPL: Feeding Your Baby* 1:30-3 pm | Canmore

BVPL: FC Stay&Play 21 Banff, Canmore

BVPL: Let's Get Active 10-11:30 am | Banff Drop in

BVPL: FC Stay&Play 22 Canmore

Banff Library: Once Upon an Alphabet 9:30 am | Ages 0-6

Super Saturday 1-2 pm | Ages 4-7

artsPlace: 23

Family Sunday artsPlay Free Family Drop-in Workshop

Banff Library: Settle Your Glitter: Mindfulness. Please join us for a family event with mindfulness books, activities and crafts. 10-11 am ages 3-7 & 1-2pm ages 8-12.

BVPL: FC Stay&Play 24 Banff, Canmore, Exshaw

ACFA: Family St. Jean Baptiste Celebration 5:30-8 pm | Banff Concert, games, picnic & food truck. [evenement.canmore@acfa.ab.ca](http://evenement.canmore.acfa.ab.ca) | 403.678.7582

Bighorn Library: Preschool Time 10:30 am

BVPL: FC Stay&Play 25 Banff, Canmore (dayhome)

BVPL: FC Stay&Play 26 Banff, Canmore

BVPL: Dealing with Disobedience* 10-11:30 am | Canmore

Banff Library: Preschool Storytime 10 am Baby Storytime 11 am

BVPL: FC Stay&Play 27 Banff, Canmore, Exshaw

BVPL: Wildlife Safety for Bow Valley Families* 6-8 pm | Canmore

BVPL: FC Stay&Play 28 Banff, Canmore

BVPL: Baby Happy Hour* 1:30-3:30 pm | Canmore Drop-in

BVPL: FC Stay&Play 29 Canmore

Banff Library: Once Upon an Alphabet 9:30 am | Ages 0-6

Super Saturday 1-2 pm | Ages 4-7

artsPlace: 30

Family Sunday artsPlay Free Family Drop-in Workshop

Banff Library: Reading with Royalty: Drag Queen Storytime. All ages, drop-in event. Please join us in welcoming Slamda BD for a fabulous story time with books, songs and finger plays, followed by an hour of crafts and activities.

BOW VALLEY PARENT LINK (BVPL) FAMILY CONNECTIONS DROP IN DAYS & TIMES

Bow Valley Parent Link (BVPL) Stay & Play/Circle Time (FC Stay&Play)

Drop-in Canmore:	M & W: TH,F,S:	1:00- 3:45 pm 9:00-11:45 am
Drop-in Dayhome Canmore:	T:	9:30-11:30 am
Drop-in Banff:	M,T,TH,F: W:	9:00-11:45 am 1:00- 3:45 pm
Drop-in Exshaw:	M: TH:	1:00- 3:45 pm 9:30-11:45 am



ABOUT US

The Bow Valley Early Childhood Coalition is made of up a diverse group of partners who are committed to working together to create child and family friendly communities in the Bow Valley. For more information on programs and initiatives, to get involved, or to receive this calendar by email, contact bveccdcoordinator@gmail.com.



Bow Valley Early Childhood Development Coalition



ACTIVITIES TO TRY WITH YOUR CHILD

Infants (Birth to 18 months)	Toddlers (18 months to 3 years)	Preschoolers (3 to 5 years)
Fill a small bowl with water and together explore filling cups, small bottles, scoops, big spoons and funnels.	When you are outside for a walk, play a look and find game. Say "I see a flower, do you see it?" Continue with other things you may see like rock, swing, car, fence, etc.	Draw circles with sidewalk chalk and place a number in each one. With small rocks see if you and your child can take turns tossing and landing on numbers.
Play the dump and pick up game. Fill a container with blocks or small toys and dump. Then pick up and put back in. Caution: they will want to repeat again and again.	Dress one of your child's larger stuffed animals with one of their T-shirts and diaper and socks. Encourage your child to undress and dress their buddy.	Talk about the feeling of being angry. What is okay to do when you are angry (to talk about it) and what not to do (hit, yell, throw things etc.)

Rhyme of the month for Babies/Toddlers:
Peek-a-boo song (Tune: "Where is Thumbkin")
Where is baby? Where is baby?
What should we do? What should we do?
Peek-a-boo baby
Peek-a-boo baby
I see you, I see you.

Rhyme of the month for Toddlers/Preschooler:
Teddy Bear, Teddy Bear
Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, reach up high.
Teddy bear, teddy bear, touch the sky.
Teddy bear, teddy bear, bend down low.
Teddy bear, teddy bear, touch your toes.

Ideas adapted from Alberta Health Services Activity Calendars: www.albertahealthservices.ca

EARLY CHILDHOOD RESOURCE CONTACT INFORMATION & HELPFUL LINKS

Bow Valley Parent Link

Bow Valley Parent Link (BVPL) is a program for parents and caregivers with children aged 0 - 6.

Programs and services in 5 core areas:

- Early Childhood Development & Care
- Family Support
- Information & Referral
- Parent Education and
- Developmental Screening.



BVPL programs and services are free and available year round.

Visit: www.canmore.ca/parentlink, like us on Facebook or call 403.678.2529 for Canmore and Exshaw or 403.762.1116 for Banff.

Banff Public Library

101 Bear St. PO Box 996, Banff

Phone: 403.762.2661 www.banfflibrary.ab.ca

All library programs are free. Library membership is free to all residents of Banff and ID9 (including Lake Louise). Please bring in proof of residency and photo identification to receive your free library card!

Canmore Public Library

950 - 8th Avenue, Canmore

Phone: 403.678.2468 www.canmorelibrary.ab.ca

Exshaw Public Library

2 Mount Allen Drive, Exshaw

Phone: 403.673.3571 www.bighornlibrary.ca

Alberta Health Services

Banff/Canmore Public Health

Public Health Nurses offer physical and emotional postpartum support for families, as well as providing immunizations, health advice and developmental screening for all children at the well child clinics and drop in visits.

Banff Public Health is located at 303 Lynx Street

Phone: 403.762.2990

Canmore Public Health Phone: 403.678.5656

Alberta Health Link also provides health information for families @ 811

Alberta Health Services – Addiction and Mental Health

Community clinics that offer programming and support to youth, adults, families, schools and communities through a continuum of treatment and prevention services.

Addiction Services: 403.678.3133

Bow Valley Mental Health: 403.678.4696

CHILD CARE

Bow Valley Family Child Care Agency

Not for profit - Davar Child Care Society

Regulated and Monitored Day Homes in both

Banff and Canmore. For more information phone:

403.609.7392 | bowvalley@davarchildcare.org.

Canmore Community Daycare Society

Phone: 403.678.5762 (main site)

Email: info@canmoredaycare.com

www.canmoredaycare.com

Banff Child Care Centre

403.762.3339 or email

banffchildcare@telus.net

Puzzles Childcare

Banff: 403-763-1323

Centre d'expérience préscolaire et parascolaire

Canmore: 403-678-0082

www.spefcanmore.ca

Banff: 403-497-6929

www.unmotdamour.ca

HELPFUL LINKS:

- Go to healthyparentshealthychildren.ca for everything you need to know from pregnancy onward. (It might seem overwhelming but just focus on the stage you are currently at.)
- banff.ca/families Programs and resources for children 0 – 6 years (i.e. BV Parent Link)
- canmore.ca/residents/family-community-services/ Programs and resources for children 0 – 6 years (i.e. BV Parent Link)
- albertafamilywellness.org See the latest on brain science.
- abdads.ca Resources to support fathers.
- parentsmatter.ca Resources in different languages for parents.
- activeforlife.com Resources for parents and community to support physical literacy.
- bowvalleypcn.ca Health-related programs and supports for parents.
- myhealth.alberta.ca Health-related resources to explore.
- ab.211.ca Local information and referral services operating in the community.
- immunizealberta.ca Information on vaccinations for your child.
- healthyeatingstartshere.ca Resources and healthy recipes for you and your family.
- canmore.ca/recreation-facility/elevation-place Activities and programs for you and your family.
- 2000days.ca Links and resources for parents.

