



Centre Communautaire  
**DAWSON**  
Community Centre

## Parents and Tots

Parents and Tots is a program for children aged 0 to five years and their parents / caregivers. The children participate in playgroups that emphasize social, language, gross and fine motor skills. Guided by an educator, children are helped to achieve developmental milestones and school preparedness through the use of songs, play, games and activities. Parents gather together to enjoy social time, surf the internet and participate in workshops and activities.

### Playgroups

Parents are offered two choices for playgroups.

The first is an age-specific playgroup where all attending children fall within the same age bracket (13-30 months, 30-42 months, or 43-60 months). Emphasis in these groups is on child development, and curriculum is specific to age group.

The second “all ages” playgroup option gives children the opportunity to play with other ages; the younger mimic the older children while the older children learn to be patient and caring with their younger peers. The curriculum for these groups focuses on social and language development.

We also offer prenatal groups to parents and their babies.

### Parents

Parents gather together while their children participate in playgroup. There is an inviting and comfortable library with books and computers for surfing the internet. The parents’ lounge is always full of lively conversation and coffee. In addition there are discussion groups around parental issues and concerns, guest speakers and recreational activities such as cooking and crafts.

Parents participate together in the planning and implementation of a variety of fundraisers, with the proceeds going towards outings and special events for the program.

Also available is an intensive eight-week “Mommy/Daddy and Me” workshop for parents and children aged 2.5 to 3.5 years. In this series, parents are encouraged to engage their children through songs, games and learning activities. Emphasis is also placed on intellectual and physical activities to promote school readiness.



## Recreational

**Summer Program:** Parents gather together with their children to play games at the park, go swimming and take part in outings. An animator will always accompany the group. These gatherings occur twice a week and provide fun and entertaining activities for parents and children.

**Seasonal Outings:** Members and their families enjoy fun and exciting seasonal outings such as Cabane à sucre, Granby Zoo, apple picking and La Ronde.

**Fundraising:** Parents plan and participate in fundraisers to offset the cost of outings. Fundraisers include spaghetti dinners, bake sales and garage sales.

### Fees:

\$15 membership (valid for one year)

\$2 per playgroup session for children

\$2 per workshop session for parents

## Schedule

	Mon	Tues	Wed	Thurs	Fri
9:30 - 11:30	12-30 Months Playgroup	30-42 Months Playgroup	Post Natal (10:00 – 11:00) Stories & Songs (11:00-11:30)	12-30 Months Playgroup	30-42 months Playgroup
1:00 - 3:00	All Age Playgroup	Getting Ready For School Workshop	All Age Playgroup		All Age Playgroup

### For more information contact:

Natalie Miron, Parents & Tots Coordinator

[dawsonmoms-tots@bellnet.ca](mailto:dawsonmoms-tots@bellnet.ca)

(514) 767-9967

