

Early Years

Rhythms & Routine Group

FREE DROP IN FOR CHILDREN AGES 0-6 YRS

Rhythms and Routine

Routines help the day feel steady and predictable, and a change in routine can leave us feeling unsettled.

Using routines builds a sense of safety and allows children to relax and shift their energy from survival towards healthy development. It then gives space to practice important skills

In the Rhythms & Routine group, we aim to practice:

- Making time for connection
- Celebrating your strengths in relationships
- Doing energy check-ins and matching the activity to energy levels
- Practice transitions
- Stretch connection time together

Come join us and meet our CDC Family including Occupational Therapists, Infant Development Consultants, Speech and Language Pathologists and Physiotherapist. Activities include: Fine/Gross Motor Skills | Music | Speech & Language | Problem/Puzzle Solving | & More!



HIGH ENERGY

CAUTIOUS



Tuesdays
1:30 pm - 2:30 pm
Wednesdays
10:30 am - 11:30 am



CONNECTION



CHILL