






November 2021 EARLY CHILDHOOD PROGRAMS

Even while we are closed for in-person services during the COVID-19 Pandemic, we are here for you. Currently, our programs are offered online/through Zoom. You can follow us on [Facebook \(@karafrfc\)](#) and call Janice at 587-525-7279 or email janice@kara-frc.ca to register for the programs below.

Email: info@kara-frc.ca

Website: www.kara-frc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 "Zoom"topia Session 3: Science Activity 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	3 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	4 "Zoom"topia Session 4: Gross Motor Activity 10:00 - 10:30am via ZOOM	5 Indigenous Children's Circle 10:00 - 10:45am via ZOOM	6
7 Daylight Saving ends at 2 am 	8	9 "Zoom"topia Remembrance Day Activity 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	10 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	11 Remembrance Day KARA Closed 	12	13
14	15	16 "Zoom"topia National Child Day Celebration 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	17 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	18 "Zoom"topia National Child Day Celebration 10:00 - 10:30am via ZOOM	19	20 
21	22	23 "Zoom"topia Session 1: Sensory Activity 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	24 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	25 "Zoom"topia Session 2: Science Activity 10:00 - 10:30am via ZOOM	26	27
28	29	30 "Zoom"topia Session 3: Arts & Crafts 10:00 - 10:30am via ZOOM				

Remembrance Day November 11

Canadians recognize Remembrance Day, originally called Armistice Day, every November 11th at 11 am.

It marks the end of hostilities during the First World War. A two-minute silence is held at 11 am to remember the people who have died in wars.



National Child Day is celebrated in Canada on November 20 in recognition of our country's commitment to upholding the rights of children and two historic events: the 1959 signing of the UN Declaration of the Rights of the Child and the adoption of the UN Convention on the Rights of the Child in 1989.

For more information, please visit:

<https://www.nationalchildday.ca>



5 STEPS TO POSITIVE PARENTING (from Triple P)

1. CREATE A SAFE, INTERESTING ENVIRONMENT

Bored kids are likely to misbehave. Bored teenagers may find trouble. So create an environment that allows kids to explore safely and develop their skills.

2. HAVE A POSITIVE LEARNING ENVIRONMENT

If a child or teenager comes to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

3. USE ASSERTIVE DISCIPLINE

Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behaviour you like.

4. HAVE REALISTIC EXPECTATIONS

Nobody's perfect – kids, teenagers or adults – so don't expect your child to do more (or less) than they're capable of. And remember, we all make mistakes sometimes.

5. TAKE CARE OF YOURSELF AS A PARENT

It's all about balance. You've got to look after your own needs too, so make sure you're getting some support, time with friends, and maybe even a little time to yourself!