

# STRONGSTART BC

## Early Learning Centers

### StrongStart Closures

**March 14-29** Spring Break. StrongStart will reopen on Tuesday, April 2<sup>nd</sup>, 2024.

**Gentle reminder:** Each session we welcome 20 children and their respective adult, a maximum of **one** adult per child.

Join us on **March 12, 2024**, from **6:30 - 7:30pm** on Zoom for a parent session on:

### FROM SURVIVING TO THRIVING: UNDERSTANDING BIG EMOTIONS AND BEHAVIOURS

*Presented by Ana Valle Rivera*

Parenting young children can be overwhelming, especially when faced with big emotions and puzzling behaviors. In this concise and informative session, you'll gain valuable insights into the world of your little ones and learn practical strategies to navigate this challenging phase of life.

Register [here](#) or scan QR code below:



### Uplifting quote + song that illuminates:

*"It was one of those March days when the sun shines hot, and the wind blows cold: when it is summer in the light and winter in the shade"* – Charles Dickens

Inspiring song: "Heights" by Shallou

**Professional development** sessions offer opportunities for growth, skill enhancement and help educators stay updated in their practice. Here is a snapshot from our Feb 16, 2024, session with clay:



### Happening this month:

#### Connaught Heights StrongStart

- Mar 4** SWIS worker visit
- Mar 5** BCAA Child car seat information session
- Mar 13** Kinsight consultant visit

#### Queensborough StrongStart

- Mar 6** Librarian Visit
- Mar 12** Kinsight consultant visit
- Mar 13** Dental Hygiene Practitioner

#### Skwo: wech StrongStart

- Mar 5** Librarian Visit
- Mar 12** Mosaic
- Mar 13** Kinsight consultant visit

Poems to enjoy with your child:

#### *A little Seed*

A little seed for me to saw,  
A little soil to make it grow,  
A little sun, a little shower,  
A little wait and then a flower.

#### *Don't Rush Me Please*

By Barbara Vance

I am a snail—  
Don't rush me, please.  
I'm heading for  
Those cherry trees.  
I have no place  
I have to be,  
No pressing thing I have to see.

I like this speed.  
I like being slow.  
It gives me time  
To get to know  
All the flowers  
That I pass,  
Every blade  
Of every grass.

I am a snail;  
This is my way.

Don't rush me, please.  
We've got all day.