



Resources & Activities for Ages 1-5

Nearby Admiral Seymour School

School/StrongStart



A free provincial drop-in early learning program for children aged 0-5 years accompanied by their caregivers. An environment that supports caregivers and children to enjoy learning together, develop essential skills and prepare for the transition to school.

- **Hours:** 9am-12pm, Monday-Friday, year-round
- Learn to take turns, listen and play with friends!
- Play tag, leapfrog or climb on the playground at recess
- If your child feels sad, angry or too excited, find a quiet place and have them take a few deep breaths
- Be sure your child washes their hands before eating and after using the washroom
- Snacks: fruits/veggies, cheese and crackers
- ❖ *What colours are in your lunchbox today?*

Libraries Nearby



• Strathcona Branch

- *Location:* 730 East Hastings St (10 min walk NW)

• Britannia Branch

- *Location:* 1661 Napier St (16 min walk SE)
- Apply for a free library card at any location
- Book clubs and programs for children and families
- Public computers and WiFi available
- www.vpl.ca

Tip: Practice language with your child by reading nursery rhymes together (“I’m a Little Teapot”; “It’s Raining, It’s Pouring”)

- ❖ *What’s your favourite book?*

Parks Nearby



- **Strathcona Park** – Playground, community garden, grass fields
 - *Location:* 857 Malkin Ave (10 min walk SW)
- **Maclean Park** – Playground, water park, grass field
 - *Location:* 710 Keefer St (12 min walk W)
- **Grandview Park** – Playground, water park, grassy area
 - *Location:* 1657 Charles St (18 min walk SE)
- **Woodland Park** – Playground, wading pool, totem garden
 - *Location:* 705 Woodland Dr (10 min walk E)
- ❖ *What games do you enjoy? Try a game of “Simon Says”!*

Community Programs



• RayCam Cooperative Centre

– Free programs for children and families, fully licensed childcare and after-school programs

- *Location:* 920 East Hastings St
- *Programs:* Family Night (Tues), Read & Feed (Wed), Bright Family Futures (Thur), It’s a Crock (Fri), Family Drop-in (Sat)
- www.raycam.com

• Britannia Community Services Centre

– Art, music, sport, dance and other programs for young children

- *Location:* 1661 Napier St
- www.britanniacentre.org

• EastSide Family Place

– Family resource program (drop-in programs, daily snack, occasional childcare, parenting support and more)

- *Location:* 1655 William St
- www.eastsidefamilyplace.org

- ❖ *What activities do you like to do with your friends?*

Food Services Nearby



- **Vancouver Food Bank, Hastings Sunrise Community Food Hub at Kiwassa Neighborhood House** – 2-3 day food supplement per week. Register and pick up membership at location
 - *Location:* 2425 Oxford St
 - www.foodbank.bc.ca/find-food/
- **Britannia Community Services Centre, Community Action Program for Children** – Receive a monthly food bag and \$10 food voucher to Sunrise Market, in addition to other programs, activities and supports
 - *Location:* 1661 Napier St
- **Emergency Food Bags, Vancouver Food Bank Main Office** – Available once per year
 - *Location:* 1150 Raymur Ave
- ❖ *What’s your favourite green vegetable?*

Child Care



• Affordable Child Care Benefit

– You may qualify for funding to reduce child care costs

- www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit

• Westcoast Childcare Resource Centre

– More information on choosing child care, current availability and more

- www.wstcoast.org

- ❖ *Who do you like to play with?*





Healthy Living Resources

Below is a list of resources that are comprehensive yet succinct, and cover key topics related to healthy living for children.

General

Call 811 – Free provincial health information and advice phone line (registered nurses, pharmacists, dieticians). Available 24/7.

www.healthlinkbc.ca

Call 211, text "Vancouver" to 211 or visit BC211.ca – A non-profit organization that specializes in providing free information and referrals regarding community, government and social services in BC.

www.bc211.ca

Canadian Pediatric Society - "Caring for Kids" – More comprehensive tips and guidelines for healthy bodies, including sleep, nutrition and physical activity.

www.caringforkids.cps.ca/handouts/healthybodies-index

Encyclopedia on Early Childhood Development – A wide range of information on early childhood development, from birth to age 5.

www.child-encyclopedia.com/topics-a-z

KidCareCanada – Videos on a variety of helpful topics.

www.kidcarecanada.org/video-search/

Canadian 24-Hour Movement Guidelines – Guidelines integrating recommendations for physical activity, sedentary behavior, and sleep.

www.csepguidelines.ca/

Live 5-2-1-0 – An initiative to promote healthy behaviours among children, including healthy eating and physical activity.

www.live5210.ca

Below is a list of healthcare resources accessible from the neighborhood surrounding Admiral Seymour School.

Basic Health Concerns

RICHER Initiative (community nurse practitioner)

Location: 410 Campbell Ave

www.raycam.org/uncategorized/community-nurse-practitioner/

Medical and Dental Concerns

REACH Community Health Centre

Location: 1145 Commercial Dr

www.reachcentre.bc.ca

Strathcona Community Dental Clinic

Location: 601 Keefer St

www.strathcona-health.ca/

Robert and Lily Lee Health Centre

Location: 1669 E Broadway

Visit or call 604-675-3980

Vancouver Native Health Society

Location: 449 E Hastings St

www.mvaec.ca/directory/find-services/mental-health/vancouver-native-health-society-clinic

Health Emergencies – Call 911 or Visit....

BC Children's Hospital Emergency Dept. (24/7)

Location: 4480 Oak St, Entrance 55

Vancouver General Hospital Emergency Dept. (24/7)

Location: 920 West 10th Ave

St. Paul's Hospital Emergency Dept. (24/7)

Location: 1081 Burrard St

