



Resources & Activities for Ages 1-5

Nearby Pearson Elementary School



School/StrongStart

A free drop-in early learning program for children aged 0 to 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: M-F 8:45-11:45am
 - 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 provided: cheese and crackers, fruit
- ❖ *What colours are in your lunchbox today?*



Library Nearby

- **Okanagan Regional Library** – Free weekly infant, toddler, and children activities (e.g. Science Saturdays) and story time programs and monthly ASL ‘Sign with Me’

- Contact: (250) 765-8165
- www.orl.bc.ca/hours-locations/rutland

Tip: Practice language with your child by reading nursery rhymes together (e.g. ‘I’m a Little Teapot’, ‘It’s Raining it’s Pouring’)

- ❖ *What’s your favourite book?*



Community Programs

- **Central Okanagan Family Hub** - One-stop “family hub” where parents and caregivers can drop-in to learn about valuable resources in the community or attend a program
 - Contact: (250) 826-6264
 - www.cofh.ca
 - **Mamas for Mamas** - Free clothing, fresh food, mental health team, resources for food security, and affordable housing
Check them out on Facebook!
○ www.mamasformamas.ca/
 - **Kelowna Family YMCA** – Childminding, camps and programs such as ‘Active Arts’ (crafts, music, stories), and ‘Music and Movement’. Financial Assisted Memberships available
 - Contact: (250) 491-9622
 - www.ymcaokanagan.ca/Locations/Kelowna/Kelowna-Family-Y
 - **Boys and Girls Club** – Group daycare for ages 2.5-5yrs, free family gym-time drop-in, youth and family programs and support services
 - Contact: (250) 765-3345
 - www.boysandgirlsclubs.ca/
 - **The Bridge Youth and Family Services** – “Creative Playtime” is a drop-in program for a place to play, connect with other parents and gain information on community resources
 - Contact: 250-763-0456
 - www.thebridgeservices.ca/family-services/creative-playtime/
 - **KCR – Community Resources** - Database offering programs and projects in: Community, Employment, Family & Adoption and Immigrant Services
 - www.kcr.ca/
- ❖ *What activities do you like to play with your friends?*



Parks Nearby

- **Ben Lee Park** - All ages, waterpark, playground, lots of open grass space
 - 900 Houghton Rd, Kelowna, BC (12 minute walk SW)
 - **Chirchester Wetland Park** – Central pond home to painted turtles!
 - 250 Sumac Rd W, Kelowna, BC (17 minute walk NE)
 - **Kelowna Mission Creek Regional Park** – Explore year-round: Environmental Education Center, children’s fishing pond, playground, picnic area, trails
 - Location: 2363 Springfield Rd (32min bus #8, 11, 97 SW)
 - www.regionaldistrict.com/media/237475/MCP_2017_brochure.pdf
- ❖ *What games do you like to play? Try a game of “Simon Says.”*



Food Services Nearby

- **Central Okanagan Food Bank** – providing healthy and nutritious food to those in need. For example, the “Kids snack packs” (apples, cheese snacks, and granola bars)
 - Contact: (250) 763-7161
 - www.cofoodbank.com/client-services/client-services-kelowna/
 - **Check with your school** – Visit your school office for “Breakfast and Snack Programs” throughout School District 23
- ❖ *What’s your favourite green food?*



Child Care

- **Affordable Child Care Benefit** - You may qualify for funding to reduce childcare costs
 - www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit
- ❖ *Who do you like to play with?*

Note: Walking directions are from Pearson Elementary School





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.

Health Emergencies - Call 911 or Visit...

Kelowna General Hospital (24/7)

Location: 2268 Pandosy St.

Medical and Dental Concerns

Rutland Health Centre – Immunizations, parenting education, healthy eating information.
Location: 155 Gray Rd (25min walk SE or 20min bus #8, 10 or 11)

www.immunizebc.ca/public-health-unit/rutland-health-centre

Dentist – Honce Dentistry

Location: #103-519 Hwy 33 W (18min walk S)

www.therightsmile.ca/

