

## Mommy and Tot

Mommy and Tot is a unique theme based program that is designed to be entertaining and educational for children as well as fun for their Moms (or Dads).

Each session has a different theme with projects, stories, snacks, music and movement that reflects the current theme.

This provides the children with a well rounded program that is structured, organized and fun. The classes are different each session yet they maintain a familiar routine that is important to young children.

Class size is small having a 1:4 ratio not to exceed 8 families per class.

### *Each class provides:*

**Circle Time:** A time to get to know one another by joining together for finger plays, poems and songs.

**Story Time:** Enjoy hearing a story while introducing the children to the wonderful world of reading. Simple age appropriate stories that incorporate textures to feel and hands-on involvement such as lift the flaps.

**Arts and Crafts:** Children will complete a project to take home during every class. *What a feeling of accomplishment!!*

**Music and Movement:** A fun opportunity to strengthen muscles and improve coordination with songs, dance and exercise. This is a special opportunity for quality time between parent and child.

**Snack:** A time for socialization. A snack and drink is provided for each child.

**Free Play:** Children will explore at their own pace while making friends and learning. Toys include blocks, pop up toys, puzzles, etc.

\*\*\*\*\**Special Bonus*\*\*\*\*\*

**Mommy Time:** A 20 minute period after each class to give parents a time to connect and chat.

Mommy and Tot classes meet on Tuesday and/or Friday mornings from 10:00am-11:30am.

### Our Goals Are

#### **Building parent-child bonds**

The program design focuses on the bond between children and their parents, who are often the child's first playmates. This goal supports the bond of parent-child through play; which is equally as important as our goal to aid in early childhood development. When parents enter their child's world of play and imagination, the child blossoms with more confidence to explore and learn. Time spent playing with mom or dad contributes to healthy emotional development and also builds trust between parent and child.

#### **Promoting the development of physical and cognitive skills**

The program helps babies/toddlers develop their knowledge of the world around them through play. As children get older, continued Mommy and Tot/Canal Town Nursery School experiences help build their creativity, motor skills and social emotional skills.

#### **Aiding in early childhood development**

The Mommy and Tot program helps babies/toddlers discover their connections to other people and build friendships by nurturing bonds between playmates.

#### **Building parent-parent bonds**

Most parents are looking for the opportunity not only to play with their children, but also to meet with other like-minded parents. Mommy and Tot will provide this through a designated "Mommy Time", a 20 minute period following each class in which parents from the group are encouraged to stick around and chat.

**Mommy and Tot classes meet on Tuesday and/or Friday mornings from 10:00am-11:30am.**

**Session 1: 8 weeks**

***Theme :***

“Trees and Leaves: Reaching the Tree Tops Together”

***Dates:***

Tuesday classes: October 7-Nov 25

Friday classes: October 3-Nov 21

***Cost:***

\$80 for 1 day

\$160 for 2 days

**Session 2: 6 weeks**

***Theme:***

“Exploring Our Senses”

***Dates:***

Tuesday classes: Jan 6-Feb 10

Friday classes: Jan 9-Feb 13

***Cost:***

\$60 for 1 day

\$120 for 2 days

**Session 3: 6 weeks**

***Theme:***

“Lions & Toddlers & Bears, Oh My!”

***Dates:***

Tuesday classes: Feb 24 - March 31

Friday classes: Feb 27 – April 3

***Cost:***

\$60 for 1 day

\$120 for 2 days

**CANAL TOWN NURSERY SCHOOL**

**MISSION STATEMENT**

Canal Town Nursery School is dedicated to providing quality education to preschool children. Guiding each child as they develop physically, socially, emotionally, and intellectually. Emphasis shall be on the individuality of each child, guiding them in their development of problem solving skills, self-esteem, creative thinking, trust, self-confidence, communication skills, self-esteem, creative thinking, trust, self discipline and imagination. Canal Town Nursery School is non-denominational, sponsored by Western Presbyterian Church and serves children regardless of race, creed, sex, or religious affiliation.

**CANAL TOWN NURSERY SCHOOL**



**MOMMY & TOT**

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Western Presbyterian Church

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