

THIS MONTH'S RESOURCE TOPIC OF THE MONTH

Nutrition & Mealtimes

PLAYGROUP IS FREE AND SIBLINGS ARE WELCOME! COME AS OFTEN AS YOU LIKE.

PLAYGROUP LOCATIONS

WILLOUGHBY

Wednesdays: 10 - 11:15am

Willoughby Early Years HUB

located at Willoughby Elementary
20766 80 Avenue

*Free Parking at school, along street or
at the church across the street*

MURRAYVILLE

Fridays: 10 - 11:30am

**Inclusion Langley Society: Child
Development Services**

located in the TLC Medical Building
5171 221A Street **Room: 103**
*Limited free parking available along the
west side of the building marked LCDC
Reserved in Yellow, first come first
serve basis. Pay parking also available
in lot. Free parking also located up the
street on 223 Street.*

LANGLEY INFANT DEVELOPMENT

PLAYGROUP CALENDAR

JAN 2020

MON	TUE	WED	THU	FRI
	1 2 3 WINTER BREAK DECEMBER 23RD - JAN 6TH: NO PLAYGROUP			
6	7	8 First Playgroup Back Guest: Public Health Dietitian Willoughby 10:00 - 11:15am	9	10 Guest: Public Health Dietitian Murrayville 10:00 - 11:30am
13	14	15 Willoughby 10:00 - 11:15am	16	17 Murrayville 10:00 - 11:30am
20 	21 field trip The Village Music Matters Together 10-10:45am <small>currently full email to be added to waitlist</small>	22 Guest: Dental Clinic Willoughby 10:00 - 11:15am	23	24 Murrayville 10:00 - 11:30am
27	28	29 Willoughby 10:00 - 11:15am	30	31 Guest: Dental Clinic Murrayville 10:00 - 11:30am

WEATHER CLOSURES: For the safety of our staff and the families in our program, Playgroup will be cancelled due to inclement weather conditions if the Langley School District is closed or if Inclusion Langley Society: Child Development Services deems driving conditions unsafe. We will make every effort to inform our families on our [Closed Facebook Group: Langley Infant Development Programme](#) or through email. If you are unsure please call our office at 604-534-1155.

LANGLEY INFANT DEVELOPMENT PLAYGROUP NEWS

GUEST AT PLAYGROUP: DENTAL CLINIC WED JAN 22 & FRI JAN 31

The Dental Hygienists from Langley Health Unit will be coming in to apply a fluoride varnish to the children; for the families that are interested.

This will happen at Willoughby Playgroup on Wed Jan 22nd & Murrayville Playgroup on Fri Jan 31st. *Please bring your child's carecard if they have not had this done before at playgroup. If someone other than the child's legal guardian is bringing the child that day, you will need to call the Health Unit ahead of time to give permission at 604-539-2900. They can also answer any questions you may have on dental health and give you some tips on how to get those little ones to open their mouths.*

OAK & ACORN FIELD TRIP MUSIC MATTERS TOGETHER THURS JAN 30 10-10:45AM

Village Langley - a community for those living with Alzheimer's and Dementia

One of our favorite music therapists Erin Parr and her guitar will be joining us for an inter-generational music therapy session with the Villagers.

Registration is **currently FULL**, to be added to a waitlist RSVP Tanya, tgrace@inclusionlangley.com



WINTER BREAK: PLAYGROUP CLOSURE DEC 23RD - JAN 6TH

Playgroup will be closed for winter break from December 23rd 2019 - Jan 6th 2020.

The first playgroups back are: Wednesday Jan 8th and Friday Jan 10th.

Have a wonderful winter break!



GUEST AT PLAYGROUP: PUBLIC HEALTH DIETITIAN WED JAN 8TH & FRI JAN 10TH

Carole Chang, a Dietitian from the Langley Health Unit will be our guest at our Willoughby Playgroup on Wed Jan 8th & Murrayville Playgroup on Fri Jan 10th.

Carole will be able to address questions you may have around mealtimes and nutrition with your child, such as:

- picky eating
- introducing different textures
- starting solids
- amount of food a child needs
- when to introduce an open cup

If you have any questions around mealtimes and nutrition, make sure to come out to one of these playgroups to chat with Carole.



WEATHER CLOSURES

From time to time it may be necessary to temporarily cancel playgroup when extreme weather conditions exist; for the safety of the families and staff.

Playgroup will be closed due to inclement weather conditions if the Langley School District is closed; or if the staff at Inclusion Langley deem driving conditions unsafe.

We will make every effort to inform our families on our Private Facebook Group: Langley Infant Development Programme or through email. If you are unsure please call our office at 604-534-1155.

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CONTACT

LANGLEY INFANT DEVELOPMENT PROGRAMME

Playgroup Coordinator: Tanya Grace

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[Join our Closed Langley IDP Facebook Group](#)

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