



Child and Family Centre



Connecting, Learning & Growing Indoors

Time to move our bodies!

Create an obstacle course indoors or outdoors to develop basic movements – jumping, hopping, galloping, throwing (underhand and overhand), kicking, balance, and rolling!

Follow us on Facebook @EarlyONMiddlesex for regular updates.

We hope the ideas we provide over the next few weeks will help you and your family continue to connect, learn and grow together!

You can find downloadable copies of all our Connecting, Learning & Growing Together tip sheets at www.middlesex.ca/earlyon/lets-play-together.

We are here for you!

If you would like to speak to a member of the EarlyON Team, please call us at 519-666-3227. You will be invited to leave a message and an EarlyON Facilitator will return your call. You can also email earlyon@middlesex.ca!

