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Introduction

UEY Family Resource Guide

We are pleased to present you with the Understanding the Early Years (UEY) Family Resource Guide. Listed in the guide are programs and services throughout the Annapolis Valley that provide early learning opportunities for children aged birth to five years.

Why only programs for this age group?

Because the key stages of development happen early in life.

Children are born ready to learn. Recent research in brain development tells us that the young brain develops at a rapid pace during the first few years of life. The graph on page 4 illustrates at what age the brain is most sensitive in important developmental areas such as vision, speech, and emotional control. It is vitally important that children are exposed to quality early learning experiences that take full advantage of this brain development.

Often parents and caregivers are not aware of programs and services offered in the community that can support them in providing quality early learning opportunities for their children.

How this guide can help

The UEY Family Resource Guide provides information on different programs and services in your community that promote healthy, social and emotional development of children aged birth to five years.

There are six categories of programs and services contained in the UEY Family Resource Guide:

- Early Learning and Care
- Family Resource
- Recreation
- Health and Wellness
- Resources for Children with Special Needs
- Library and Early Literacy

Listed under each category are the services provided in Annapolis County, Kings County and West Hants.

Note:

This is not an exhaustive list of organizations in your community. The organizations listed in this guide are meant as a first point of contact for programs and services delivered at the community level.

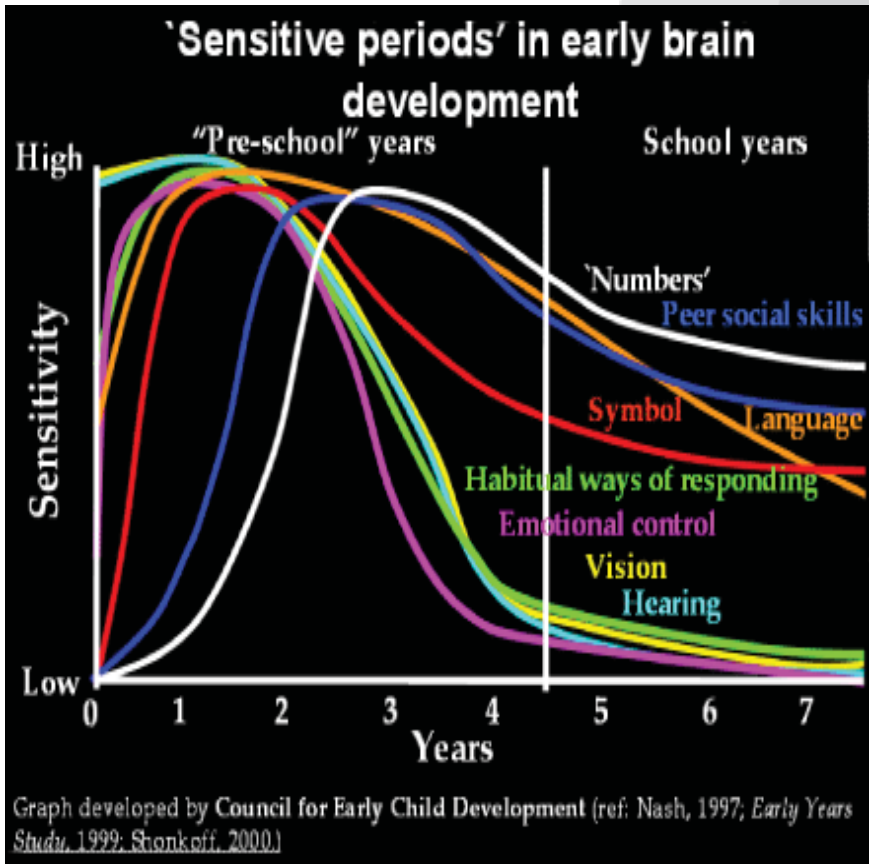
Understanding the Early Years - Western Nova Scotia

Understanding the Early Years (UEY) is an early learning initiative providing communities in the Annapolis Valley with research and information on how well our children are developing. The goal of the UEY initiative is to inform the general public of research findings and provide information to families in order to assist them in supporting their child's early learning development.

This guide is for information purposes only. It is no way a recommendation or endorsement (by UEY or its partners) of any of the programs and services contained therein. It is the sole responsibility of the user to determine what programs and services are appropriate for children in their care.

The Case for Early Learning

The brain develops at a rapid pace and is highly sensitive during the first three years of life.



Tips to Support Children's Early Learning

Early Learning in the Kitchen

Activities:

- ✓ Play with fridge magnets
- ✓ Talk about what's happening, what's next to come
- ✓ Help with mixing ingredients
- ✓ Talk about labels
- ✓ Point out words letters, names, shapes, sizes and colours



Early Learning and Television

Activities:

- ✓ Limit TV when children are young
- ✓ Watch programs together and talk about what is happening
- ✓ Watch programs appropriate for their age (e.g. Treehouse)
- ✓ *TV is no substitute for interaction, communication and play*



Early Learning Outside

Activities:

- ✓ Play and explore in every season of the year—talk about the changes
- ✓ Go for walks or play in the park
- ✓ Talk about what you see and hear in nature
- ✓ Talk about signs they see, e.g. Stop signs



Early Learning from Others

Activities:

- ✓ Get together with other families
- ✓ Give children opportunities to play with each other
- ✓ Meet other parents and share experiences
- ✓ Learn to share
- ✓ Learn to take turns
- ✓ Learn about time to talk, time to listen
- ✓ Visit your library



*Early learning activities courtesy
of UEY South East Manitoba*

Notes...



Program & Services

Early Learning & Care

Annapolis County

Annapolis Pride n' Joy Childcare

14587 Highway #1, Wilmot; (902) 765-8430
18 months - 6 years; Full Day

Annapolis Royal Nursery School

600 St. George Street, Annapolis Royal; (902) 532-5433
3 years - 5 years; Part Day

AVC Family Tree Children's Centre

295 Commercial St., Middleton; (902) 825-5490
18 months - 5 years; Part/Full Day

Good Beginnings Day Care

9 Grange St., Annapolis Royal; (902) 532-7736
18 months - 10 years; Part/Full Day & After School

Jack and Jill Nursery

10307 Highway #1, Paradise; (902) 584-3277
3 years - 12 years; Part Day & After School

Middleton & District Day Care

167 Commercial St., Middleton; (902) 825-6513
18 months - 7 years; Full/Part Day & After School

Kings County

Apple Dumpling After School Program

2305 English Mountain Rd., Coldbrook; (902) 538-7324
5 years - 12 years; After School

Apple Tree Landing

1063 J Jordan Rd., Canning; (902) 582-3086
3 months - 12 years; Part/Full Day & After School

Berwick and District Nursery

155 Orchard St., Berwick; (902) 538-9680
3 years - 5 years; Part Day

Building Blocks Preschool

14 Huron Ave., Wolfville; (902) 542-1128
18 months - 5 years; Full Day

Dwight Ross Kids Care

20 School St., Greenwood; (902) 848-6392
4 years - 12 years; After School

Edward and Lucy Salmon

4 Acadia St., Wolfville; (902) 542-3044
5 years - 12 years; After School

Evangeline Child Care Centre

85 River St., Kentville; (902) 678-9402
18 months - 12 years; Full Day & After School

Fairweather Children's House

71 King St., Wolfville; (902) 542-3117
3 years - 12 years; Part Day & After School

Happy Whale After-School Care and Preschool

58 School St., Kentville; (902) 678-9400
2 years - 12 years; Part/Full Day & After School

Home & Heart Child Development Centre

189 Main St., Wolfville; (902) 542-2057
2 years - 5 years; Part Day

Horton Community Playschool

2095 Grand Pre Rd., Grand Pre; (902) 542-3150
3 years - 5 years; Part Day

Horton High Child Care Centre

75 Greenwich Rd. S., Wolfville Ridge; (902) 542-4388
3 months - 5 years; Full Day

Kingstec Campus Learning Centre

236 Belcher St., Kentville; (902) 679-7384
0 - 6 years; Full Day

Little Kinders Preschool

740 Belcher St., Port Williams; (902) 678-2763
3 years - 5 years; Part Day

Love Your Child Infant & Children's Centre

6146 Highway #1, Cambridge; (902) 538-8700
3 months - 12 years; Full Day & After School

Mayflower After-School Program

1261 Belcher St., Port Williams; (902) 542-1154
5 years - 12 years; After School
25 School St., Kentville; (902) 542-1154
5 years - 12 years; After School

Morfee Annex Nursery

24 11th Crescent, Greenwood; (902) 765-1494
2.5 years - 5 years; Part Day

My Little Family

302 Main St., Berwick; (902) 538-9352
3 months - 12 years; Full Day

New Minas Children's Centre

9453 Commercial St., New Minas; (902) 681-4236
18 months - 12 years; Full/Part Day & After School

Orchards Away Day Care Centre

243 Commercial St., Berwick; (902) 538-7790
18 months - 12 years; Full/Part Day & After School

Size Small Nusery

985 Main St., Port Williams; (902) 542-5961
3 years - 5 years; Part Day

Stepping Stone Preschool and Child Care Centre

1733 Highway #1, Auburn; (902) 847-0310
18 months - 12 years; Full/Part Day

Triple L Afterschool Care

4339 Brooklyn St., Somerset
5 years - 12 years; After School

Waterville Apple Dumpling Day Care

1145 Maple St., Waterville; (902) 538-7321
18 months - 10 years; Full Day & After School

Wee Folk Centre

904 Central Ave., Greenwood; (902) 765-8993
2 years - 12 years; Full Day & After School

Wee Folk Kindergarten

421 Park St., Kentville; (902) 678-0416
2 years - 5 years; Part Day

Wolfville Children's Centre

17 Earnscliff Ave., Wolfville; (902) 542-5087
18 months - 12 years; Full/Part Day & After School
329 Main St., Wolfville; (902) 542-5087
5 years - 12 years; Full Day & After School

West Hants

Bo Peep's Nursery School

75 Musgrave Rd., Kempt Shore; (902) 633-2110
3 years - 5 years; Part Day

Citizens of the World Montessori

306 Gray St., Windsor; (902) 792-1307
3 years - 5 years; Part Day

Kindergarden Pre-School

86 Dunlop Rd., Brooklyn; (902) 757-2234
18 months - 12 years; Full Day

Newport Kiddie Corner

22 Chalet Dr., Newport Corner; (902) 757-3540
3 years - 5 years; Part Day

Tottle Inn Children's Centre

234 Falmouth Back Rd., Falmouth; (902) 798-0670
18 months - 12 years; Full/Part Day & After School

10 Main St., Hantsport; (902) 798-0670
2 years - 12 years; Full/Part Day & After School

Windsor Day Care Centre

119 Victoria St., Windsor; (902) 798-2001
18 months - 12 years; Full/Part Day & After School

Windsor Nursery School

122 Cottage St., Windsor; (902) 798-3280
3 years - 6 years; Part Day

Making a Quality Child Care Choice

What is quality child care?

Child care should support a child's emotional, social, intellectual and physical well-being. Quality child care is not babysitting.

Caregivers are key to quality child care. They should:

- Understand how children grow and develop
- Be affectionate and responsive, open and informative
- Provide a stable and stimulating environment
- Seek out community resources and support
- Be willing to develop common goals

Quality child care settings have common characteristics. They are:

- Clean, safe and secure
- A caring, learning environment
- A small number of children with each adult
- Space for quiet and active times, indoor and outdoor play
- A balance of interesting activities
- Flexible, yet predictable daily routines
- A variety of easily available toys and equipment
- Nutritional meals and snacks

Being an effective child care parent

- A parent's responsibility does not end with finding child care
- The three-way relationship between the parent, caregiver and child requires an ongoing commitment
- Communication is vital
- Take the time to hear about your child's day
- Agree on mutual expectations
- Voice concerns
- Express appreciation
- Live up to the agreement

Notes...



Family Resource Centres

Annapolis County

Family Matters - Annapolis County Family Resource Centre

26 Bay Road, Suite 202, Bridgetown; (902) 665-2622

Annapolis Royal (call for location)

63 Spinnaker Dr., Cornwallis (Clarke Rutherford School)

10 Middle Rd., Lawrencetown (Lawrencetown School)

202 Main St., Middleton (St. John's United Church)

1203 Highway #10, Springfield (United Baptist Church)

208 Dodge Rd., Wilmot (United Baptist Church Hall)

Kings County

Greenwood Military Family Resource Centre

24 11th Crescent Ave., Greenwood; (902) 765-5611

Kids Action Program

1063 J. Jordan Rd., Canning; (902) 582-3086

Kings County Family Resource Centre

503A Main St., Kentville; (902) 678-5760

West Hants

Family Resource Centre of West Hants

78 Thomas St., Windsor; (902) 798-5961

Notes...



Hospital or Health Care Organizations

Annapolis County

Annapolis Community Health Centre

121 St. George St., Annapolis Royal; (902) 532-2381

NS Hearing and Speech Centre

462 Main St., Middleton; (902) 825-3411 ext. 233

Soldiers Memorial Hospital

462 Main St., Middleton; (902) 825-3411

Kings County

Canadian Red Cross

10 Pelton Dr., Kentville; (902) 678-0415

Eastern Kings Community Health Centre

23 Earnscliffe Ave., Kentville; (902) 542-6310

NS Hearing and Speech Centre

150 Exhibition St., Kentville; (902) 679-2657 ext. 1400

1349 Country Home Rd., Waterville;

(902) 538-3103

Valley Regional

150 Exhibition St., Kentville; (902) 679-2657

Western Kings Memorial Health

121 Orchard St., Berwick; (902) 538-3111

West Hants

Hants Community Hospital

89 Payzant Dr., Windsor; (902) 792-2000

Hants Shore Community Health Centre

5638 Highway #215, Kempt Shore; (902) 633-2110

NS Hearing and Speech Centre

89 Payzant Dr., Windsor; (902) 792-2084

Resources for Children with Special Needs

Annapolis County

Bright Beginnings Early Intervention Program

10 Middle Rd., Middleton; (902) 584-2000

Kings County

Valley Child Development

1562 Newcombe Blvd., Coldbrook; (902) 679-6111
(Kings & West Hants)

Notes...



Libraries

Annapolis County

Annapolis Valley Regional Library

Headquarters & Bookmobile -

(902) 665-2995; toll-free 1-866-922-0229

285 St. George St., Annapolis Royal; (902) 532-2226

271 Granville St., Bridgetown; (902) 665-2758

489 Main St., Lawrencetown; (902) 584-3044

45 Gates Ave., Middleton; (902) 825-4835

Kings County

Annapolis Valley Regional Library

Bookmobile - (902)-679-6653

236 Commercial St., Berwick; (902) 538-4030

95 Cornwallis St., Kentville; (902) 679-2544

671 Main St., Kingston; (902) 765-3631

131 Main St., Port Williams; (902) 542-3005

21 Elm Ave., Wolfville; (902) 542-5760

Canning Library

1126 Main St., Canning; (902) 582-7699

West Hants

Annapolis Valley Regional Library

11 School St., Hantsport; (902) 684-4005

195 Albert St., Windsor; (902) 798-5424

Notes...



Recreation & Physical Development

Annapolis County

Annapolis County

752 St. George St., Annapolis Royal; (902) 532-2331

Town of Annapolis Royal

285 St. George St., Annapolis Royal; (902) 532-2043

Town of Bridgetown

271 Granville St., Bridgetown; (902) 665-4637

Town of Middleton

131 Commercial St., Middleton; (902) 825-6611

Kings County

County of Kings

87 Cornwallis St., Kentville; (902) 847-3051

Town of Berwick

236 Commercial St., Berwick; (902) 538-8068

Town of Hantsport

20 Main St., Hantsport; (902) 684-3211

Town of Kentville

354 Main St., Kentville; (902) 679-2500

Town of Wolfville

359 Main St., Wolfville; (902) 542-5767

Village of Canning

2229 North Ave., Canning; (902) 582-3768

Village of Greenwood

904 Central Ave., Greenwood; (902) 765-8788

Village of Kingston

671 Main St., Kingston; (902) 765-2800

Village of New Minas

9209 Commercial St., New Minas; (902) 681-6972

West Hants

Town of Windsor

100 King St., Windsor; (902) 798-2275

West Hants Recreation

76 Morison Dr., Windsor; (902) 798-6938

Notes...



Acknowledgements

Understanding the Early Years would like to acknowledge and thank all the organizations that provided us with information for this guide.

We acknowledge that this guide may not contain a complete list of programs and services given the changing environment in which these programs operate. This guide is meant to provide families with a first point of contact in their communities. By connecting with these organizations families will have the opportunity to access the best program either in or close to their community.