



NITZANIM TODDLER PROGRAM

Frequently Asked Questions

How big is the group?

The group will be no more than 10 youngsters.

What if I have multiple children of different ages?

If you want to join Nitzanim with two children, you are eligible for our sibling discount. When registering, be sure to sign up for the group that is suitable for your older child. The younger one will have a blast no matter what. So come and join a community program with many helping hands.

Is there a washroom on site?

There are public washrooms available at our programming spaces. Still, washrooms in parks and ravines are not always open. We ask that you ensure participants to whom this does apply have used the washroom *before* the program.

What happens in the event of rain or inclement weather?

Nitzanim is an outdoor program, and we will not have an indoor programming space to offer. With that in mind, children should be dressed for the weather and spare clothes and layers should always be brought along. In the event of light rain, those that are comfortable enjoying the great outdoors and digging for worms and snails are welcome. If the weather is not safe for outdoor play, we will notify all participants via email an hour before the start time.

FAQs for Nitzanim Toddlers (18 to 40 months)

What does Jewish outdoor education look like for toddlers?

The Nitzanim program is designed to help caregivers and toddlers experience hands-on nature-based learning activities through a Jewish lens. For toddlers, this looks like a



song circle with songs that connect to our environmental theme of the week and incorporate Jewish teachings or the Hebrew language. Songs are repeated often to allow toddlers to develop new vocabulary words. Toddlers enjoy moving and exploring, so after this short song circle, moving is what we do at Nitzanim. Toddlers enjoy exploring leaves, rocks, and mud using their hands. Toddlers enjoy and can hike up short hills, even following trails through the forest and stopping to notice interesting bugs and plants. At Nitzanim, we also learn about Jewish holidays and incorporate sensory play by presenting toddlers with sensory bins filled with natural materials. Finally, during our Nitzanim program we respect and respond to the needs of the children. If playing in the pond is just so much fun, we continue with that activity. If mud isn't a hit, we move on to something else. Toddlers love exploring the outdoors and benefit so much from the fresh air and from experiential learning. Caregivers also learn ways to engage a child with the outdoors while teaching Jewish values. With caregivers present and engaged a safe environment is created and a community is built as time together in nature is good for all.

What do you need to bring for yourself and your toddler?

- Healthy, energizing snacks (but try to eat a good snack before the program)
- A full water bottle
- Closed toed shoes, waterproof shoes or boots for rainy days
- Raincoat, rain pants for rainy days
- Snowsuit
- Hand sanitizer
- We wipes are sometimes helpful
- Medications, inhalers, epipen, etc. (Your ShoresH educator will also have a first aid kit)
- Change of clothes
- Diapers if needed

Accessibility

To discuss any accessibility needs you have in order to be able to participate in Yesod, please contact Andrea Schaffer, Nitzanim Program Coordinator, at andrea@shoresH.ca or call 416-805-8382.

Wait! I still have more questions!

Not a problem! Please contact Andrea at andrea@shoresH.ca or call our office at 416-805-8382.

