

EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions

All programs require registration

Click on the hyperlinked program titles to register through Eventbrite.

Waterbridge Drop-in Playgroup

Join us for a morning of learning activities and a chance to connect with other families and caregivers.

For children ages 0-6 years.
 Spaces are limited.
Indoor shoes are required.

MONDAYS
 9:30AM to 11:00AM
 75 Waterbridge Dr

Dundonald Playgroup in the Park

Join us at the park for some fun activities in the park and a chance to connect with other families!

MONDAYS
 10:00AM to 11:00AM
 DUNDONALD PARK
 516 Somerset W.
 K1R 5J9

Westboro Stroller/Carrier Walking Group

Join us for a walk around the neighbourhood and connect with other parents.

TUESDAYS
 10:00AM to 11:00AM
 Meet at 475 Evered Ave

Virtual Postpartum Support Drop-in

For mothers with infants between the ages of 0 to 12 months experiencing perinatal mental health challenges.

For more information contact
 courtney.holmes@mothercraft.com

WEDNESDAYS
 10:00AM to 12:30PM
 *Covid-19 specific topics
 12:00PM to 12:30PM

Cresthaven Playgroup in the Park

Join us at the park for some fun activities and to connect with other families!

A performance with Sing Song Party Time will start at 10:30AM

WEDNESDAYS
 10:00AM to 11:30AM
 Cresthaven Park
 K2G 7B7

Drop-in Playgroup with CHEO

A playgroup for families who are CHEO clients/waiting for services or have concerns about their child's development.

CHEO staff will be available to speak with and to provide resources.

For more information contact
 talor.bensonharper@mothercraft.com or
 msaba@cheo.on.ca

THURSDAYS
 10:00AM to 11:30AM
 75 Waterbridge Dr.

Virtual Special Needs Support Drop-in

Are you a parent/caregiver of a child 6 years and under with special needs?

Join us and other parents to share, connect & support one another.

For more information contact
 talor.bensonharper@mothercraft.com

THURSDAYS
 8:00PM to 9:00PM
NO GROUP NOVEMBER 17

Imagination Station Activity Kits!

Pick Up for December's Kit is November 25th!
 Registration opens November 9th.
 Click **HERE** for more information!

See Page 3 for more information!

Night Walk

When the sun goes down, join us for a nocturnal scavenger hunt through the neighborhood and night themed loot bag to take home!

Please wear appropriate clothing.
 For children ages 3 to 6 years old

When: November 23 from 6:00 pm to 6:45 pm
Facilitator: Marie-Claude Pilon
Location: 75 Waterbridge Dr
Meeting outside Waterbridge School Age Program's main entrance



School's Cool for Children with Autism

School's Cool is a **FREE** school readiness program which helps develop skills in preparation for kindergarten

School's Cool is for children with Autism diagnosis who are starting kindergarten in or 2023.

Open to families who have concerns about their child's development

Email us to register or to receive more information!
 talor.bensonharper@mothercraft.com

Logos: mothercraft ottawa, United Way Centraide Canada

Free Virtual Workshops

All virtual workshops require registration
Click on the hyperlinked titles to register through Eventbrite.

Incontinence and Constipation

How pediatric physio can help and tips you can use right away. We would also emphasize that these kids feel very alone when they live through this and we will show them that they are not the only ones!

It also happens to little athletes: gymnasts, competitive swimmers, soccer players...

For parents and caregivers with children birth to 6 years old

When: November 24 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

Breastfeeding 101 Workshop

Learn about infant feeding, how to get off to a good start and feel confident feeding your baby. Learn how babies know just what to do and what you can do to help them do it.

Partners are welcome and encouraged to attend!

When:

November 14 from 7:00 pm to 8:00 pm

or

November 28 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Fever & Snot: Your Family's Medicine Cabinet

Cold and flu season is upon us, as well as the COVID-19 realities. Do you worry about how to treat fevers, stuffy noses, vomiting, diarrhea and other childhood ailments? Do you wonder when you should see your doctor or go to CHEO? This session is taught by a Registered Nurse formerly from CHEO and Family Medicine Practice and will provide you with tips, tricks and tools to manage typical childhood illnesses at home.

When: November 17 from 7 pm to 9 pm

Facilitator: Alicia Ashton, RN

We Get By With A Little Help From Our Friends

Social skills 101! We will be looking at the complex skill of socializing. Learning to recognize how to scaffold your children to encourage age appropriate autonomy. After dealing with distancing, isolation and amplified stress these past 2 years - consider this a playful refresher course to help bring a focus back to fun with others.

For parents and caregivers with children from birth to 6 years old

When: November 17 from 1:30 pm to 2:30 pm

Facilitator: Amanda Roi, On the Ball Pediatrics

Starting Solids

Time to start solid foods? Concerned about safety, allergies or nutrition? Join us for a discussion on starting and sharing foods safely and enjoyably with less stress (but probably still lots of mess!).

For parents and caregivers with infants around 6 months of age

When: November 22 from 10:00 am to 11:00 am

Facilitator: Beth McMillan, Mothercraft Ottawa

Screen Time and Language Development

What do the professionals say? Join us to learn about the impact of screen time on language development, and how you can turn screen time into an opportunity to help develop language and social emotional skills.

For parents and caregivers children from birth to 6 years old

When: November 18 at 12:30 pm to 1:30 pm

Facilitator: Sharon Burgess, ABC Pediatric Therapies

Returning to Work: Preparing You and Your Little One

Heading back to work or school after mat/pat leave? Join us to discuss how you can prepare yourself and your little one. Strategies, considerations and tips for concerns such as starting childcare, negotiating feeding and sleep, pumping, division of labour at home and other issues.

For parents and caregivers with infants 6-18 months old

When: November 8 from 10:00 am to 11:00 am

Facilitator: Beth McMillan, Mothercraft Ottawa

Infant Massage

Infant massage virtual workshop will cover the basics of Infant Massage to foster communication and loving touch between you and your baby. Infant massage is helpful for calming, supporting sleep, play time and encouraging the bond you share with your baby.

For parents and caregivers with infants 2 months to 12 months

When: November 15 from 10:00 am to 10:45 am

Facilitator: Beth McMillan, Mothercraft Ottawa

More November Programs

parenting in Ottawa DROP-IN

SATURDAYS
from 10 am to 12:30pm

No appointment necessary, simply drop-in during the clinic's hours.
Clinics are closed on statutory holidays unless otherwise specified.

Do you have questions about your baby? Want to know if your child is on track? Do you have questions about your child's growth and development? We are here to help. The Parenting in Ottawa drop-ins are located across the City of Ottawa.

- Speak, in person, with a Public Health Nurse about parenting.
- Get support for infant feeding.
- Learn ways to help your child eat healthy and be active.
- Make sure your child is on track with their growth and development.
- Ask about your child's social and emotional development

The program is available to:
Parents of infants from birth to 12 months

SENSORY STORYTIME

Our storytime welcomes and respects the needs of children aged 0-6 years living with developmental disabilities and/or Autism, who may face barriers related to sensory experiences, show signs of, or are at risk for a developmental delay.

Ruth E. Dickinson Library
100 Malvern Dr. in Barrhaven
Register for your preferred session(s) at
BiblioOttawaLibrary.ca

Saturdays from 2:00 pm to 3:00 pm
November 5
December 3*

*December 3 will be from 3:00 pm to 4:00 pm

Library cards and all programs are FREE. Don't have a card?
Sign up online at <https://bibliottawalibrary.ca/en/getacard>

A family member must be present for the entirety of the event.
For more information please contact Julio
Julio.reyes.cocka@mothercraft.com
613-728-1839

EarlyON
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Centres pour l'enfant et la famille

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ottawa

Ottawa
Public Library

Bibliothèque
publique d'Ottawa

Fall 2022

School's Cool for Children with Autism

WHAT?

School's Cool is a FREE school readiness program which helps develop skills in preparation for kindergarten

WHERE?

Mothercraft Waterbridge Program
EarlyON Room at 75 Waterbridge Dr.

WHO?

Children with Autism diagnosis who are started kindergarten in fall 2023

Open to families who have concerns about their child's development

HOW?

Email us to register or for more information:
talor.bensonharper@mothercraft.com

WHEN?

Starting Mid January
Tuesday & Wednesday Afternoons
12:30 to 2:30 pm

mothercraft
ottawa



United Way
Centraide
Canada

Resource List

Emergency

- 9-1-1

Shelter

- 3-1-1 <https://ottawa.ca/en/family-and-social-services/housing>

Food

- **Ottawa Food Bank** 613-745-7001 <https://www.ottawafoodbank.ca/get-help/>
- **Winter Resources** ottawafoodbank.ca - Snow Suit Fund, Toy Mountain, etc.

Health

- **Ottawa Public Health** 613-580-6744 www.ottawapublichealth.ca
- **Telehealth Ontario/Telesante Ontario** 1-866-797-0000
- **Essential Health and Social Supports (EHSS) program** www.ottawa.ca

Childcare & Resources

- **Children's services** | City of Ottawa
<https://ottawa.ca/en/family-and-social-services/childrens-services>
- <https://findingqualitychildcare.ca/>
- <https://childcarecanada.org/>

Join us on YouTube
Venez nous rejoindre sur
YouTube

Diverse Populations

- **OCISO** 613-725-5671 ext.316/ info@ociso.org/ www.ociso.org
Clinical Counselling and Mental Help support for immigrants and refugees
- **Hope for Wellness Help Line** 1-855-242-3310 or the online chat at [www.hopeforwellness.ca\(24/7\)](http://www.hopeforwellness.ca(24/7))
For immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- **Unsafe at Home Ottawa** text 613-704-5535 or chat online at www.unsafeathomeottawa.ca
For Ottawa women living with violence and abuse
- **LGBTQ+ YouthLine** 1-800-268-9688 or online at www.youthline.ca
- **Black Youth Helpline** 1-833-294-8650 or online at www.blackyouth.ca

Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- www.counsellingconnect.org

Distress Lines

- Ottawa Distress Centre (24/7) 613-238-3311
- Centre d'aide (24/7) 1-866-277-3553
- Crisis Line/ Ligne de Crise (24/7) 613-722-6914
- Child, Youth and Family Crisis Line/ Ligne de Crise enfant, jeunes et familles (24/7) 613-260-2360
- Canada Suicide Prevention Service (24/7) 1-833-456-4566
- Kids Help Phone (24/7) 1-800-668-6868
- Parent Support Line 613-565-2467 ex 2 or information@parentresource.ca

Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact bpccp@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

November 2022

Click on the hyperlinked titles to register through Eventbrite.

Baby's Here! Now What? Workshop

This virtual workshop was designed to compliment our prenatal class and is best suited for people in the 3rd trimester. Evidence based research and best practices guide the topics that should come in the instruction manual with a new baby, but don't! Newborn care and safety, reading infant cues, attachment parenting, mindful parenting tips, and resources/live demo of hands on activities help prepare you for life with a new baby. Evidence based resources and contact with your instructor via telephone/ email to answer any additional questions are included.

When: November 13 at 9:00 am

Fee: \$125/ couple

Prenatal Class

Offers a comprehensive overview of labour, delivery and a glimpse into the first 24 hours for both mom and baby. You will receive current evidence based information on stages/phases of labour, medical and non-medical pain relief options, hands on comfort measures, interventions, informed consent and an opportunity to try our pregnancy simulator for partners.

Suggested for the 3rd trimester.

When: November 27 at 9:00 am

Fee: \$140/couple

Grandparenting 101

You're about to become a Grandparent? Congratulations! You want to support the new family and be involved; you know babies haven't changed but did you know many recommendations have? Come find out what is new in infant care and how you can best support the new parents in your life.

Car Seats, safe sleep, feeding recommendations and more!

When: November 15 from 7:00 pm to 8:30 pm
or

November 29 from 9:00 am to 10:30 am

Fee: \$50/family

NEW!