

# February 2023

Mothercraft Ottawa  
475 Evered Ave.  
613-728-1839

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.

## Westboro Infant Drop-in Playgroup

Join us for an indoor playgroup specifically for infants 0 to 12 months old.

*Spaces are limited, please only 1 adult per infant present at playgroup.*  
**Indoor shoes are required.**

**MONDAYS**  
9:30AM to 11:00AM  
475 Evered Ave

## Tuesday 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.  
**Indoor shoes are required.**

**TUESDAYS**  
9:30AM to 11:00AM  
75 Waterbridge Dr

## Wednesday 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.  
**Indoor shoes are required**

Sing Song Party Time will join us at 10:30 AM

**WEDNESDAYS**  
9:30 AM to 11:00AM  
75 Waterbridge Dr

## 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

**Indoor shoes are required for all playgroups!**



## 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 JANUARY 19**



## REMINDER!

**PLEASE STAY HOME IF YOU OR YOUR CHILD(REN) ARE NOT FEELING WELL.**

**COUGHING AND RUNNY NOSES ARE NO FUN AT PLAYGROUP!**

**IF YOU'RE NOT 100% PLEASE JOIN US ANOTHER DAY!**

## Imagination Station Activity Kits!

Pick Up for March's Kit is February 24.  
Registration opens February 8.

Click [HERE](#) 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.

Arrive at 5:45 to depart on walk at 6:00 pm sharp!

**\*For children ages 3 to 6 years old\***

**When:** February 13 from 6:00 pm to 7:00 pm

**Facilitator:** EarlyON Team

**Location:** 75 Waterbridge Dr.

**\*Meeting outside Waterbridge School Age Program\***





# Free Virtual Workshops

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

## Infant Massage

Infant massage virtual workshop will cover the basics of Infant Massage to foster communication and loving touch between you and your baby.

**\*For parents and caregivers with infants 2 months to 12 months\***

**When:** February 7 from 10:00 am to 10:45 am

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## 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:** February 14 from 7:00 pm to 8:00 pm  
or

February 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:** February 13 from 7:00 pm to 9:15 pm

**Facilitator:** Alicia Ashton, RN

## Toddler on the Move!

Join us to chat about how to harness your toddler's energy, work on gross motor skills and self-regulation all at the same time. The why's and tips and tricks from a pediatric physiotherapy resident.

**\*For parents and caregivers with infants 0 to 18 months old\***

**When:** February 16 from 1:30 pm to 2:30 pm

**Facilitator:** On the Ball Pediatrics

## Caring for the Caregiver

For those who care so much for others, we need to remember to take care of ourselves. This session will focus on finding ways to fill up your own cup, and fight off burnout in a realistic way (not just bubble baths!)

**\*For caretakers of all forms!\***

**When:** February 23 from 1:30 pm to 2:30 pm

**Facilitator:** On the Ball Pediatrics

## Choosing Childcare

Learn about the different types of child care and what is best suited for your family.

**\*For parents and caregivers who are planning for daycare\***

**When:** February 21 from 10:00 am to 11:00 am

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## How to Make Story Time Fun & Engaging

Join us to discuss some fun and developmentally appropriate ways to engage your child(ren) in story time at home! Tips and tricks will be discussed to help make story time a fun family experience!

**\*For parents and caregivers with children 0 to 6 years old\***

**When:** February 23 from 12:00 pm to 1:00 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 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:** February 14 from 10:00 am to 11:00 am

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Messy Play for Infants and Toddlers

Need some fun and developmentally appropriate ideas for messy or sensory play with your infant and/or toddler? Join us to hear some creative ways to incorporate this kind of play into everyday life at home!

**\*For parents and caregivers with infants 0 to 18 months old\***

**When:** February 28 from 10:00 am to 11:00 am

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Advocacy within the Healthcare System

Telling her personal story of her "accident" and how it brought her to learn about the Ottawa healthcare system. We will chat about how to advocate in the system regardless of your insurance type to ensure that you are respected, heard and provided the services you need in a professional and timely (as best as possible) manner. We will also be discussing the programs and services available mostly for free or a very small cost available to parents and young children in Ottawa.

**\*For parents and caregivers of young children\***

**When:** February 16 from 8:00 pm to 9:00 pm

**Facilitator:** On the Ball Pediatric Therapies



# More February Programs

## 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](http://BiblioOttawaLibrary.ca)

Saturdays from 2:00 pm to 3:00 pm  
January 14  
February 11  
March 25

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](mailto:Julio.reyes.cocka@mothercraft.com)  
613-728-1839



Winter 2023

## 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?

To Be Determined

### WHO?

Children with Autism diagnosis who are starting 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](mailto:talor.bensonharper@mothercraft.com)

### WHEN?

Starting Mid March 2023



## 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



# 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/>

## Health

- **Ottawa Public Health** 613-580-6744  
[www.ottawapublichealth.ca](http://www.ottawapublichealth.ca)  
[www.santepubliqueottawa.ca](http://www.santepubliqueottawa.ca)
- **Telehealth Ontario/Telesante Ontario** 1-866-797-0000  
TTY 1-866-797-0007

## Community Information

- 2-1-1

## Diverse Populations

- **OCISO** 613-725-5671 ext.316/ [info@ociso.org](mailto:info@ociso.org)/ [www.ociso.org](http://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](http://www.unsafeathomeottawa.ca)  
For Ottawa women living with violence and abuse
- **A Friendly Voice** 613-692-9992 or 1-855-892-9992  
For isolated seniors
- **LGBTQ+ YouthLine** 1-800-268-9688 or online at [www.youthline.ca](http://www.youthline.ca)
- **Black Youth Helpline** 1-833-294-8650 or online at [www.blackyouth.ca](http://www.blackyouth.ca)

## Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- [www.counsellingconnect.org](http://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](mailto:information@parentresource.ca)

Join us on YouTube

Venez nous rejoindre sur  
YouTube

## Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact [bpcp@mothercraft.com](mailto:bpcp@mothercraft.com)

**BY APPOINTMENT ONLY!**



## For Fee Virtual Workshops

February 2023

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: February 5 at 9:00 am

Fee: \$125/ 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: February 7 from 7:00 pm to 8:30 pm

Fee: \$50/family

### 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: February 26 at 9:00 am

Fee: \$140/couple

For more information:  
[classes@mothercraft.com](mailto:classes@mothercraft.com)