

November 2023

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions

Weekly Drop-In Playgroups

No registration required! First come first serve basis!

NEW!

Home Childcare Provider Drop-in Playgroup

Join us for a morning of learning activities and a chance to connect with other home childcare providers.

For children ages 0-6 years.

Indoor shoes are required.

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

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.

TUESDAYS
9:30AM to 11:00AM
475 Evered Ave

Parent & Caregiver 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

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

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

450 Laurier Drop-in Playgroup

Join us for a morning of learning and play with families and caregivers in the lounge!

For children ages 0-6 years.

Indoor shoes are required.

FRIDAYS
STARTING NOVEMBER 17
9:30AM to 11:00AM
450 Laurier Ave West

Story Time at Brantwood Fieldhouse

Join us for an interactive story time with activities to follow.

For children ages 0-6 years.

Spaces are limited.

Will take place the 3rd Monday of every month.

November 20
1:30PM to 2:15PM
39 Onslow Cres.

Strollers & wagons are to be left outside the main entrance. Bring a cover if needed.



Indoor shoes are required for all playgroups!



Weekly Virtual Programs

Registration required through Eventbrite!

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 12:00PM

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 16

Free Virtual Workshops

All virtual workshops require registration

Click on the hyperlinked event to register through Eventbrite.

Reading With Your Baby

Love of language and reading can be fostered from the start. Come learn about how to start using books and story time with your little one.

For parents and caregivers with infants

When: November 7 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

Pediatric Physio and Bedwetting Past the Age of 5

What is going on? How we can help. What you can do at home. What are other options out there?

For parents and caregivers of young children

When: November 8 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

Ask the Psychologist re: Anxiety

Join Dr. Michèle Mantha, C.Psych for a Q&A session on anxiety in children. Dr. Michèle will begin the session with a few tidbits about typical emotional development, and then answer your anxiety-related questions with practical, solution-base strategies and ideas for troubleshooting.

For parents and caregivers of young children

When: November 10 from 11:00AM to 12:00PM

Facilitator: Dr. Michèle Mantha, C.Psych., Clinical and School Psychologist, Heart in Mind Psychological Services

Infant Mental Health

Join us to talk about healthy social and emotional development. Learn about attachment and how infants form and learn about experiencing, expressing and regulating emotions through relationships with family and others.

For parents and caregivers with infants and/or expecting parents

When: November 14 from 1:00PM to 2:00PM

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

or

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

Facilitator: Beth McMillan, International Board Certified Lactation Consultant

Parental Burnout

What do we do when we live with our cup of sanity already dribbling over the top? Having neurospicy kids can be a 24/h job on top of a regular income based job. How do we handle our own self-care needs when we're burnt out!

For parents and caregivers of young children

When: November 16 from 7:00PM to 8:00PM

Facilitator: On the Ball Pediatrics

Dressing Your Baby For Winter

Join us to chat about getting your baby dressed during these upcoming cold months. We will chat about car seats, snow suits, and babywearing, etc.

For parents and caregivers of infants

When: November 21 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

16 Gestures by 16 Months

Join in with Sharon Burgess, speech-language pathologist, for a fun and interactive workshop on the importance of gestures in the first 16 months of life!

For parents and caregivers of infants

When: November 22 from 1:00PM to 2:00PM

Facilitator: Sharon Burgess, ABC Pediatric Therapies

Mealtime Madness

Join us to explore ways to better support your little ones with food! Whether you are struggling with a picky eater, or just keeping your little one seated at the dinner table, join us for a chance to look at the social, emotional, and physiological components to mealtime!

For parents and caregivers with young children

When: November 27 from 1:00PM to 2:00PM

Facilitator: On the Ball Pediatrics

Infant Sleep & Night Time Parenting

What is normal? How do you manage night feeds? Come learn about infant sleep development and strategies for getting some rest.

For parents and caregivers with infants 0 to 12 months old

When: November 28 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

More November 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

Saturdays from 3:00 pm to 4:30 pm
November 4
December 2

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



Fall 2023

parenting in Ottawa DROP-IN

SATURDAYS

from 10:00am 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

Infant Massage

Presented by
mothercraft ottawa **GNAG**

Come bond with baby in this FREE
3 week class!

Fridays 9:30 - 11:00 am

November 17 - December 1



Register
at
Gnag.ca

REGISTER ON GNAG

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 fall of 2024.

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



NEXT SESSION WILL BE
STARTING November 13th at 75 Waterbridge Dr

Email us to register or to receive more information!

schoolreadiness@mothercraft.com



For Fee Virtual Workshops

November 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: November 12 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 26 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com