

December 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!

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
NO GROUP DECEMBER 25 & 31

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
NO GROUP DECEMBER 26

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
NO GROUP DECEMBER 27

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
NO GROUP DECEMBER 28

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
9:30AM to 11:00AM
450 Laurier Ave West
NO GROUP DECEMBER 29

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.

December 18
10:00AM to 10:45AM
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!



December 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!

Dress for the weather! For children ages 3-6 years.
REGISTRATION REQUIRED.

December 13
6:00PM to 7:00PM
Meet outside 475 Evered Ave at 5:45PM.

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 DECEMBER 21 & 28

Free Virtual Workshops

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

Virtual 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: December 5 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

Autism in the Early Years

Autism varies widely in its severity and symptoms. Early identification helps achieve positive outcomes in the areas of communication, play and language when evidence-based supports, treatments and interventions are in place from an early age. Join Sharon Burgess, to learn more about the early signs of autism and tips and strategies that can be used at home to help develop the Oh-So important prerequisites to communication.

For parents and caregivers of infants

When: December 6 from 1:00PM to 2:00PM

Facilitator: Sharon Burgess, ABC Pediatric Therapies

Ask the Psychologist about Sleep

Join Dr. Michèle Mantha, C.Psych for a Q&A session on sleep problems in children. Dr. Michèle will begin the virtual workshop with information on sleep needs, sleep patterns, and sleep habits, and then answer your sleep-related questions with practical, solution-based strategies and ideas for troubleshooting.

For parents and caregivers of young children

When: December 15 from 1:00PM to 2:00PM

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

Holiday Overload

From seasonal dinners with loved ones, trips to the mall and holiday parties galore, finding balance is key! Join us for a chance to look at ways to reduce holiday/sensory overload and keep your holidays Merry! Learning to proactively help kids through the many transitions of the holiday season to help kick start your new year on the right foot.

For parents and caregivers with young children

When: December 18 from 1:00PM to 2:00PM

Facilitator: On the Ball Pediatrics

Screens and Kids

How to use screens to teach kids about responsibility, how their brain works and why their developing bodies need movement and sensory experiences to develop.

With new content on apps to use to help manage screen time

For parents and caregivers of young children

When: December 13 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: December 12 from 7:00PM to 8:00PM

Facilitator: Beth McMillan, International Board Certified Lactation Consultant

Positive Based Parenting

Positive based parenting is more than making a happy kid. How do we redirect children in a positive way? When is it okay to let them struggle vs when we need to intervene? How do I make my kid behave for the holidays without being the family bummer? Learn about positive approach based parenting.

For parents and caregivers of young children

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

Facilitator: On the Ball Pediatrics

Starting Solids Safely

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: December 12 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

Babies and Boundaries

Holiday seasons with babies and extended family can often be tricky. Come discuss setting boundaries and navigating family gatherings with your baby.

For parents and caregivers with infants 0 to 12 months old

When: December 19 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

More December 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

FREE!

Children's Developmental Mini Screenings & Group Therapy!

Mothercraft Ottawa
in collaboration with ABC Pediatric Therapies and On the ball Pediatric
Physio and Occupational Therapy are providing children
with **FREE** group therapy sessions!
Group therapy sessions will take place at 475 Evered Ave.

Tiny Talkers: Nurturing Speech, Play & Communication

Tuesdays 10:00am to 11:30am

An interactive speech therapy
play-based parent-toddler group designed to
empower parents with effective strategies for
promoting communication.
(Infants 6 - 18 months)

Tiny Sprouts: Integrated Development for Little Explorers

Tuesdays 2:00pm to 3:30pm

This unique program seamlessly integrates
speech therapy, occupational therapy, and
physiotherapy
(Children 2 - 4 years old)

Grow with me: Parent & Baby

Wednesdays 9:00am - 10:30am

Learn how you can support your child's early
motor development and how to build a healthy
parent-child attachment right from the start.
(Infants 6-18 months)

Early Literacy Program

Thursdays 3:00pm - 4:30pm

Uncover the essential elements for early reading
success through our Early Literacy Program!
(Children in JK or SK)

Gross Motor & Sensory Adventures

Fridays 9:00am - 10:30am

Learn all about movement, primitive
reflexes and what the heck is the
sensory system.
(Children 18 months - 3 years)

Register here for a
mini SCREENING:



Register here for
GROUP THERAPY:



For more information
talor.benson-harper@mothercraft.com
613-728-1839 ext 228

Parents must attend group therapy sessions with their child.
Mini developmental screening sessions are also available



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 BEGIN
MID JANUARY 2024
More details to come

Email us to register or to receive
more information!

schoolreadiness@mothercraft.com



November 21, 2023



For Fee Virtual Workshops

December 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: December 3 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: December 10 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com