

February 2024

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 FEBRUARY 19

NEW DAY!

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
NO GROUP FEBRUARY 19

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
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.

February 26
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!**



February 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.

February 21
6:00PM to 7:00PM
Meet outside 75 Waterbridge
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 FEBRUARY 15

Free Virtual Workshops

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

Playing with Babies

Looking for creative ways to engage and play with your baby? How do babies play? Come and learn about play in this fun workshop!

For parents and caregivers of infants 0-12 months

When: February 6 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Blowing Away the Winter Blues

Join us to learn how to utilize sensory and emotional regulation based strategies to keep you and your family happy and warm all winter long! The winter months can be a tough time for all of us, less opportunities to move around outside, icy roads impeding our adventures and cabin fever! Don't spend your summer frozen in an "icy" mood, learn about information and strategies that will work to build emotional regulation, resilience, and creativity within your family for year round fun!

For parents and caregivers with young children

When: February 12 from 12:00PM to 1:00PM

Facilitator: On the Ball Pediatrics

How to Help my Child Get Ready to Learn to Read

This workshop will help parents understand what is phonological awareness, why it's so important when it comes to learning to read and write, and what they can do at home to help their child succeed when it comes time for them to learn to read and write.

For parents and caregivers of young children

When: February 22 from 2:30PM to 3:30PM

Facilitator: Sharon Burgess, ABC Pediatric Therapies

Core Strength for Kids

Join us to learn why having a strong core contributes to your child's learning, development, movement and overall wellbeing. This session will also provide practical tips to start helping your kiddo build their core today!

For parents and caregivers of young children

When: February 23 from 1:00PM to 2:00PM

Facilitator: Play On Pediatrics

Plagiocephaly and Torticollis

What are they? What to look for and how to help your baby with some tip and tricks from a pediatric physio.

For parents and caregivers of young infants

When: February 7 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: February 13 from 7:00PM to 8:00PM

or

February 27 from 7:00PM to 8:00PM

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

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: February 13 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

Social Skills

Join us to learn how and why social skills matter and how these can be taught and encouraged in Neurodiverse affirming ways.

For parents and caregivers of young children

When: February 15 from 12:30PM to 1:30PM

Facilitator: Play On 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 27 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

More February Programs

Sensory Story Time

Winter 2024

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

On the following Saturdays
from 2:00 pm to 3:30 pm
January 13
February 24
March 23
April 20
May 4
June 15

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



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.
Next sessions begin the week of February 12, 2024.

NEW
Sprout and Shine
Mondays 2:00pm to 3:30pm
An occupational therapy group where children will explore, and develop their fine motor, gross motor, sensory, and social skills.
(Children 2.5 - 6 years)

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
taylor.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



FIRST AID FOR PARENTS AND GRANDPARENTS

This one-of-a-kind comprehensive 2 hour class
offers EASY TO UNDERSTAND instructions on
how to help your newborn or child in many
different first aid and emergency situations



Cost \$45 per participant

Included Topics:

When to call 911
Choking
CPR
Breathing Emergencies
Severe Allergic Reactions
Eye/Ear injuries
Wounds
Burns
Poisonings

Mothercraft Ottawa
475 Evered Avenue
Ottawa, ON K1Z 5K9

Saturday, February 17, 2024 9:00 - 11:00am
Register by going to our website:
www.nationalcapitalfirstaid.com
or calling us at 613-523-2519



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*

DATES & LOCATION
TO BE DETERMINED

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





For Fee Virtual Workshops

February 2024

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 11 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: February 25 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com