

January 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 JANUARY 1

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 JANUARY 2

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 JANUARY 3

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 JANUARY 4

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 JANUARY 5

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.

January 15
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!



January 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.

January 17
6:00PM to 7:00PM
Meet outside
75 Waterbridge Dr 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
Special Guest January 25
NO GROUP JANUARY 18



Free Virtual Workshops

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

My Baby HATES Tummy Time

Does it Matter?

Paige will discuss the important milestone of Tummy Time and discuss why some babies don't love it, and how to encourage them to still do it

For parents and caregivers with young infants

When: January 22 from 12:00PM to 1:00PM

Facilitator: Play On Pediatric

Finding and Sharing Your Calmness

Join us to learn about how parental/caregiver co-regulation supports a child's regulation and some examples of how to implement this!

For parents and caregivers of young children

When: January 9 from 12:00 pm to 1:00 pm

Facilitator: Play On Pediatric

Screens & Language Development

Join Sharon Burgess, speech-language pathologist, 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 of young children

When: January 16 from 3:30PM to 4:30PM

Facilitator: Sharon Burgess,
ABC Pediatric Therapies

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: January 9 from 7:00PM to 8:00PM

or

January 23 from 7:00PM to 8:00PM

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

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: January 19 from 1:00PM to 2:00PM

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

Fever & Snots: What's in 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: January 15 from 6:30PM to 8:45PM

Facilitator: Alicia Ashton, RN

Potty Mouth

Join us to explore and learn ways to help engage your child in toilet training. Implementing a co-regulating approach to potty training, helping children to learn and understand their body's cues, feeling proud and autonomous vs. solely compliance focused toileting. For any and all ages of children looking for information related to toileting issues - whether just starting, thinking of starting or going through regressions.

For parents and caregivers with young children

When: January 15 from 12:00PM to 1:00PM

Facilitator: On the Ball Pediatrics

Ask the Psychologist about Special Education/Learning Support Services

Join us for a Q&A session on special education and learning support services. Dr. Michèle will begin the virtual workshop with information on student exceptionalities, the identification process, programs and placements, as well as examples of modifications and adaptations, and then answer your questions relating to possible supports to meet your child's needs in the school environment.

For parents with children starting school or are new to diagnosis, etc.

When: January 25 from 8:00PM to 9:00PM as part of the Virtual Special Needs Support Drop-In

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

Baby Mover Class

Join us for tips from a pediatric physio on how to help your baby move and reach gross motor milestones.

For parents and caregivers with infants 0 to 12 months old

When: January 3 from 2:00PM to 3:00PM

Facilitator: On the Ball Pediatrics

More January 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



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)

Register here for a mini SCREENING:



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 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



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

NEXT SESSION WILL BEGIN
MID JANUARY 2024
More details to come

Email us to register or to receive more information!

schoolreadiness@mothercraft.com





For Fee Virtual Workshops

January 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: January 14 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: January 28 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com