

# March 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

### 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

### 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  
**CLOSED MARCH 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.

**March 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!**



### March Night Walk

The sun may stay out a little longer these days so join us for a spring themed scavenger hunt through the neighborhood and a loot bag to bring home!

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

**March 20**  
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 MARCH 21**

# Free Virtual Workshops

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

## Raising a Bilingual Child

Navigating Bilingual Pathways: Exclusive Workshop for Parents! Learn strategies to foster bilingual language skills in your child. Join Chantal Lauzon, speech-language pathologist, for an interactive session designed to provide practical strategies and valuable insights into the intricacies of bilingual education.

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

**When:** March 1 from 1:00PM to 2:00PM

**Facilitator:** ABC Pediatric Therapies

## Car Seat Safety

Learn about car seat safety and correct use of car seats for children from birth to booster seats.

*\*For parents and caregivers to-be or of young infants\**

**When:** March 5 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Sleep Like a Baby

Sleep sets our main foundation for being able to learn, play and thrive throughout our days. After our info-session, helping your child to catch some z's will feel so smooth you can practically do it in your sleep!

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

**When:** March 11 from 12:00PM to 1:00PM

**Facilitator:** On the Ball Pediatrics

## 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:** March 12 from 1:00PM to 2:00PM

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Starting Solids and Picky Eating

Are you a parent struggling with introducing solids to your little one or dealing with picky eating habits? Join us for a virtual workshop where we'll share tips and tricks to make mealtimes easier and more enjoyable for you and your child.

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

**When:** March 14 from 12:00PM to 1:00PM

**Facilitator:** Play On Pediatrics

## Talking to Babies

It's amazing how babies learn language! In this 1hr workshop you'll learn the basics of how babies learn language and how you can support their developing language skills.

*\*For parents and caregivers to-be or of young infants\**

**When:** March 26 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Double Jointed, over-flexible, joint hypermobility

***They are NOT the same!***

Join us to learn what to look for, how can this affect your child's interest in physical activity/games, coordination and balance and attention. And what you can do about it.

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

**When:** March 6 from 2:00 pm to 3:00 pm

**Facilitator:** On the Ball Pediatrics

## 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:** March 8 from 12:15PM to 1:15PM

**Facilitator:** Play On 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:** March 12 from 7:00PM to 8:00PM

or

March 26 from 7:00PM to 8:00PM

**Facilitator:** Beth McMillan,

International Board Certified Lactation Consultant

## 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:** March 19 from 1:00PM to 2:00PM

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Toilet Troubles

Join us for a workshop focused on tackling toileting challenges with your little ones such as chronic constipation. Whether you're a new parent or just need some tips and tricks, this workshop is perfect for you!

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

**When:** March 25 from 12:00PM to 1:00PM

**Facilitator:** Play On Pediatrics



# More March Programs

## 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**

## 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](https://bibliottawalibrary.ca)

On the following Saturdays  
from 2:00 pm to 3:30 pm

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



### 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

March 14, 6:00pm-8:00pm  
Register by going to our website:  
[www.nationalcapitalfirstaid.com](http://www.nationalcapitalfirstaid.com)  
or calling us at 613-523-2519



# More March Programs

## Children's Group Therapy at Mothercraft Ottawa!

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 April 15, 2024.*

### **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 - 4 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  
**GROUP THERAPY:**



For more information [talor.benson-harper@mothercraft.com](mailto:talor.benson-harper@mothercraft.com) or call 613-728-1839 ext 228

Parents must attend group therapy sessions with their child.

# School Readiness

## 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.

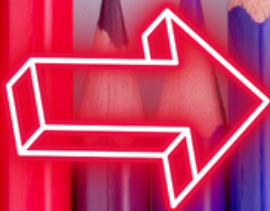
**\*Open to families who have concerns about their child's development\***



April 29 to June 19  
Monday, Tuesday, Wednesday  
12:30pm to 2:15pm  
75 Waterbridge Dr.



For more information:  
[talor.benson-harper@mothercraft.com](mailto:talor.benson-harper@mothercraft.com)  
or scan below to access this the Google Form



**Don't forget to register  
your child for Kindergarten  
for Fall 2024!**



## For Fee Virtual Workshops

**March 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:** March 10 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:** March 24 at 9:00 am

**Fee:** \$140/couple

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