

**April 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  
 CLOSED APRIL 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.**

**MONDAYS**  
 9:30AM to 11:00AM  
 475 Evered Ave  
 CLOSED APRIL 1

**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.**

**APRIL 22**  
 10:00AM to 10:45AM  
 39 Onslow Cres.

**Indoor shoes are required for all playgroups!**



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



**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 APRIL 18





# Free Virtual Workshops

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

## Autism, Developmental Delay and Sensory Processing

Sometimes they are all together, but can be entirely separate. Join us to learn how to support your child with a pediatric physiotherapist.

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

**When:** April 3 from 2:00 pm to 3:00 pm

**Facilitator:** On the Ball Pediatrics

## Retained Primitive Reflexes & Their Impacts on Children

Come learn about what primitive reflexes are, and their impacts on your child when they are not integrated. Learn how to recognize if your child may have unintegrated reflexes and some strategies that may be used to help them integrate and reduce the challenges associated with them.

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

**When:** April 9 12:00 pm to 1:00 pm

**Facilitator:** Play On Pediatrics

## Sensory Systems: How it Effects Learning and Behaviour

Come learn about our sensory system & its importance for better behaviour and learning. Learn to recognize when your child may be experiencing sensory processing challenges and some simple strategies that may begin to support them.

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

**When:** April 18 from 12:00 pm to 1:00 pm

**Facilitator:** Play On Pediatrics

## 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:** April 16 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Phonological Awareness Activities

Join a speech-language pathologist to learn about the importance of phonological awareness in early literacy development and engaging in hands-on activities to promote phonological skills in preschoolers

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

**When:** April 24 from 3:30 pm to 4:30 pm

**Facilitator:** ABC Pediatric Therapies

## Grandparenting 101

You're about to become a Grandparent? Congratulations! You want to support the new family and be involved; you know babies haven't changed but did you know many recommendations have? Come find out what is new in infant care and how you can best support the new parents in your life.

Car Seats, safe sleep, feeding recommendations and more!

*\*For parents and caregivers with infants and/or expecting parents\**

**When:** April 23 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Spring into Sensory

As the last signs of winter melt away, come and learn ways to help further sensory development for your little ones. Learn about all 8 sensory systems, including how sensory experiences sets the foundation for our future development.

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

**When:** April 8 from 12:00 pm to 1:00 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:** April 9 from 7:00 pm to 8:00 pm

or

April 23 from 7:00 pm to 8:00 pm

**Facilitator:** Beth McMillan,  
International Board Certified Lactation Consultant

## Raising a Bilingual Child

Learn strategies to foster bilingual language skills in your child. Join a 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:** April 12 from 11:30 am to 12:30 pm

**Facilitator:** ABC Pediatric Therapies

## Navigating Parenthood Through Journaling:

*For New and Future Parents*

Becoming a parent is a unique and transformative journey. Whether you are preparing for the arrival of your child or navigating the early stages of parenthood, there are mixed emotions and experiences that can take you by surprise. Journaling can help make sense of this identity change.

*\*For expecting parents and parents of infants\**

**When:** April 3, 10, 17 & 24 from 8:00 pm to 9:30 pm

**Facilitator:** Dr. Rana Pishva, C. Psych.,  
RP Psychology

## Let's Talk about Dads, Baby

This workshop will help Dads-to-be and new Dads reflect on their expectations of fatherhood and how it compares to their reality. Topics such as parenting identity, societal myths about fatherhood, attachment, relationships and parent mental health will be explored.

*\*For expecting fathers or fathers of infants\**

**When:** April 30 from 11:30 am to 1:00 pm

**Facilitator:** Dr. Rana Pishva, C. Psych.,  
RP Psychology



# More April Programs

## Sensory Story Time

Spring 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](http://BiblioOttawaLibrary.ca)

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

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  
[talor.benson-harper@mothercraft.com](mailto:talor.benson-harper@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

Saturday April 13th, 2024 · 9 - 11am

Register by going to our website :  
[www.nationalcapitalfirstaid.com](http://www.nationalcapitalfirstaid.com)  
or calling us at 613-523-2519



## 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**



# More April 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

April 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: April 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: April 28 at 9:00 am

Fee: \$140/couple

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