

May 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 MAY 20

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 MAY 20

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

Sensory Play and Story Time at Brantwood Fieldhouse
 Join us for some fun sensory based activities with a storytime at the end.
 For children ages 0-6 years.
Spaces are limited.
MAY 27
 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
 NO GROUP MAY 1

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 MAY 16



Free Virtual Workshops

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

Your Child's Tongue & Mouth Muscles

Could it be affecting their eating, speech and behaviour?

Dr Bekhit, a pediatric chiropractor, will review how effective positioning of the tongue on the palate and overall movement of the mouth is critical in effective feeding, speech and breathing. When there is dysfunction it can impact many things that can spiral into challenges with learning and behaviour.

For parents and caregivers of young children

When: May 2 from 12:00 pm to 1:00 pm

Facilitator: Play On Pediatrics

Core, Core, Core

Why core is so important and how it can help all children but especially children with ADHD, ADD and Autism.

For parents and caregivers with young children

When: May 1 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: May 14 from 7:00 pm to 8:00 pm

or

May 28 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

How Yoga Can Help Your Family Become More Regulated

Jacqueline is not only an OT, but she is a certified Yoga Instructor. In this session she will introduce the benefits of elements of the yoga practice for regulation, breathing and core strength. Improving these factors can overtime help your family (children & parents) become more regulated in moments of stress. She will teach you a few key techniques you can implement right away.

For parents and caregivers of young children

When: May 16 from 12:00 pm to 1:00 pm

Facilitator: Play On Pediatrics

The Power of Play

Building Foundational Skills for Communication, Language & Learning

Join us in exploring the crucial role of play in developing foundational communication and language skills in preschoolers. We will discuss how various types of play, such as pretend play, sensory play, & cooperative play, contribute to language, social, & cognitive development. Parents will learn practical strategies to encourage and facilitate play-based learning opportunities at home to support their child's development.

For parents and caregivers of young children

When: May 29 from 12:30 am to 1:30 pm

Facilitator: ABC Pediatric Therapies

Bloom into Autonomy

Join us as we discuss and discover ways to encourage more autonomy in your young one's self-care routine. We will look at how to support an array of self-care activities including - dressing, brushing teeth, tolerating bath time and more! Incorporating strategies to consider all kiddo's fine motor, gross motor, sensory, and social-emotional needs.

For parents and caregivers of young children

When: May 13 from 12:00 pm to 1:00 pm

Facilitator: On the Ball Pediatrics

Beat the Heat: Infant Summer Safety

Summer is almost here! Are you wondering what sun safety practices you should be following with your infant? Join us to find out best practices during the hot, hot weather!

For parents and caregivers with infants and/or expecting parents

When: May 14 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Messy Play for Infants and Toddlers

Need some fun and developmentally appropriate ideas for messy or sensory play with your infant and/or toddler? Join us to hear some creative ways to incorporate this kind of play into everyday life at home!

For parents and caregivers with infants 0 to 18 months old

When: May 7 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

"Gentle Parenting" in the Real World

What the heck is gentle parenting? Be soft. Let your child show all their emotions. Comfort your child - but not too much. Have boundaries but don't use consequences. All while staying calm all of the time. It's all confusing. This workshop will introduce a realistic and practical approach to "gentle parenting" in a way that is sustainable and recognizes your experience as a caregiver

For parents and caregivers of young children

When: May 6 from 11:30 am to 1:00 pm

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

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: May 28 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

More May 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

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

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
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

Thursday, May 16 - 6:00 - 8:00pm

Register by going to our website :
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 May 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 June 17, 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 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)

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)

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)

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)

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 or call 613-728-1839 ext 228

Parents must attend group therapy sessions with their child.

Community Resources

Emergency

- 9-1-1

Shelter

- 3-1-1 <https://ottawa.ca/en/family-and-social-services/housing>

Food

- **Ottawa Food Bank** 613-745-7001 <https://www.ottawafoodbank.ca/get-help/>
- **Food support for young parents** <http://bethanyhopecentre.org/nourish-family-food>
- **Good Food** <https://goodfoodlink.ca/>
- **Ottawa Food Partnership** <https://ottawacommunityfoodpartnership.ca/>

Health

- **Ottawa Public Health** 613-580-6744 www.ottawapublichealth.ca www.santepubliqueottawa.ca
- **Telehealth Ontario/Telesante Ontario** 1-866-797-0000 TTY 1-866-797-0007

Community Information

- 2-1-1

Community Supports

- **OCISO** 613-725-5671 ext.316/ [info@ociso.org/](mailto:info@ociso.org) www.ociso.org
Clinical Counselling and Mental Help support for immigrants and refugees
- **Hope for Wellness Help Line** 1-855-242-3310 or the online chat at www.hopeforwellness.ca (24/7).
For immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- **Unsafe at Home Ottawa** text 613-704-5535 or chat online at www.unsafeathomeottawa.ca
For Ottawa women living with violence and abuse
- **A Friendly Voice** 613-692-9992 or 1-855-892-9992
For isolated seniors
- **LGBTQ+ YouthLine** 1-800-268-9688 or online at www.youthline.ca
- **Black Youth Helpline** 1-833-294-8650 or online at www.blackyouth.ca

Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- www.counsellingconnect.org

Distress Lines

- Ottawa Distress Centre (24/7) 613-238-3311
- Centre d'aide (24/7) 1-866-277-3553
- Crisis Line/ Ligne de Crise (24/7) 613-722-6914
- Child, Youth and Family Crisis Line/ Ligne de Crise enfant, jeunes et familles (24/7) 613-260-2360
- Canada Suicide Prevention Service (24/7) 1-833-456-4566
- Kids Help Phone (24/7) 1-800-668-6868
- Parent Support Line 613-565-2467 ex 2 or information@parentresource.ca

Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact bpcp@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

May 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: May 12 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: May 26 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com