

June 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
taylor.bensonharper@mothercraft.com or
msaba@cheo.on.ca

THURSDAYS
10:00AM to 11:30AM
75 Waterbridge Dr

Indoor shoes are required for all playgroups!



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 JUNE 7

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.

JUNE 17
10:00AM to 10:45AM
39 Onslow Cres.

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
taylor.bensonharper@mothercraft.com

THURSDAYS
8:00PM to 9:00PM
NO GROUP JUNE 20



Free Virtual Workshops

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

Primitive Reflexes

How unintegrated primitive reflexes can have an effect on incontinence, gross motor delay, anxiety, coordination, balance and much more!

For parents and caregivers with young children

When: June 5 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

Raising a Bilingual Child

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: June 21 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

Keep Your Kid's Core Strong This Summer

A strong core is fundamental for so many reasons! Kids especially need this strong foundation. We will teach you some tips and tricks to help keep your child's core strong this summer - without just doing "exercises" inside. Get your kids moving in some strategic ways to build their core and keep them having fun!

For parents and caregivers of young children

When: June 6 from 1:15 pm to 2:15 pm

Facilitator: Play On Pediatrics

Articulation and Speech Sound Activities

Join us to explore fun and engaging activities to target speech sound production and articulation skills in preschool-aged children in everyday life.

For parents and caregivers of young children

When: June 11 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

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: June 11 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

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: June 11 from 7:00 pm to 8:00 pm
or

June 25 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Tips for Transitioning from a School Routine to Summer Routine

End of the school year is a fun time but the change in routine can be very trying for many. Learn some reasons why having a new summer routine is helpful and some tips to implement one to make summer even more fun and relaxing.

For parents and caregivers of young children

When: June 13 from 12:15 pm to 1:15 pm

Facilitator: Play On Pediatrics

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: June 18 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Returning to Work or School: Preparing You and Your Little One

Heading back to work or school after mat/pat leave? Join us to discuss how you can prepare yourself and your little one. Strategies and tips for concerns such as starting childcare, negotiating feeding and sleep, pumping, division of labour at home and other issues.

For parents and caregivers with infants 6-18 months old

When: June 25 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa



More June 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
June 15



Program will resume in September 2024

Library cards and all programs are FREE.
Don't have a card?

Sign up online at

<https://bibliootawalibrary.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
Saturday June 15th, 9am to 11am

Register by going to our website:
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 June Programs

Specialized Group Sessions 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 sessions!

The 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

Let Children explore, develop their fine motor, gross motor, sensory and social skills with a pediatric occupational therapist.
(Children 2 - 4 years)

Tiny Sprouts: Integrated Development for Little Explorers

Tuesdays 2:00pm to 3:30pm

This unique program focuses on the development of all areas and combines elements of speech and communication, sensory and social development, fine and gross motor skills
(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 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 2 - 4 years)



Register here for
GROUP SESSIONS:



For more information talor.benson-harper@mothercraft.com or call 613-728-1839 ext 228

Parents must attend group 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/ 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 bpccp@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

June 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: June 9 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: June 23 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com