

October 2024
 Mothercraft Ottawa
 475 Evered Ave.
 613-728-1839
 EarlyONyva@mothercraft.com
 www.mothercraft.com
 Email us if you have any questions

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

Indoor shoes are required for all playgroups!

Weekly Drop-In Playgroups

No registration required! First come first serve basis!

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 OCTOBER 14

Playgroup in the Park Roy Duncan Park

Join us for some outdoor fun! There will be messy activities, crafts and more!

Entertainment begins at 9:30AM.

Tuesday October 1st: 9:30AM to 11:00AM
 Entertainment starts at 10:00AM

STARTING OCTOBER 7 MONDAYS
 9:15AM to 10:45AM
 295 Churchill Ave N
 CLOSED OCTOBER 14

NEW DAY

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.

TUESDAYS
 9:30AM to 11:00AM
 75 Waterbridge Dr

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

Sensory Play Time at Brantwood Fieldhouse

Join us for some fun sensory based activities and a chance to connect with other families and caregivers!

For children ages 0-6 years.
Spaces are limited.

OCTOBER 28
 10:00AM to 11:30AM
 39 Onslow Cres.

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

Saturday 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

OCTOBER 19
 9:30AM to 11:00AM
 75 Waterbridge Dr.

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 OCTOBER 17 & OCTOBER 31

Free Virtual Workshops

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

Torticollis and Plagiocephaly:

Red flags & tips that work to unwind those tiny turners!

In this presentation, you'll learn how to identify early signs of both torticollis and plagiocephaly and implement practical strategies to help infants achieve good head and neck alignment!

For parents and caregivers of infants

When: October 2 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

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: October 8 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: October 8 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Hitting and How to Handle it

Hitting is a common concern for parents and caregivers of toddlers. It can be triggering behaviour that can cause worry and stress for families at home, at childcare and other situations. Learn about possible causes as well as strategies for dealing with the big feelings for children and adults around hitting.

For parents and caregivers of young children

When: October 22 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

Laying the Foundation for First Words

Join us to discover the crucial pre-speech skills a child needs in order to be able to say their first words. This session will offer interactive techniques and practical activities designed to foster early speech development.

For parents and caregivers of infants

When: October 23 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

Messy Play with 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 and young toddlers

When: October 29 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Toileting Your Little Turkey

Toileting can be a spooky task but it doesn't have to be overwhelming! Join us as we take a deeper dive into supporting toilet training from a range of sensory, environmental, and motivational perspectives!

For parents and caregivers with young children

When: October 7 from 11:30 am to 12:30 pm

Facilitator: On the Ball Pediatrics

Circle of Security: 8 Week Virtual Series

Calling all parents and caregivers of infants, toddlers and children 6 years and under! Are you seeking a deeper connection with your child while navigating the ups and downs of parenthood? The Circle of Security Parenting Program is here to support you on your parenting journey.

For parents and caregivers with young children

When: Tuesdays from 10:00 am to 11:30 am

From October 8 to November 26

Facilitator: Robyn Aaron

Body Safety and Consent for Littles

It is never too soon to begin the discussion around Body Safety. Becoming comfortable and confident around bodily autonomy, consent and feeling safe begins early and develops with you and your child as they grow.

For parents and caregivers with young children

When: October 15 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Raising a Bilingual Child

Join us for an interactive session designed to provide practical strategies and valuable insights into the intricacies of bilingual education. We will discuss strategies to foster bilingual language skills in your child.

For parents and caregivers of young children

When: October 18 from 12:00 pm to 1:00 pm

Facilitator: ABC Pediatric Therapies

Baby Milestones: Up to 6 Months Old!

Learn about key milestones and how you can help promote them through purposeful play in your baby's first 6 months.

For parents and caregivers of young children

When: October 23 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

Should I be Worried That My Child is a Picky Eater?

Picky eating is common among many toddlers and children as they grow and develop. In some cases, picky eating can be extreme, start at a very early age and can affect growth and development. Learn more about red flags to look for with your 'picky eater' and strategies you can implement at home now to support your child.

For parents and caregivers of young children

When: October 30 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

More October Programs



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, October 12 - 9:00 - 11:00am

Register by going to our website : www.nationalcapitalfirstaid.com or calling us at 613-523-2519



Fall 2024

SENSORY storytime

Come join us for Sensory Story time at the library! Our Storytime welcomes and respects the needs of children aged 0 to 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. Come play, connect, and sing along with us and other families in a sensory friendly environment! It's free and no registration is required! *A family member must be present for the entirety of the event.*

St Laurent Library
515 Coté St
Thursdays
10:30 am to 12:00 pm
October 3
November 7
December 5

Greenboro Library
363 Lorry Greenberg Dr
Fridays
2:00 pm to 3:00 pm
October 25
November 22
December 6

Ruth E. Dickinson Library
100 Malvern Dr
Saturdays
2:00 pm to 3:30 pm
October 5
November 2
December 14



Library cards and all programs are FREE. Don't have a card? Sign up online at <https://bibliottawalibrary.ca/en/getacard> For more information please contact talor.benson-harper@mothercraft.com 613-728-1839



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

SCHOOL'S COOL FOR CHILDREN WITH AUTISM

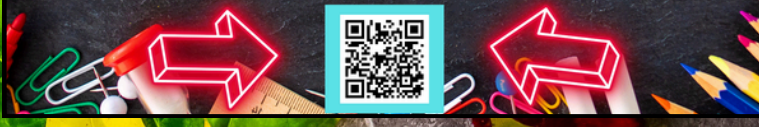
School's Cool is a **FREE** school readiness program which helps develop skills in preparation for beginning kindergarten.

School's Cool is for children with Autism diagnosis who are starting kindergarten in fall of 2025.

Next Session:
November 4 to December 18
Monday, Tuesday & Wednesday afternoons.

We also have an ongoing list for upcoming sessions, please fill out the form below for other sessions!

For more information:
talor.benson-harper@mothercraft.com
To register scan below or click this link to access this the Google Form



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

October 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: October 13 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: October 27 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com