

November 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.



Weekly Drop-In Playgroups

No registration required! First come first serve basis!

Indoor shoes are required for all playgroups!



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

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

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 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.

NOVEMBER 18
10:00AM to 11:30AM
39 Onslow Cres.

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

NOVEMBER 16
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 NOVEMBER 21



Free Virtual Workshops

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

Dressing Your Baby For Winter

Join us to chat about getting your baby dressed during these upcoming cold months. We will chat about car seats, snow suits, and babywearing, etc.

For parents and caregivers of infants

When: November 5 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Rocking Regulation:

Supporting your Child and Their Unique Regulation Needs!

Join us to gain practical strategies to help tailor support for your child's individual sensory and emotional regulation challenges!

For parents and caregivers with young children

When: November 11 from 11:30 am to 12:30 pm

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 of infants

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

Facilitator: Beth McMillan, Mothercraft Ottawa

Babies and Boundaries

Family gatherings and holiday seasons with babies and extended family can often be tricky.

Come discuss setting boundaries and navigating family gatherings with your baby.

For parents and caregivers of infants

When: November 19 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Autism in the Early Years

Autism varies widely! Join us to learn more about the early signs of autism and tips and strategies that can be used at home to help develop the Oh-So important prerequisites to communication.

For parents and caregivers of young children

When: November 20 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

ADHD and Anxiety: A Physiotherapy Perspective!

ADHD and Anxiety... is it all in our heads? Hint: No it isn't! Join this presentation to see how primitive reflexes and inner core can help!

For parents and caregivers of young children

When: November 6 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: November 12 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

How to Productively Play with your Baby to Encourage Development

We will help guide parents on how to engage in purposeful play with their baby to support and enhance developmental milestones, offering practical tips and activities to encourage cognitive, motor and sensory growth.

For parents and caregivers of infants

When: November 13 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

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: November 22 from 12:00 pm to 1:00 pm

Facilitator: ABC Pediatric Therapies

What are "Transitions"?

Why are they so HARD and What can you do?

This workshop will explore the nature transitions for children, why they can be so challenging, and provide practical strategies for parents to help their children navigate transitions more smoothly and with less stress.

For parents and caregivers of young children

When: November 26 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

More November 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

Thursday November 14th 6pm to 8pm

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



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 an 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
talar.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:

January 6 to February 19
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:

talar.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/ 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

November 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: November 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: November 24 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com