

December 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!

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 DECEMBER 23 & 30

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
CLOSED DECEMBER 24 & 31


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
CLOSED DECEMBER 25

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.benson-harper@mothercraft.com or msaba@cheo.on.ca
THURSDAYS
 10:00AM to 11:30AM
 75 Waterbridge Dr
CLOSED DECEMBER 26

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 DECEMBER 13 & 27

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.
DECEMBER 16
 10:00AM to 11:30AM
 39 Onslow Cres.

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



Indoor shoes are required for all playgroups!



Weekly Virtual Programs
 Registration required through Eventbrite!

Date changes in December!

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
PLEASE NOTE:
 Group will be held Monday December 23rd and 30th to accommodate holiday closures.

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.benson-harper@mothercraft.com
THURSDAYS
 8:00PM to 9:00PM
NO GROUP DECEMBER 12 & 26

Free Virtual Workshops

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

How can Physiotherapy Help My Child Recover from a Concussion?

This presentation will explain how physiotherapy can aid in your child's recovery from a concussion by addressing physical, cognitive, and sensory symptoms, and offering tailored exercises and strategies to promote healing and restore function.

For parents and caregivers of young children

When: December 3 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatrics

Infant Mental Health

Learn about attachment and how infants form and learn about experiencing, expressing and regulating emotions through relationships with family and others. And more on healthy social and emotional development.

For parents and caregivers with infants and/or expecting parents

When: December 3 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Kids and Screens:

What we Know and Need to Share with all Parents!

A look into screens and their effects on our body as a whole through the lens of pediatric physiotherapy (Hint: we are on your side).

For parents and caregivers with young children

When: December 4 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

All About Phonological Awareness

Join us to explore the critical role of phonological awareness in early literacy development. Learn about its importance and discover how to support a child's phonological awareness skills through engaging, hands-on activities.

For parents, caregivers & educators of preschool-aged children

When: December 5 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

Holiday Overload!

How to keep the Lamppoon out of your vacation!

The holidays are already chaotic enough on their own; join this presentation to learn a few tips and tricks on supporting your little elves through their holiday season!

For parents and caregivers of young children

When: December 9 from 11:30 am to 12:30 pm

Facilitator: On the Ball Pediatrics

The Importance of Visual Skills for School-Based Tasks:

How an OT can Help

This presentation will highlight the importance of visual skills in school-based tasks, such as reading and writing, and explain how occupational therapy can support children in developing these crucial skills for academic success.

For parents and caregivers of young children

When: December 10 from 2:30 pm to 3:30 pm

Facilitator: Play On Pediatrics

Grandparenting 101

You're about to become a Grandparent? Congratulations! 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 new parents

For expecting grandparents and grandparents of young infants

When: December 10 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: December 10 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

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

Facilitator: Play On Pediatrics

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 engaging session will offer interactive techniques and practical activities designed to foster early speech development.

For parents, caregivers and educators of young children

When: December 12 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

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!

When: December 17 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

More December 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, December 14 · 9:00 – 11:00am

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



Winter 24/25

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.*

<p>St Laurent Library 515 Coté St Thursdays 10:30 am to 12:00 pm December 5 January 2 February 6</p>	<p>Greenboro Library 363 Lorry Greenberg Dr Fridays 2:00 pm to 3:00 pm December 6 January 24 February 28</p>	<p>Ruth E. Dickinson Library 100 Malvern Dr Saturdays 2:00 pm to 3:30 pm December 14 CLOSED January 11 February 8</p>
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Library cards and all programs are FREE. Don't have a card? Sign up online at <https://bibliooottawalibrary.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:
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:
talor.benson-harper@mothercraft.com
To register scan below or click this link to access 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 bpccp@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

December 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: December 1 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: December 8 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com