


January 2025
 Mothercraft Ottawa
 475 Evered Ave.
 613-728-1839
 EarlyONyva@mothercraft.com
 www.mothercraft.com
 Email us if you have any questions

Weekly programming resumes January 6

Indoor shoes are required for all playgroups!



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!

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
CLOSED JANUARY 1

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 JANUARY 2

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 JANUARY 3

Drop-in Playgroup at Van Lang

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

COMING SOON!
 9:30 AM to 11:00 AM
 303 Churchill Ave N

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.

JANUARY 20
 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

JANUARY 18
 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
REGULAR DAY RESUMES JAN

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 JANUARY 16



Free Virtual Workshops

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

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: January 6 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Baby Movers

Tips and tricks from a pediatric physiotherapist on your baby's gross motor development and how to recognize movement "red flags".

For parents and caregivers of infants

When: January 8 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: January 14 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Raising a Bilingual Child

Navigating Bilingual Pathways: Exclusive Workshop for Parents! 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, caregivers and educators of young children

When: January 24 from 11:00 am to 12:00 pm

Facilitator: ABC Pediatric Therapies

Car Seat Safety

Learn about car seat safety and correct use of car seats for children from birth to booster seats.

For parents and caregivers of young infants

When: January 27 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

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: January 8 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

Picky Eating 101

A pediatric occupational therapy perspective on feeding: what's going right, what's going wrong, and how to move forward!

For parents and caregivers of young children

When: January 13 from 11:30 am to 12:30 pm

Facilitator: On the Ball Pediatrics

16 Gestures by 16 Months

Join in with Sharon Burgess, speech-language pathologist, for a fun and interactive workshop on the importance of gestures in the first 16 months of life!

For parents and caregivers of infants

When: January 15 from 11:30 am to 12:30 pm

Facilitator: ABC Pediatric Therapies

Introducing Your Baby to Solid Foods: A Sensory Experience

This session will focus on the sensory aspects of the transition, exploring how babies experience textures, tastes, and new sensations. We'll provide practical strategies to make mealtime enjoyable and stress-free, while also fostering positive associations with food.

Parents will learn how to support their baby's development through sensory exploration and gain confidence in navigating this exciting milestone.

For parents and caregivers of young infants

When: January 28 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

More January 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, January 18th/25 9:00 – 11:00am

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



GNAG

FREE! Glebe Baby Club
(Newborn - Walking)
Thursdays 1:00 pm to 2:30 pm
January 16 to March 27
(ex March 13)

REGISTER HERE THROUGH GNAG

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

SENSORY storytime

Winter 24/25

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
January 2
February 6
March 6

Greenboro Library
363 Lorry Greenberg Dr
Fridays
2:00 pm to 3:00 pm
January 24
February 28
March 27

Ruth E. Dickinson Library
100 Malvern Dr
Saturdays
2:00 pm to 3:30 pm
January 11
February 8



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



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
- **Cold Weather Safety Resources:**
 - Winter safety: Advice for parents and kids | Caring for kids
 - Cold Weather - Ottawa Public Health
 - Cold Weather Resources 2024/25 – For service providers and community agencies

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 bpcc@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

January 2025

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: January 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: January 26 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com