

Compiled by the Parent Resource Centre



Winter Safety (0-18 months): The cold wind doth blow and we shall have snow! Learn simple strategies to protect your child from the winter challenges. Vanier Community Resource Centre, Tues., Nov. 17, 1:30- 3 pm (during baby playgroup), 290 Dupuis Ave. Info: 613-744-2892 x 1060

Baby Signs and Songs: Join us for this four session series. Sing and sign together with your baby and other parent-child couples! For parents together with babies between six-12 months. Pincrest Queensway Community Health Centre, Fridays, Nov. 6- Nov.27, 10-11 am, 1365 Richmond Road. Info: 613-820-4922 x 323 or www.pqchc.com

Parenting Your ADHD Child: Children with ADHD struggle with impulsivity, homework, social skills and executive functioning skills. Join Sandra LeBlanc, with her 18 years experience and learn ways to help your ADHD child be successful. Mon., Nov. 16, 7-9 pm. Info: 613-836-2313 or [sandraleblanc@rogers.com](mailto:sandralebanc@rogers.com)

On Middle Ground... Parenting six to 12 year olds? Topics of this five series session will include: Child development, effective communication, building self-esteem, setting limits, effective discipline techniques and more... Family Services Ottawa, Tuesdays, Nov. 17 to Dec. 15, 6:30-8:30 pm, 312 Parkdale Ave. Subsidies available. Info: 613-725-3601 x 207 or www.familyservicesottawa.org

Stop Overscheduling Your Child! Life is very busy and families can be pulled into many directions. To ensure children have balance and lead full lives come learn about the ages and stages for appropriate activities and timelines. City View Centre for Child and Family Services, Wed., Nov.18 6:30 - 7:30 pm, 1099 Longfields Drive. Info: 613- 825- 5990 or nepeancarletonyc@cityviewcentre.ca

Parenting with Confidence: Are you a parent involved with Children's Aid Society (CAS) and your children are between the ages of six-12? Join us and talk about: managing stress, successful communication, discipline that works and lots more... Family Services Ottawa, Wednesday, Nov. 18 to Jan. 27, 6:30-8:30 pm, (Dec.23 excluded), 312 Parkdale. Ave Info: 613-725-3601 x 207 or www.familyservicesottawa.org

Intro to Solids and Making Your Own Baby Food? Wondering ,when, and how to introduce solids to your baby? Learn about the healthiest foods for baby, allergenic foods,

choking hazards and the benefits of making baby food. Parents of children four-8 months. Pinecrest Queensway Community Health Centre, Wed., Nov. 18, 1:30-3:30 pm, 1365 Richmond Road. Info: 613-820-4922 x 323 or m.crogie@pqchc.com

Potty Training: Let's share ideas and techniques on how to effectively help your child to be successful in this next growing stage of his or her life. The readiness skills for toilet learning will be discussed. YOU need to plan ahead and commit to the process for your child. Pinecrest Queensway Community Health Centre, Wed., Nov. 18, 1-3:00 pm, 1365 Richmond Road. Info: 613-820-4922 x 323 or m.crogie@pqchc.com

Healthy Eating for Toddlers and Preschoolers: Learn about serving sizes, menu ideas, how to teach and maintain healthy eating patterns and attitudes about food. For parents of children 18 months to four years old. Katimavik Preschool Resource Centre, Mon., Nov. 23, 1- 3 pm, 180 Katimavik Road Kanata (entrance on McGibbon). Info: 613-591-6030 or KatimavikResource@ottawacatholicschools.ca

Healthy Eating for Toddlers and Preschoolers: Wondering about: serving sizes, menu ideas, how to teach and maintain healthy eating patterns and attitudes to food? Parents and children 18 months to four years old. Pinecrest Queensway Community Health Centre, Thurs., Nov. 26, 1:30-3:30 pm, 1365 Richmond Road. Info: 613-820- 4922 x 323 or www.pqchc.com

Temperament Factor: Children have their individual characteristics right from birth. Some are more persistent, more sensitive, or more intense than their peers creating a real challenge for their parents. Learn how to prevent problems and make life easier. OEYC-Carleton, Thurs., Nov.12, 6:30-8:30 pm, 2 MacNeil Court. Info: 613-591-3686 x 276 or www.communityresourcecentre.ca

Toilet Learning: Join us to discuss signs of readiness, tips on how to encourage independence in your child as well as the importance of a consistent routine. OEYC Ottawa South, Sat., Nov. 14, 9:30-11:30 am, 2330 Don Reid Drive. Info: 613- 737-6369 or www.afchildcare.on.ca

Fun With Letters and Numbers: Workshop will introduce the importance of letter knowledge and numeracy as essential literacy skills for school readiness. Discuss ways to introduce these concepts and discover a variety of activities to help your child. OEYC Ottawa South, Wed., Nov. 18, 6:30-8:30 pm, 2330 Don Reid Drive. Info: 613-737-6369 or www.afchildcare.on.ca

Make and Take: Monsters Join us to make six games /activities that explore emotions and fears, as well as teach your children math, language and concepts such as big/ little. Bring glue stick, scissors and markers. OEYC Ottawa-Orléans, Wed., Nov. 25, 7-9 pm, 210 Centrum Blvd, Suite 102. Info: 613-834-9620 or www.crcoc.ca

Time for Bed: Sleep patterns for different ages and strategies to help children develop healthy sleep habits. OEYC-Carleton, Thurs., Nov. 26, 9:30-11:30 am, 2 MacNeil Court. Info: 613-591-3686 x 276 or www.communityresourcecentre.ca

Fostering Self-Esteem in Children: How children see themselves in their own environment is very important and can have positive and negative effects on them. What is self-esteem, high and low self-esteem, and much more. OEYC-Carleton, Mon., Nov. 30, 6:30-8:30 p.m., 2 MacNeil Court. Info: 613-591-3686 x 276 or www.communityresourcecentre.ca

Songs, Stories and Rhymes: A four session group experience for parents of children aged birth to 18 months, focusing on the pleasure and power of using songs, rhymes and stories together. OEYC-Mothercraft Ottawa, Wednesdays, Nov. 4 to Nov. 25, 1:30- 3 p.m., Centretown Community Health Centre, 420 Cooper Street. Info: 613-233-4443 or www.mothercraft.com

Infant Massage: Come and learn the art of interactive massage to suit your baby's individual schedule, needs and development level. Vanier Community Resource Centre, 290 Dupuis Ave., Wednesday, Nov. 4 to Nov. 25, 2-3 pm. Info: 613-744-2892 x 1054

Nature for Little Groups: Children three to five will discover a natural world seen through the eyes of a beaver in this educational program An adventure with Billy the Beaver (Une aventure avec Hector le castor). Offered in either English or French. Canadian Museum of Nature, Friday mornings, Nov. 13 to Dec. 11 (45 mins), 240 McLeod Street. \$4 per child. Registration required. Info: 613-566-4701 or <http://nature.ca>

Mom and Baby Yoga: This class is for moms who want to exercise with care soon after childbirth. Positions are done in conjunction with the babies or while babies sleep. Bring a yoga mat, and a blanket for baby. OEYC- Mothercraft Ottawa, Wed., Nov. 18, 2:30-4 p.m., 475 Evered Avenue. Info: 613-728-1839 x 0 or www.mothercraft.com

Family Time: Come and create a family scrapbook. Please bring family photos for this interactive workshop for parents and children aged three to six. Vanier Community Service Centre, 290 Dupuis Ave., Wed., Nov.18, 9-11 am (during playgroup). Info: 613-744-2892 x 1054

Little Book Worms: A perfect opportunity for you and your child to enjoy the magic of books. Come read a different book each month, then make a special activity related to the book. Children three to six with parent or caregivers. OEYCOttawa South, 2330 Don Reid Drive, Sat., Nov. 21, 9:30-11:30 am. Info: 613-737-6369 or www.afchildcare.on.ca

Protecting Children's Health: Caregiver training is for those thinking about starting or already caring for children in your home. This workshop covers, cleaning, sanitizing, building healthy habits and dealing with injury and illness. PQCHC, Tues., Nov.10, 7-9 pm, 1365 Richmond Road. Info: 613- 820-4922 x 323 or www.pqchc.com

Dealing with Negative Behaviours Positively: What works with busy, self-focused toddlers? How can I teach safety, awareness of self and others? Do you have lots of questions? Come and get answers. Parents/caregivers of children 16 months to three years. Pinecrest Queensway Community Health Centre, Mondays, Nov. 16 to Nov. 23, 6:30-8:30 pm, Richmond Road, Info: 613-820-4922 x 323 or www.pqchc.com

Mini MindMasters: This program gives parents and providers successful activities to do with children to teach them: listening and focusing, body awareness, relaxation and stress management, and positive perspectives. OEYC- Mothercraft Ottawa, Thurs., Nov. 19, 6:30-8:30 p.m., 475, Evered Avenue. Info: 613-728-1839 x 0 or oeycottawacentre@mothercraft.com

Food Safety: Caregiver training is for those thinking about starting or already caring for children in their home. This workshop covers, safe food practices and preventing illness. PQCHC, Tues., Nov. 24, 7-9 pm, 1365 Richmond Road. Info: 613-820-4922 x 323 or www.pqchc.com

Family Literacy: During this workshop, explore different activities that will engage your family in order to help develop a variety of literacy skills. Join us for a fun evening of family literacy. OEYCOttawa South, 2330 Don Reid Drive, Nov. 28, 9:30-11:30 am Saturday Info: 613-737-6369 www.afchildcare.on.ca

RIRO-Reaching In Reaching Out Reaching IN....Reaching OUT (RIRO): An evidence-based skills training program designed to help adults help children develop a resilient response to life's inevitable bumps in the road. OEYC Ottawa South, 2330 Don Reid Drive, Thurs., Nov. 21, 7-9 pm (Part 2 – January). Info: 613-737-6369 or www.afchildcare.on.ca