

The plunging temperatures of January



Plunging temperatures and grey days can send a typically active family into hibernation. To help you avoid the “winter blues” it’s a must to get out with your children, enjoy some time together and socialize with other parents.

Ottawa area playgroups and resource centres are excellent venues for parents and caregivers with young children to visit and escape the tedium of a long winter day indoors.

Everyone benefits by interacting with others and sharing experiences. It’s important to know that you’re not alone, and that you are supported in your feelings. Here are some of the Benefits a Resource Centre can provide:

- You get the opportunity to meet other parents who are going through the same challenges you may be facing. It’s comforting to find out that other parents have children who can sometimes try their patience.
- It provides the opportunity for children and their caregivers to enjoy interesting, fun, educational activities together.
- If you are new to the Ottawa area, the resource centre can assist you in getting connected with the community. It can connect you with other community resources, such as recreation areas, literacy programs, and children’s services, to name a few.
- The resource centre has a multitude of good ideas and tips for you to try out at home, such as arts and crafts, play dough recipes, and songs and activities to help keep children busy and entertained.
- The resource book library provides excellent, up-to-date information on such topics as child development, sibling rivalry, child safety, nutrition, and so much more.

- Many resource centres offer a toy lending library where parents/caregivers can borrow fun, educational toys at no cost or a minimal fee.
- The warm and friendly staff are available to answer questions about child development, and can help you understand what to expect at each age and stage, and refer to the appropriate resources if there is a problem.
- Early learning activities are provided to assist in preparing children for school. They provide support for parents and caregivers because staffs focus on your strengths and encourage learning and growth in dealing with children.
- A resource centre provides a “one stop shopping” experience for information on everything from breastfeeding to toy lending libraries.

To find the closest Resource Centre to you, contact the Parent Resource Centre's Information Line: 613-565-2467 x 222

This article originally appeared in the January 2010 issue of Capital Parent Newspaper.