

Compiled by the Parent Resource Centre



For Parents

Parenting Solo: Making it Work: A single parent needs to develop particular skills and learn to take good care of themselves in order to maintain the ability to parent effectively and lovingly. Come and share strategies, successes, and struggles too. Wednesdays, Feb 3 - Mar 10, 6:30- 8:30 pm 1365 Richmond Road, Ottawa Contact: 613-820-4922 x 640

CCPRN Child Care Connection: The Child Care Connection meeting provides an opportunity for caregivers and parents to connect through facilitated meetings where information and resources are presented. Mon, Feb 8, 7-8 pm Katimavik Preschool Resource Centre 180 Katimavik Road (Entrance on McGibbon) CCPRN <http://www.ccprn.com> Contact: 613-749-5211

Parenting through Separation and Divorce: Topics include: Coping with stress, Understanding conflict and how it affects your family, Problem solving, Cooperative communication, Co-parenting and parenting plans. Tuesdays, Feb. 9 - Mar 9, 6:30 to 8:30 pm 312 Parkdale Avenue Family Services Ottawa <http://www.familyservicesottawa.org> \$125.00 Subsidies are available Contact: Call 613-725-3601 x 207

Music and Literacy: We will explore the world of sounds and rhymes through songs, stories and creative activities as well as provide learning strategies which emphasize language development. Join us for a fun evening. Wed, Feb 17, 6:30 - 8 pm OEYC – Nepean-Carleton, City View Centre for Child and Family Services 1099 Longfields Dr. Contact: 613-825-5990

Sleep: Come and learn what constitutes normal sleep patterns for babies and young children at different ages and stages of development. Identify strategies that promote healthy sleep patterns in their babies and young children. Become aware of common childhood sleep problems and how to deal with them appropriately. Thurs, Feb 18, 1:30- 3:30 pm Mothercraft Ottawa, 475 Evered Avenue OEYC <http://www.mothercraft.com> Contact: Cathy Cadieux 613-728-1839 x 0

Setting Consequences: Children learn self-discipline when they have to experience the consequences of their actions. But what consequences should be imposed and when? In this workshop you will learn, at what age to start using this way of teaching self-discipline. Also

we will help you learn how to set and maintain reasonable consequences. Consequences don't need to be severe to work, just inevitable. Sat, Feb 20, 9:30-11:30 am OEYC – Ottawa South, 2330 Don Reid Dr. oeycottawasouth@afchildcare.on.ca Contact: Samara Rose Nadeau 613-737-6369

Fostering Positive Body Images: With the rise in eating disorders, bullying and peer pressure, it is time to really look at negative behaviours and how they impact on our children. Come and join us for the keys to fostering positive body images in our children. Wed, Feb 24, 6:30 - 8 pm City View Centre for Child and Family Services 1099 Longfields Drive Contact: 613-825-5990

From Baby Food to Table Food: Talk with our dietician and learn strategies to successfully transition children from baby food to table food. Discuss serving sizes, solving problems, ensuring adequate nutrition and more. Thurs, Feb 25, 1:30-3:30 pm 1365 Richmond Road, Ottawa Pinecrest Queensway Community Health Centre <http://www.pqchc.com> Contact: 613-820-4922 x 323 For Parents/Caregivers (children aged birth to 6)

The Terrific Toddlers: In this 4 week workshop series we will explore developmental milestones of children 12 months to 3 years. Create a safe toddler environment. How important is proper sleep and healthy nutrition. Communication with your toddler and acknowledge feelings, self calming and more. Tuesdays, Feb 2 - Feb 23, 7-9 pm 75 Hemmingwood Way, Nepean Bus #178 CentrepoinTE Early Childhood Resource Centre Contact: Gudrun 613-225-4819

Mini-Cooks: Children are proud of what they accomplish! Involving them in meal planning as well as cooking will encourage them to enjoy the food they eat. Come and create fun recipes your children will enjoy. Wed, Feb 3, 9-11 am (during playgroup) Vanier Community Service Centre 290 Dupuis St. OEYC – Ottawa-Vanier <http://www.cscvanier.com> Contact: 613-744-2892 x 1054

Baby Sign Language and Song: Babies understand language long before they can speak. In this 3 series workshop parents will learn 50-75 of the most common signs used with babies, aged 6 to 18 months. Fridays, Feb 5 - Feb 19, 1-2 pm 75 Hemmingwood Way, Nepean Bus #178 CentrepoinTE Early Childhood Resource Centre Contact: Gudrun 613-225-4819

Chinese New Year Celebration: Through songs, crafts and musical activities we will be celebrating the coming of the year of the tiger. Join us! Mon, Feb 8, 9-11 am Vanier Community Service Centre 290 Dupuis St. Ottawa-Vanier OEYC www.cscvanier.com Contact: 613-744-2892 x 1054

CCPRN Child Care Connection Meeting: The Child Care Connection Meetings provide an opportunity for caregivers and parents to connect through facilitated meetings where

information and resources are presented to all attending. Wed, Feb 10, 6:30-7:30 pm 210 Centrum Blvd. Suite 102 Provided by: CCPRN www.ccprn.com Contact: 613-749-5211

Baby, Sign and Song: Learn to communicate with your baby before they talk by learning through songs and signs. Babies under 18 months are welcome. Limit 12 babies. Wednesdays, Feb 10 - Mar 3, 1:30 to 3:00 p.m. Mothercraft Ottawa, 475 Evered Avenue OEYC – Ottawa Centre www.mothercraft.com Contact: Cathy Cadieux 613-728-1839 x 0

Baby Talk (Offered by First Words): This workshop is designed to help parents recognize how babies communicate in many ways and for different reasons. Parents learn strategies on how to promote speech and language development. Thurs, Feb 11, 1:30- 3:30 p.m. Mothercraft Ottawa, 475 Evered Avenue OEYC www.mothercraft.com Contact: Cathy Cadieux 613-728-1839 x 0

Toilet Learning: How to assess your child's readiness for toilet learning and ideas to help facilitate the process. Discussion. Thur, Feb 18, 9:30-11:30 OEYC Carleton, 2 MacNeil Court, Kanata Dinah Sloan, Public Health Nurse www.communityresourcecentre.ca Contact: 613-591-3686 x 276

Coping With Children's Behaviours: Come and identify normal behaviour for the various stages of growth and development of children from birth to age six. Learn new ways to prevent and manage misbehaviours that keep children feeling good about themselves. Become aware of the various community resources available that support them in their parenting role. Mon, Feb 22, 10-12 p.m. Location: Bethany Hope Centre 1140 Wellington Street West OEYC www.mothercraft.com Contact: Cathy Cadieux 613-728-1839 x 0

Anger in the Family – A Necessary Evil? What happens when anger explodes in your family? How can you teach your kids to handle their strong emotions, without hurting other people or themselves? This workshop will help you understand where anger comes from, how to manage its energy and how to redirect it positively. Mon, Feb 25, 6:30-8:30 pm OEYC Carleton – 2 MacNeil Court, Kanata Betsy Mann www.communityresourcecentre.ca Contact: 613-591-3686 x 276

Infant Massage: This 3 session workshop will allow parents to learn how to massage their baby to help improve sleep, bonding, development and more. Limit 10 babies. Saturdays, Feb 27 - Mar 13, 10- 11 a.m. Mothercraft Ottawa, 475 Evered Avenue OEYC-Ottawa Centre www.mothercraft.com Contact: Cathy Cadieux 613-728-1839 x 0

For Parents/Caregivers and their Children

Craft Snack Circle-Sawmill Creek: Children will have the opportunity to make a craft, prepare their own snack and take part in circle time. Second Wed of the month Jan 13 - Mar 10, 9:30-11 am Sawmill Creek Community Centre, 3380 D'Aoust oeycottawasouth@afchildcare.on.ca Contact: Samara Rose Nadeau 613-737-6369

How to Make Your Own Baby Food: Join us and learn how to make your own baby food. Handouts and recipes will be provided. Tues, Feb 2, 1:30-3:00 pm (during baby playgroup) Vanier Community Service Centre 290 Dupuis St. OEYC-Ottawa-Vanier
www.cscvanier.com 613-744-2892 x 0154

Yoga Play: This fun and gentle yoga session will support emotional, physical and mental development in a fun and uplifting way. Children 3 - 6 years Wed, Feb 3, 2 - 3 p.m. OEYC – Nepean-Carleton City View Centre for Child and Family Services 1099 Longfields Dr. OEYC Nepean-Carleton Contact: 613-825-5990

Creative Construction Play: Plan it, Design it, Build It, and Work it! You will only be limited by your imagination in this parent/child workshop where we will experiment with many different types of materials and create crafty building and roads. Children 3-6 years Wed, Feb 3, 6 - 7 pm OEYC – Nepean-Carleton City View Centre for Child and Family Services 1099 Longfields Dr. OEYC Nepean-Carleton Contact: 613-825-5990

Mother Goose: This workshop will focus on the pleasures of learning language development through songs, rhymes and tickles. Thursdays, Feb 4 - Mar 25, 2 - 3 pm OEYC – Nepean-Carleton, City View Centre for Child and Family Services 1099 Longfields Dr. Contact: 613-825-5990

Infant Massage 2 sessions: For parents and infants 12 months and under. Massaging your baby can prevent colic, strengthens the immune system, eases cold symptoms, and more. Bring a blanket or towel. Wednesdays, Feb 10 - Feb 24, 10-11 am 210 Centrum Blvd. Suite 102 OEYC Ottawa-Orléans www.crcoc.ca Contact: Parent Resource Worker 613-834-9620

Valentine Tea Party: A tradition steeped in history and an activity practised by many cultures. Tea time is the perfect time to learn. Come and socialise, develop gross motor, fine motor and early writing skills, participate in movement activities, but most importantly have plenty of time to play! Wed, Feb 10, 6:30 - 7:30 pm OEYC Nepean-Carleton, City View Centre for Child and Family Services, 1099 Longfields Dr. OEYC Nepean-Carleton Contact: 613- 825-5990

Introduction to Solids and Making Baby Food: Learn about the healthiest foods for babies and their benefits, allergenic foods, choking hazards etc. Babies 4-8 months Thurs, Feb 11, 1:30-3:30 OEYC Carleton 2 MacNeil Court, Kanata Anne Lim, Registered Dietician www.communityresourcecentre.ca Contact: 613-591-3686 x 276

Introduction to Mini-Mind Masters: For parents and children (3-6 yrs) together. The first hour parents will be with the facilitator to learn techniques on how to help your child to focus, listen, relax and deal with life in more positive ways. Childcare will be provided. The second hour parents and children will come together and practice the techniques. CD and detailed handouts provided. Every second Saturday, Feb 13 - Feb 20, 10-12 pm 1365

Richmond Road, Ottawa Ottawa West/Nepean OEYC & PQCHC www.pqchc.com Contact: 613-820-4922 x 640

Pizza Math: Your child can start learning math in a simple and fun way. Come and play some math games and learn to make your own math pizza game. Wed, Feb 17, 6 - 7 p.m. OEYC-Nepean-Carleton City View Centre for Child and Family Services 1099 Longfields Dr. Contact: 613-825-5990

Hatha Yoga: This Hatha yoga class is for preschool children (3-6 years) and their parents. It will introduce the benefits of fitness in a fun, inclusive and safe class environment. The class will take a play-based approach to yoga and will contribute to the development of healthy habits that will last a lifetime. Thursdays, Feb 18 - Mar 11, 1-2 pm Farm Community Center 1065 Ramsey Cr. Ottawa West/Nepean OEYC & PQCHC www.pqchc.com Contact: 613-820-4922 x 640

Choosing Child Care: Making an informed choice for your child's care can be confusing. A counsellor from Child Care Information can answer the questions you have regarding childcare in Ottawa. Tues, Feb 23, 1:30-3 pm (during baby playgroup) Vanier Community Service Centre 290 Dupuis St. OEYC-Ottawa-Vanier www.cscvanier.com Contact: 613-744-2892 x 1054

Prenatal and Postnatal

Dental Health for Baby: Me and My Baby: Infant to 12 months. The dental hygienist will give you information on; the care of baby teeth, When to see your dentist, How to help with teething. Check your baby's gums and teeth. Mon, Feb 8, 2-4 pm 75 Hemmingwood Way, Nepean Bus #178 Centreponte Early Childhood Resource Centre Contact: Gudrun 613-225-4819

Baby Proofing Your Home: Me and My Baby: Infants to 12 months Safety tips that includes a checklist for your home. Mon, Feb 22, 2- 4 pm 75 Hemmingwood Way, Nepean Bus # 178 Centreponte Early Childhood Resource Centre Contact: Gudrun 613-225-4819

Terrific Toddlers and Preschoolers: The years between 1 - 4 can be challenging and or terrific! This 5 week session offers opportunities to increase your parenting skills and knowledge of child development. Topics include: understanding parenting styles, healthy child development, positive discipline techniques, and more. You must register for all five. Wednesdays until Mar 24, 6:30-8:30 pm OEYC-Ottawa South, 2330 Don Reid Dr. oeycottawasouth@afchildcare.on.ca Contact: Samara Rose Nadeau 613-737-6369

Make and Take:

Book Making (Offered by First Words): In this engaging workshop participants get the opportunity to make homemade books. This workshop has various components, one is to

discuss the age-appropriateness of different books and the other component focuses on the importance of storytelling with early exposure to books. Wed, Feb 17, 9:15 to 11:15 a.m. Mothercraft Ottawa, 475 Evered Avenue OEYC www.mothercraft.com Contact: Cathy Cadieux 613-718-1839 x 0

Make and Take: A Book: A very engaging workshop in which participants make homemade books. This workshop has various components, 1. To discuss the age-appropriateness of different books. 2. Focus on the importance of storytelling and early exposure to books. Wed, Feb 24, 6:30 - 8 pm City View Centre for Child and Family Services, 1099, Longfields Dr. Contact: 613-825-5990

Make and Take (Sports with an Olympic Theme) This workshop will explore active play ideas as well as math, fine motor and language ideas on the theme of sports and Olympics. Please bring scissors, markers and a glue stick. Wed, Feb 10, 7-9 pm 210 Centrum Blvd. Suite 102 CCPRN www.ccprn.com Contact: 613-834-9620 Wed, Feb 3, 6:30-8:30 pm Katimavik Preschool Resource Centre 180 Katimavik Road Entrance on McGibbon Kanata CCPRN www.ccprn.com Supply Fee \$15.00 Contact: 613-749-5211

Make a Book for Story Time: Surrounding your children with books at any age is important to their development. Come and participate in this activity and learn how to make homemade books. Join us in this workshop that has various components. Wed, Feb 10, 9:00-11.00 (during playgroup) Vanier Community Service Centre, 290 Dupuis St. OEYC – Ottawa-Vanier www.cscvanier.com Contact: 613-744-2892 x 1054

Little Book Worms- Special Edition “Winter Fun”: Join us for fun & creative winter crafts, songs & stories. For children 3-6 years old. Wed, Feb 17, 6:00-7:30 pm Location: OEYC – Ottawa South 2330 Don Reid Dr. oeycottawasouth@afchildcare.on.ca Contact: Samara Rose Nadeau 613-737-6369

Dinosaur – Make and Take: This workshop is a great opportunity for parents and caregivers to make dinosaur themed activities and learn new songs to share with their children. Wed, Feb 3, 6:30-8:30 pm OEYC-Ottawa South, 2330 Don Reid Dr. oeycottawasouth@afchildcare.on.ca Contact: Samara Rose Nadeau 613-737-6369 March

Break Boredom Busters: Parents and Caregivers join us for a fun and interactive evening of games and activity ideas that will keep you and your children busy during March Break. Wed, Feb 24, 6:30-8:30 pm OEYC-Ottawa South, 2330 Don Reid Dr. oeycottawasouth@afchildcare.on.ca Contact: Samara Rose Nadeau 613-737-6369

For Fathers

Dad and Infant Massage: This workshop is for dads and baby under 12 months. Massaging your baby can be a wonderful experience, preventing colic, strengthens the immune system, eases cold symptoms and reduces ear infections. Bring a blanket or towel. Sat, Feb 6, 10-11

am, 210 Centrum Blvd. Suite 102 OEYC Ottawa-Orléans www.crcoc.ca Contact: Parent Resource Worker 613-834-9620

Just for Dads... Parenting When You're Single: This eight-week course offers an informative, interactive exploration of challenges and opportunities facing fathers when they're on their own. Wednesdays, Feb 10 - Mar 31, 6:30 to 8:30 (March 17 excluded) Family Services Ottawa, 312 Parkdale Avenue www.familyservicesottawa.org Contact: 613-725-3601 x 207

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