

Compiled by the Parent Resource Centre



## For Parents/Caregivers of Children birth to 6

**Anger Management for Parents.** All parents feel anger! How we respond to our children when we are in conflict, and experiencing stress, that makes the difference! Join this six session workshop and learn to identify your triggers, problem-solve conflicts. Pincrest-Queensway Community Health Centre, Mondays, June 1- July 6, 6:30-8:30 pm, 1642 Merivale Road (Merivale Mall). **Info: 613-820-4922 x 323**

**Kids Have Stress Too!** In this 3rd session learn about the importance of teaching children to calm themselves and how to deal with stressors positively. Lots of strategies to use at home! Nepean Rideau Osgoode Comm. Resource Centre, Thursdays, June 4 to June 18, 6:30 - 8:30 pm, 1642 Merivale Road. **Info: 613-820-4922 x 323**

**Prepare Your Home to Provide Home Childcare.** Planning to do childcare in your home? Consider how you can use all parts of your home to enrich children's experiences. Come and plan the best use of your home and help problem solve specific issues. OEYC-Ottawa West/Nepean, June 10, 6:30-8:30 pm, 210 Woodridge Crescent (Bayshore Area). **Info: 613-820-4922 x 323**

**The Value Of Play.** Join our experts on play! Learn how play impacts children of all ages. How different types of play are important for a child's normal and healthy development. City View Centre for Child & Family Services, Wed., June 10, 6:30-7:30 pm, 1099 Longfields Dr. **Info: 613-825-5990**

**Introduction to Infant Massage.** Come and join us for an evening workshop for baby/parent. Learn basic baby massage techniques to practice at home. City View Centre for Child & Family Services, Wed., June 10, 6:45-7:45 pm, 1099 Longfields Dr. **Info: 613-825-5990**

**School Readiness.** Explore the Ontario Kindergarten Curriculum. Discuss how family literacy activities and different learning styles help prepare your child for school. Acquire the tools needed to support your child in this transition. OEYC-Carleton, Thurs., June 18, 9:30-11:30 am, 2 MacNeil Court, Kanata. **Info: 613-591-3686 x 276**

**Help! My Child is Starting Kindergarten...** This workshop will focus on how you can prepare your children for this new and exciting chapter in their lives. OEYC Ottawa South, Wed., June 27, 9:30-11:30 am, 2330 Don Reid Drive. **Info: 613-737-6369**

**Baby Sign and Songs.** In this four session workshop learn to communicate with your baby before they talk by learning through songs and signs. Babies under 18 months are welcome. Limit of 12 babies. OEYC-Ottawa Centre, Mondays, June 1 to June 22, 3 - 4 pm, 475 Evered Avenue. **Info: 613-728-1839 x 238**

**Infant Massage.** This three session workshop will teach parents how to massage their baby to help improve sleep, bonding, development and more. Limit of 10 infants. OEYC-Ottawa Centre, Saturdays, June 6 to June 20, 10 - 11 pm, 475 Evered Avenue. **Info: 613-728-1839 x 238**

**Summer Safety.** With summer just around the corner lets make sure we keep our children and ourselves safe from sun, water and other summer activities. Join us for this informal workshop. Vanier Community Service Centre, Wed., June 10, 9-11 am, 290 Dupuis Ave. (during playgroup). **Info: 613-744-2892 x 1060**

**Mom and Baby Yoga.** This is the perfect class for moms who want to exercise soon after childbirth but realize that they should do so with care. Limit of 10 participants. OEYC-Ottawa Centre, Wed., June 10, 2:30 - 4 pm, 475 Evered Ave. **Info: 613-728-1839 x 238**

**Learning To Learn.** Parent and children learn and retain information in different ways. Parents explore different learning styles and identify the best approach to support their children's learning. OEYC Ottawa South, Sat., June 13, 9:30-11:30 am Saturday 2330 Don Reid Drive. **Info: 613-737-6369**

**Let's Celebrate Summer!** Is summer is finally here? Come and celebrate the beginning of the summer season with special songs, crafts and stories. Vanier Community Service Centre, Mon., June 15, 9:30 - 11:30 am, 290 Dupuis Ave. **Info: 613-744-2892 x 1060**

**Summer Safety.** With Summer just around the corner lets make sure we keep our children and ourselves safe from sun, water and other activities. Join us for this informal workshop. Vanier Community Service, Tuesday, June 16, 1:30- 3 pm, 290 Dupuis Ave. **Info: 613-744-2892 x 1060**

**Exploring Colours.** This workshop will focus on the pleasure of spontaneous learning of colours through science activities. City View Centre for Child & Family Services, Wed., June 17, 6 - 7 pm, 1099 Longfields Dr. **Info: 613-825-5990**

**Time for Bed.** Sleep patterns for different ages. Learn strategies to help children develop healthy sleep habits. OEYC-Carleton, Fri., June 19, 9:30-11:30, 2 MacNeil Court, Kanata **Info: 613-591-3686 x 276**

**Infant Toddler Fun - Summer Edition.** Come & get inspired with some fun summer activities and songs just for infants and toddlers (Birth to 2.5 years). OEYC Ottawa South, Sat., June 20, 9:30-11:30 am, 2330 Don Reid Drive . **Info: 613-737-6369**

**Little Book Worms Club.** This is a perfect opportunity for you and your child to enjoy the magic of books. Come and read a book and then make a special activity related to the book. Three to six years old, OEYC Ottawa South, Wed., June 24, 6 - 7:30 pm, 2330 Don Reid Drive . **Info: 613-737-6369**

**Transition from Baby Food to Table Food.** Wondering how much food your older baby needs? What are some of the feeding challenges? Looking for recipe ideas? For parents of babies 10-18 months at the time of the workshop. OEYC-Carleton, Wed., June 24, 9:30-11:30 am, 2 MacNeil Court, Kanata. **Info: 613-591-3686 x 276**

**Toddler Time with Terri** (toddlers 15-24 months only). Be prepared to be very active with your child. The morning will involve balls, blocks, music and movement and more. OEYC-Carleton, Mon., June 1 to June 15, 9:30-11:00 am, 750 March Road, Kanata.  
**Info: 613-591-3686 x 276**

**Dental Screening Clinic.** A registered public health dental hygienist will look with a small flashlight into your child's mouth to identify any urgent dental needs. The hygienist will notify you if there are any findings, and support you in getting help. OEYC-Carleton June 11, 9:15-11:15 am, Thursday 434 Donald B Munro, Carp. **Info: 613-591-3686 x 276**

## **MAKE AND TAKE**

**A Rainbow of Colours! Make & Take** In this workshop, you will create cognitive games, activities to develop fine and gross motor skills and much more. OEYC Ottawa South, Wed., June 17, 6:30- 8:30 pm (Wednesday) 2330 Don Reid Drive **Info: 613-737-6369**

**Summer Fun! Make and Take.** Come and make a file folder colour matching game. Learn how to prepare messy outdoor craft ideas. We will also make one summer felt board story. OEYC Ottawa South, Wed., June 24, 6:30- 8:30 pm, 2330 Don Reid Drive.  
**Info: 613-737-6369**

## **FIRST TIME PARENT AND BABY PROGRAM**

**Infant Dental Health.** 1st Time Parent and Baby Program: Find out why it is important to do infant dental hygiene, even when teeth are not yet showing. CentrepoinTE Early Childhood Resource Centre, Mon., June 15, 2 -4 pm, 75 Hemmingwood Way

**Info: 613- 225-4819**

**Intro to Solids and Making Baby Food.** 1st Time Parent and Baby Program: Find out when it is appropriate to start solids. Learn how to make your own baby food. CentrepoinTE Early Childhood Resource Centre, Mon., June 22, 2 -4 pm, 75 Hemmingwood Way. **Info: 613-225-4819**

**Sleep and Routines.** 1st Time Parent and Baby Program: How much sleep does your infant need? Learn some strategies about what to do when it is too hot to sleep. CentrepoinTE Early Childhood Resource Centre, Mon., June 29, 2 -4 pm, 75 Hemmingwood Way  
**Info: 613- 225-4819**

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