

Parent Education for JULY 2008
Compiled by the Parent Resource Centre



Introduction to Solids! Making Your Own Baby Food! For parents of children ages 4-8 months of age. Learn what, when, how much, of foods to introduce and the what's the best way to go about it. OEYC - Ottawa West/Nepean, July 14, 1365 Richmond Rd. **Info: 613-820-4922 x 323**

Returning to Work After Parental Leave. Going back to work and wondering how you and others will adjust? Meet with a Parent Support Staff and other parents, to share strategies and problem solve together. OEYC - Ottawa West/Nepean, July 16, 6:30 - 8:30 pm, 1365 Richmond Rd. **Info: 613-820-4922 x 323**

Mother Goose! Rhymes and songs to enhance your everyday activities with your baby. Birth-12 months old. An 8 week program. OEYC-Carleton, July 8 to August 26, 1:30-3:00 pm 2 MacNeil Court, Kanata. **Info: 613-591-3686 x 276**
oeycarleton@communityresourcecentre.ca

Infant Massage (babies under 7 months). Calm and nurture your baby with special strokes. Bring a blanket to fold under your baby, and dress comfortably as you will be on mats on the floor. OEYC - Ottawa West/Nepean, July 8 to July 15, 1:30 - 3:00 pm (2 sessions), 1365 Richmond Rd. **Info: 613-820-4922 x 323**

Introduction to Solids and Making Your Own Baby Food. Learn about healthy foods for babies and the benefits, allergenic foods, choking hazards (4-8 m). Babies can attend. OEYC-Carleton, July 16, 1:30-3:00 pm 2 MacNeil Court, Kanata. **Info: 613-591-3686 x 276** oeycarleton@communityresourcecentre.ca

Infant Massage. Learn how to massage your baby (pre-crawling only) to help improve sleep, bonding, development and more. A 4 week program. OEYC-Carleton, July 16 to August 6, 2:00-3:00 pm, 2 MacNeil Court, Kanata. **Info: 613- 591-3686 x 276**
oeycarleton@communityresourcecentre.ca

Board Games or Building! - PLAYSHOP An interactive adult and child evening of fun -- for children aged 3-5 years, with a parent or caregiver! Participation will be limited to 12 children. OEYC - Ottawa West/Nepean, July 23, 6:30 - 8:30 pm, 1365 Richmond Rd. **Info: 613-820-4922 x 323**

Snackaganza and More. Come with your 3-5 year old and make nutritious snacks together, learn about healthy eating through puzzles, matching games and more. OEYC-Carleton, July

24, 9:30-11:30 am, 2 MacNeil Court, Kanata. **Info: 613-591-3686 x 276**
oeycarleton@communityresourcecentre.ca

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