

Compiled by the Parent Resource Centre



## Parent/Caregiver Education

**Parents Exploring Day Care Options** This interactive workshop explores the various types of child care available Children's Village of Ottawa Carleton, Oct. 14-Dec. 14, 1:15 p.m. (3rd Thursday Monthly), 333 Churchill Ave. N. **Info: 613 725-2040 x 138**

**Mini Mind Masters** A fun, flexible program that helps young children build positive living skills. Learn a variety of activities to help your child with listening skills, stress management, body awareness and more. For children 3 to 6. Somerset West Community Health Centre, Wed., Dec. 3, to Dec. 10, 9:00 to 11:00 am 755 Somerset St. W. **Info: 613 238-8210 x 2989**

**Healthy Eating -Toddlers & Preschoolers** Wondering about, serving sizes, menu ideas, how to teach, maintain healthy eating habit and attitudes to food? For parents/caregivers of children 18 m to 4. OEYC-Carleton Wed. Dec. 10, 1:30-3:30 pm, 2 MacNeil Court, Kanata. **Info: 613 591-3686 x 276**

**Creating Meaningful Family Traditions** Traditions are not just for the holidays! Come and discuss ideas of family traditions that will bring your family closer together for years to come. OEYC - Ottawa South, Sat, Dec. 13, 9:30-11:30 am, 2330 Don Reid Drive. **Info: 613 737-6369**

**Coping With Young Children's Behaviours** Come and discuss various behaviours, why they occur, different temperament, personalities and how they interact with each other. OEYC-Ottawa South, Wed., Dec. 17, 6:30-8:30 pm, 2330 Don Reid Drive. **Info: 613 737-6369**

**Little Book Worms Club** A perfect opportunity for you and your child to enjoy the magic of books. Read a book and then make special activities related to the story. (For children 3-6 accompanied by an adult) OEYC - Ottawa South, Wed., Dec. 17, 5:30-7:00 pm, 2330 Don Reid Drive. **Info: 613 737-6369**

**Music Club** Come make music with a variety of instruments and props- including yourself! Explore rhythm, beat, tempo, sing, dance, and make music in a variety of ways. Children 3 to 6, OEYC- Ottawa South, Wed., Dec. 10, 5:30-7:00 pm, 2330 Don Reid Drive. **Info: 613 737-6369**

**Touch & Feel for Toddlers** Bring your toddlers and let them touch to their hearts contents! All activities are designed to be explored through the sense of touch. (Children 18- 35 months accompanied by an adult) OEYC- Ottawa South, Wed., Dec 10, 1:30-2:30 pm or 5:30-6:30 pm 2330 Don Reid Drive. **Info: 613 737-6369**

**Sleep and Routines** 1st Time Parent and Baby. Establish healthy sleep schedules with your baby up to 8 months. CentrepoinTE Early Childhood Resource Centre, Mon., Dec. 15, 2:00-4:00 pm, 75 Hemmingwood Way. **Info: 613 225-4819**