



# Programs & Workshops for Parents & Caregivers

July– September 2010

**Free!**



**Just Beginning** is a program offered by the OEYCs and London Middlesex Health Unit for first time mothers and their babies. See the Just Beginning brochure at your nearest OEYC or Well Baby Clinic for details.



Please remember to register at least one week prior to start date to avoid disappointment



A minimum number of registrants is required in order to run programs



If you've registered and cannot attend, please call and let us know!!



Pour les services Français contactez la Ribambelle au 519-472-2334



Services for professionals are available at Childreach ECE Resource Centre at 519-434-3644 ext. 11

**[www.familyinfo.ca](http://www.familyinfo.ca)**

☺ Childminding is provided ☎ Pre-registration is required  
A Adult program AC Adult/Child program

**OEYC London West 1019 Viscount Rd at Jean Vanier School**  
**To register for programs on this page, call (519) 473-2825**  
**Operated by London Children's Connection [www.lcc.on.ca](http://www.lcc.on.ca)**

**Parenting Begins AC** 📞

We invite young moms and dads and their children to a program designed to be fun, supportive and educational. Come and meet other young parents. Learn about caring for your child. Enjoy some time in our playroom, doing activities with your child. We will provide a supper for all participants. Take home ideas and resources to help you in your parenting.

**Tuesdays, June 29 to July 27**

4:40 to 6:30 pm

**Parenting in the Park AC**

Join us at the park on Mondays, between 9:30 and 11:30 am, to discuss parenting topics, share with other parents, and enjoy some interaction with your child. Weather permitting.

**Mondays**

**July 5** Toilet Training

**July 12** Ready for School

**July 19** Sleep

**July 26** Healthy Eating

**August 9** Active Play

**August 16** Homemade Fun

9:30 to 11:30 am

West Lions Park

beside Kinsmen Recreation Centre

20 Granville Street

**Communicating with Your Infant**

**A** 📞

Explore developmental milestones of language, and learn tips and techniques for communicating with your 6 month to 2 year old baby. The importance of one to one interaction will be discussed. Babes in arms are welcome to attend.

**Wednesday, August 4**

10:00 to 11:30 am

**Stretch and Grow with Your Baby**

**AC** 📞

Discover fun, simple and physical activities for you and your baby aged 6-15 months. Sessions will be split between a facilitated group time and time for exploration of planned activities. Topics include growing strong, sensory development, baby massage, and moving to music.

**Wednesday, August 11 to**

**September 1**

10:00 to 11:00 am

**Let's Have a Ball AC** 📞

An interactive morning of physical activities, crafts and snack for 3 to 6 year old children. Information about healthy active living and healthy food choices will be available to parents and caregivers.

**Wednesdays, September 8 to 29**

10:00 to 11:30 am

Rowntree Park

Whetter St, east of Wellington Rd.

**Child Guidance Strategies A** 📞 😊

Learn specific strategies and techniques to use when guiding children's behaviour. We will focus on problem solving and ways to help your child develop the skills required to resolve conflicts. Participants will have the opportunity to share and discuss experiences.

**Monday, September 20**

6:30 to 8:30 pm

**Make the Connection AC** 📞

This program uses parent-child activities, parent discussion and video feedback to promote secure attachment, communication and toddler's learning. We will have a play time and sing along each week, as well as opportunities for informal adult conversation. For toddlers who are between twelve and twenty four months old. In partnership with Kinsmen Recreation Centre.

**Fridays, September 24 to**

**December 3**

**No session on October 15 or**

**November 19**

At Kinsmen Recreation Centre

20 Granville St

10:00 to 11:30 am

Call to 519-661-5575 register

**Sleep and Bedtime A** 📞 😊

A good night's sleep is important to the health and well-being of child and parent. Parents will learn and share ideas to develop successful bedtime and sleeping routines for their toddler and/or preschooler.

**Thursday, September 30**

6:30 to 8:30 pm

### **Communicating with your Infant**

A ☎️

Explore developmental milestones of language, and learn tips and techniques for communicating with your 6 month to 2-year-old baby. The importance of one to one interaction will be discussed. Babes in arms are welcome to attend.

**Wednesday, July 14**

6:00 to 7:00 pm

### **"I Spy" Kits** A ☎️ 😊

Learn interesting techniques to stimulate your child's environment in a fun way with "I Spy" activities that encourage observational skills. Suggestions to use with children 2-6 years will be provided. Make and take activities and handouts will be provided.

**Thursday, June 15**

10:00 to 11:00 am

### **Welcome to "WordWorld"**

AC ☎️ 😊

"WordWorld" helps preschool children ages 3 to 6 years make important connections between letters, sounds, words and meanings that are necessary for reading. This interactive workshop will introduce this educational TVO program and its WordFriends to you and your children through a variety of fun activities.

**Wednesday, August 4**

6:00 to 7:00 pm

### **Rainbow Fun** AC ☎️

This four-week program is for parents and their preschoolers, aged 3 to 6 years old. Come out and exercise together. Learn about the importance of staying active and having a great time doing it! A healthy snack and take home sheets will be provided.

**Thursdays, August 5-26**

10:00am to 11:00am

East London Library

2016 Dundas St. E.

### **Finger Fun for Your Toddler**

A ☎️ 😊

The OEYC Literacy Specialists will introduce songs and finger plays to engage your toddler using puppets. Parents will make a glove puppet, take away a storybook and an additional activity package. Activities are geared towards children 12-24 months of age.

**Wednesday, August 11**

10:00 to 11:00 am

### **Sleep and Bedtime** A ☎️ 😊

A good night's sleep is important to the health and well-being of child and parent. Parents will learn and share ideas to develop successful bedtime and sleeping routines for their toddler and /or preschooler.

**Tuesday, August 17**

10:00 to 11:00 am

### **Creative School Lunches** A ☎️ 😊

Do you often wonder what to make your child for lunch? Come and learn new creative ways to incorporate healthy, fun lunches for children to take to school. Take home recipes will be provided.

**Saturday, Aug. 28**

10:00 to 11:00 am

### **Latin Dance with Your Baby**

AC ☎️

Partner won't salsa? Join us for a 3 week series of fun and exercise learning to Latin dance with your baby (0-12months)

**Tuesdays, September 14-28**

10:00 to 11:00 am

East London Library

2016 Dundas St. E.

### **Power Struggles** A ☎️ 😊

Information will be shared with participants regarding power struggles families experience with children from infancy up to 12 years of age. Discussion will focus on strategies that families can use to eliminate or diffuse conflict situations experienced during power struggles. Presented by an All Kids Belong Resource Consultant.

**Thursday, September 23**

10:00 to 11:00 am

### **Early Literacy for Infants** A ☎️ 😊

Join the Literacy Specialists for a parent make and take workshop to help develop your baby's emerging literacy skills. Activities are geared towards children 0-12 months of age.

**Thursday, September 30**

10:00 to 11:00 am



### Letter Fun AC ☎

This is a four week literacy program for parents and their children aged 3 to 6 years. A wide range of alphabet-based activities are introduced.

**July 13, 15, 20 & 22**

1:30 to 3:00 pm

### Making Your Own Toys A ☎ ☺

The cost of toys can be overwhelming. Come out to see what you can do and make with materials you have at home. We'll talk about ways for your child to use these toys and the skills they will gain. This workshop is suitable for parents of children with special needs.

**Thursday, July 15**

10:00 to 11:30 am

### Baby Wearing AC ☎

This is an opportunity for parents to learn about the many benefits of carrying a baby/ young child in a cloth carrier. Check out different styles and ask questions about comfort and ease of baby wearing.

**Wednesday, July 14**

10:00 to 11:00 am

St. Judes Church, 1537 Adelaide St. N.

### Temper Tantrums A ☎

This workshop will look at what's typical behaviour for young children followed by discussions about strategies parents can try to minimize temper tantrums.

**Tuesday, July 27**

6:30 to 8:00 pm

### School Readiness Workshops AC ☎

**Fine Motor:** Learn about fine motor skill development for children entering school in September while they get to practice cutting, sewing, tracing and weaving.

**Tuesday, August 10**

10:00 to 11:15 am or

1:30 to 2:45 pm

**Pre-Math Skills:** Children entering school in September will have an opportunity to practice shape recognition while making patterns, match up games and tracing.

**Tuesday, August 17**

10:00 to 11:15 am or

1:30 to 2:45 pm

**Science Discoveries:** Opportunity for children entering school in September to have safe, hands on scientific experimentation. Using curiosity, prediction and problem solving children will observe and interact with fun materials.

**Tuesday, August 24**

1:30 to 2:45 pm

### Earth Friendly Prenatal and Baby Care

A ☎

Find out what's **actually** in the products that we buy for ourselves and our babies. Learn tips on how to make safer and healthy earth friendly choices during your pregnancy, childbirth and baby care –from feeding your baby the best food available to eco-friendly diapers, household and personal care products. Babies welcome.

**Tuesdays, August 10 & 17**

6:30 to 8:30 pm

### Seuss on the Loose A ☎ ☺

Have you ever seen a Cat in a Hat? How about a Fox in Socks? Parents of children **aged 3 to 6 yrs.** come and discover how Dr.Seuss stories have changed and grown. Learn a variety of activities you can create using Dr.Seuss books to encourage your child's love of reading.

**Tuesday, August 31**

10:00 to 11:30 am

### How is School Going? A ☎ ☺

Starting school can be tough on our children and us as parents. Join a Resource Consultant from All Kids Belong to talk about how the change from home to school is going, the feelings you have leaving your child, sending a suitable lunch and how to get your child to tell you what's happening at school. Learn ways to encourage your child to get to know other kids and make school a positive experience for everyone.

**Tuesday, September 14**

10:00 to 11:30 am

### Positive Mealtimes A ☎ ☺

Mealtime is an opportunity for the family to come together for food, conversation and fun. Strategies for overcoming difficulties such as picky eaters will be discussed. Learn healthy food ideas and creative ways to introduce new foods.

**Tuesday, September 21**

10:00 to 11:30 am

### Fill Your Parenting Toolbox A ☎

Childreach's resource, a DVD filled with 10 Parenting Tips helps parents give children the best possible start in life. View the tips and discuss ways to use them with children as well as practice the strategies. Build on your strengths and learn ways to handle parenting challenges. **Fill Your Parenting Toolbox** with as many skills and strategies you can!

**Thursdays, September 23 & 30**

6:00 to 8:00 pm

### Loving Touch For Dads & Infants AC ☎

Join other dads to learn the importance of loving touch in meeting the needs of infants. We will talk about the role of Dad in his baby's life while exploring some gentle stretches, exercises and tummy trouble relief techniques with babies. This overview of the benefits of Infant massage is facilitated by a Certified Infant Massage Instructor.

**Saturday, September 25**

10:00 to 11:30 am

### Dealing with Explosive Behaviour A ☎ ☺

Should you be concerned about your children's behaviour? Do they sometimes act in an explosive manner? Strategies for dealing with challenging behaviour will be discussed with staff from Vanier Children's Services.

**Tuesday, September 28**

10:00 to 11:30 am