

Come Learn, Play, and Meet New Friends
Helen Detwiler School EarlyON and Neighbourhood Programs
 (320 Brigade Drive, Hamilton)

Parent / Caregiver and Child Interactive Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:00 p.m.	8:30 a.m. to 7:00 p.m.	8:30 a.m. to 7:00 p.m.	8:30 a.m. to 4:00 p.m.	8:30 a.m. to 12:00 p.m.

Visit us Saturdays 9:00 a.m. – 12:00 p.m. at Today's Family, 44 Greendale Dr., Hamilton

Helen Detwiler Pre-Registered Programs

Please call 905-574-9344 x818 to register for this workshop.

Workshop	Date and Time	Description
Feeding Your Baby and Making Baby Food	Wednesday October 23 1:30 – 3:00 p.m.	With a Public Health Dietician learn about what, when, and how to give new foods and textures to your baby. They will also guide you through a fun and interactive "making baby food session" where you will use a variety of tools to make homemade baby food.
Infant Massage (Interactive newborn up to 6 months)	Mondays September 23 – October 28 9:30 – 10:30 a.m. Thursdays October 24 – November 21 1:30 – 2:30 p.m. Mondays November 18 – December 16 9:30 – 10:30 a.m.	The certified Infant Massage Instructor will facilitate this five week program that is designed to teach parents and caregivers of infants (pre-crawling) a warm, nurturing, bonding experience through touch.
The Parent-Child Mother Goose Program – Step 1 (Interactive newborn to pre-crawler)	Tuesdays October 8 – December 10 1:30 – 2:30 p.m.	An interactive, research based multi-week program for parents and their children focusing on the pleasure and power of rhymes, songs and stories together.
Walk to Wellness (New moms with infants up to 12 months in strollers)	Thursdays September 12 – October 24 1:30 – 2:30	Walk to Wellness is a stroller-walking program. Having a baby can be a happy and exciting time. You may be surprised by the roller coaster of emotions you feel adjusting to life with a new baby. Positive mental health can help you with the challenges of parenting. Walking is a great activity to support your emotional well-being! Take time for you – come walk with us!

EarlyON Neighbourhood Pre-Registered Programs

Please call 905-574-9344 x818 to register for these workshops.

Village of Wentworth Heights, 1620 Upper Wentworth Street, Hamilton

Workshop	Date and Time	Description
The Parent-Child Mother Goose Program – Step 2 (Interactive crawler to 1½ years)	Thursdays September 19 – November 21 9:30 – 10:30 a.m.	An interactive, research based multi-week program for parents and their children focusing on the pleasure and power of rhymes, songs and stories together.

Parent New Baby Network

(Helen Detwiler School, 320 Brigade Drive, Hamilton)

Wednesdays, 1:30 – 2:30 p.m.

Parent New Baby Network is a program facilitated by an EarlyON Educator. A time for parents and their baby (0 to 12 months) to come together to receive health information, share concerns and make new friends. See below for “Discussion Topics” for September to December.

Date	Discussion Topic	Date	Discussion Topic
September 11	Routines for your Baby	November 6	Physical Activity in Young Children
September 18	Open Discussion	November 13	Open Discussion
September 25	Car Seat Safety	November 20	Playing with your Baby
October 2	Open Discussion	November 27	Open Discussion
October 9	Why do infants cry?	December 4	Sleep
October 16	Open Discussion	December 11	Open Discussion
October 30	Open Discussion	December 18	Toilet Learning

Open Discussion is based on parenting questions with a focus around your baby’s development, mental health and well-being.

Helen Detwiler EarlyON Family Service Schedule

Services	Description	Time and Location
Comfort, Play and Teach Activities (Interactive 20 months to 3 years)	Activities based on Comfort, Play and Teach, a program that builds parenting confidence, strengthens the Parent-Child bond, enriches the moment for the child and parent, and ultimately opens a world of possibilities for you both.	Wednesdays, November 6 – December 11 9:30 a.m.
Ask the Public Health Nurse	The Public Health Nurse will be available to answer questions about breastfeeding, child safety (such as car seats and safe sleep), child development (such as milestones and toilet learning), healthy eating, and parenting issues such as sleep, crying and challenging behaviours. The Public Health Nurse also has information regarding programs and services for families.	Thursday, September 5 Tuesday, September 17 Tuesday, October 8 Tuesday, November 5 Tuesday, November 26 10:00 – 11:00 a.m.
“Check it Out” Child Development Drop-in	Come and check out your child’s development.... Do you have questions about your child’s development, behavior, vision, nutritional needs, dental health or speech and language development? Community professionals are available at a variety of locations to meet with families and their children from newborn to 6 years of age to offer consultation, teaching and referral with respect to their child’s development. Child early development identification sessions are free and no appointment is needed. Children must be accompanied by their Parent or Legal Guardian (or a designate with completed “Permission for Designate to share information / attend” form).	Helen Detwiler School Thursday, December 12 10:00 – 12:00 a.m.
Family Gathering Time	Families are invited to come join us for this favourite activity. Sharing songs and stories promotes early literacy development and provides social interaction with peers in a fun environment.	Available daily (Approximately 11:30 a.m.)
Indigenous Family Gathering Time	Come and join a staff from Niwasa Head Start Preschool to promote aboriginal customs, art and storytelling.	Friday, October 18 Friday, November 15 Friday, December 20 10:00 – 11:00 a.m.

Registration for January to March 2020 Workshops will begin Monday, December 16th

All programs are free of charge

Pour les services en français, veuillez appeler le Centre de Santé en composant le 905-528-0163 poste 3228

For more information call 905-574-9344 x818

www.hamilton.ca/EarlyONcentres

www.todaysfamily.ca