

Ancaster Dundas Flamborough EarlyON Child and Family Centre Workshop Schedule April - June 2018

Workshop	Date and Time	Location
Comfort, Play and Teach (Interactive 2 - 3 years)	Thursdays, April 12 th – May 10 th 9:30 a.m. – 10:30 a.m.	Waterdown
Feeding Your Baby and Making Baby Food (0 to 12 months)	Monday, April 9 th 10:15 a.m. - 11:45 a.m.	Dundas (Coach House)
Giving Your Child the Tools for Life (0 to 6 years)	Thursday, April 26 th 9:30 a.m. – 11:30 a.m. *Please call 905-521-2100 x74147 to register for this program*	Dundas (Coach House)
Helping Your Child Learn to Sleep Well (0 to 12 months)	Monday, April 16 th 10:30 a.m. – 11:30 a.m.	Dundas (Coach House)
Infant Massage (Interactive Newborn to pre-crawler)	Fridays, April 6 th – May 11 th 10:00 a.m. – 11:00 a.m. Wednesdays, May 2 nd – 30 th 11:00 a.m. – 12:00 p.m. Thursdays, May 24 th – June 21 st 9:30 a.m. – 10:30 a.m.	Waterdown Waterdown Waterdown
Playing With Your Child (0 to 12 months)	Monday, May 28 th 10:30 a.m. – 11:30 a.m.	Dundas (Coach House)
Quality Early Learning & Child Care: A Parent's Guide (0 to 6 years)	Monday, April 30 th 10:30 am – 11:30 am Monday, June 4 th 10:30 a.m. – 11:30 a.m.	Dundas (Coach House) Dundas (Coach House)
Safe Sleep (0 to 12 months)	Monday, April 23 rd 10:30 a.m. – 11:30 a.m. Thursday, June 7 th 2:30 p.m. – 3:30 p.m.	Dundas (Coach House) Waterdown Library
Tantrums vs. Meltdowns (6 to 12 years)	Thursday, May 24 th 9:30 a.m. – 11:30 a.m. *Please call 905-521-2100 x74147 to register for this program*	Dundas (Coach House)
The Parent-Child Mother Goose Program (Interactive newborn to pre-crawler)	Thursdays, April 5 th – June 7 th 3:00 p.m. – 4:00 p.m. Mondays, April 9 th – June 18 th 1:30 p.m. – 2:30 p.m. (no class May 21st) Tuesday, April 17 th – June 19 th 1:30 p.m. – 2:30 p.m.	Longo's – Ancaster Alexander Place Dundas Library
The Parent-Child Mother Goose Program – Step 2 (Interactive crawler to 1 ½ years)	Thursdays, April 5 th – June 7 th 1:30 p.m. – 2:30 p.m. Tuesday, April 17 th – June 19 th 1:30 p.m. – 2:30 p.m. Tuesday, April 17 th – June 19 th 3:00 p.m. – 4:00 p.m.	Longo's - Ancaster Waterdown Library Dundas Library
Toilet Learning (0 to 6 years)	Monday, April 23 rd 10:00 a.m. – 11:00 a.m.	Waterdown
Understanding Your Child's Temperament (0 to 12 months)	Monday, June 18 th 10:30 a.m. – 11:30 a.m. Thursday, June 14 th 2:30 p.m. – 3:30 p.m.	Dundas (Coach House) Waterdown Library
Walk to Wellness (New moms with infants up to 12 months in strollers)	Tuesdays, May 1 st – June 19 th 10:30 a.m. – 11:30 a.m.	Waterdown
Why Won't They Listen / I'm Angry (0 to 6 years)	Thursday, June 28 th 9:30 a.m. – 11:30 a.m. *Please call 905-521-2100 x74147 to register for this program*	Dundas (Coach House)
Your Baby's Development: The First 12 Months (0 to 12 months)	Monday, May 7 th 10:30 a.m. – 11:30 a.m.	Dundas (Coach House)

Please call 905-689-9500 to register for any workshop listed above.

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

The next workshop schedule will be available, and registration begins Friday, June 1, 2018.

<http://www.edu.gov.on.ca/childcare/FamilyPrograms.html>

@OEYC_HM

Ancaster Dundas Flamborough EarlyON Child and Family Centre Workshop Descriptions

<p>Comfort, Play and Teach (interactive 2 – 3 years)</p>	<p>Comfort, Play and Teach is a multi-session 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.</p>
<p>Feeding Your Baby and Making Baby Food (0 to 12 months)</p>	<p>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.</p>
<p>Giving Your Child the Tools for Life (0 to 6 years)</p>	<p>This workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. With our guidance we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.</p>
<p>Helping Your Child Learn to Sleep Well (0 to 12 months)</p>	<p>Many parents struggle with their child's sleep. You can help your child learn good sleeping habits that will help them sleep well throughout their lives. Join us for this fun activity-based session that will describe: why understanding sleep behaviours and potential challenges related to sleep are important; and how to develop skills to respond and cope with common sleep challenges.</p>
<p>Infant Massage (Interactive Newborn to pre-crawler)</p>	<p>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.</p>
<p>Playing With Your Child (0 to 12 months)</p>	<p>Play is an important part of your child's development. Through play your child learns about their world. Playing with your child is the best way for your child to learn how to share, take turns, get along with others and feel good about themselves.</p>
<p>Quality Early Learning and Child Care: A Parent's Guide (0 to 6 years)</p>	<p>This informative session will assist parents who are exploring early learning and child care options. The session will include an overview of Hamilton Best Start, resources available in Hamilton, types of early learning and child care, and quality indicators to look for in making this choice.</p>
<p>Safe Sleep (0 to 12 months)</p>	<p>Did you know that creating a safe sleep environment for your baby may reduce the risk of Sudden Infant Death Syndrome (SIDS)? To learn more about how to keep your baby safe while sleeping, come join the Child Safety Public Health Nurse for an information session on Safe Sleep.</p>
<p>Tantrums vs. Meltdowns (6 to 12 years)</p>	<p>After the age of two we expect our children to stop having temper tantrums. You may have a child that is well beyond the toddler years who still has a hard time controlling their emotions. Is it behavioural or is there a concern they need help with?</p>
<p>The Parent-Child Mother Goose Program (Interactive newborn to 6 years)</p>	<p>An interactive, research based multi-week program for parents and their children focusing on the pleasure and power of rhymes, songs and stories together.</p>
<p>Toilet Learning (0 to 6 years)</p>	<p>Toilet learning can be challenging for both you and your child. Join a Public Health Nurse in an interactive parent session to find out about: when to start toilet learning; physical abilities for toilet learning; the signs your child is ready to start toilet learning; strategies to help with toilet learning; nighttime toilet learning.</p>
<p>Understanding Your Child's Temperament (0 to 12 months)</p>	<p>Temperament is your child's own way of responding to people, places and situations. Every child has their own unique temperament. It is neither good nor bad; it's just who you child is. Join us for this fun activity-based session that will describe: why understanding your child's temperament is important and how to respond to your child's unique temperament.</p>
<p>Walk to Wellness (New moms with infants up to 12 months in strollers)</p>	<p>Walk to Wellness is a walking/stroller-walking program. Having a baby can be a happy and exciting time. You may be surprised by the roller coaster 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.</p>
<p>Why Won't They Listen / I'm Angry (0 to 6 years)</p>	<p>In this one session workshop parents will review ways to increase their child's cooperation and listening skills. You will learn effective ways of teaching your child how to manage their strong emotions and work collaboratively with them to find a new way to deal with behaviours and issues.</p>
<p>Your Baby's Development: The First 12 Months (0 to 12 months)</p>	<p>The first year in a baby's life is filled with changes. Join a Public Health Nurse in this interactive parent session focusing on the growth and development of your 0-12 month old.</p>