

Hamilton Mountain EarlyON Child and Family Centre Workshop Schedule April - June 2018

| Workshop | Date and Time | Location |
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| Building a Strong Relationship with your Child (0 to 12 months) | Wednesday, May 2 nd 1:30 p.m. – 2:30 p.m. | Helen Dewiler |
| Car Seat Safety (0 to 6 years) | Wednesday, April 18 th 1:30 p.m. – 2:30 p.m. | Helen Detwiler |
| Comfort, Play and Teach (Interactive 2–3 years) | Fridays, May 4 th – June 1 st 9:00 a.m.– 10:00 a.m. Fridays, June 8 th – July 6 th 10:00 a.m.– 11:00 a.m. | Helen Detwiler Helen Detwiler |
| Coping with Infant Crying (0 to 12 months) | Wednesday, June 13 th 1:30 p.m.– 2:30 p.m. | Helen Detwiler |
| Feeding Your Baby and Making Baby Food (0 to 12 months) | Wednesday, June 6 th 1:30 p.m.– 3:00 p.m. | Helen Detwiler |
| Infant Massage (Interactive Newborn to pre-crawler) | Fridays, April 6 th – May 4 th 10:00 a.m. – 11:30 a.m. Tuesdays April 10 th – May 8 th 11:00 a.m. – 12:00 p.m. Thursdays, April 26 th – May 24 th 1:30 p.m. – 2:30 p.m. Mondays, April 30 th – June 4 th 1:30 p.m.– 2:30 p.m. (No class May 21st) Tuesdays, May 15 th – June 12 th 11:00 a.m. – 12:00 p.m. | Helen Detwiler Helen Detwiler Turner Park Library Turner Park Library Helen Detwiler |
| Positive Parenting (0 to 6 years) | Thursday, June 7 th 9:30 a.m.– 11:30 a.m. *Please call 905-521-2100 x74147 to register for this program* | Helen Detwiler |
| Quality Early Learning & Child Care: A Parent's Guide (0 to 6 years) | Wednesday, June 20 th 1:30 p.m.– 2:30 p.m. | Helen Detwiler |
| Safe Sleep (0 to 12 months) | Wednesday, May 9 th 1:30 p.m. – 2:30 p.m. | Helen Detwiler |
| The Parent-Child Mother Goose Program (Interactive newborn to pre-crawler) | Tuesdays, April 3 rd – June 5 th 1:30 p.m.– 2:30 p.m. Mondays, April 9 th – June 18 th 10:00 a.m.– 11:00 a.m. (No class May 21st) Tuesdays, June 19 th – August 21 st 1:30 p.m.– 2:30 p.m. | Helen Detwiler Helen Detwiler Helen Detwiler |
| The Parent-Child Mother Goose Program – Step 2 (Interactive crawler to 1 ½ years) | Thursdays, April 5 th – June 7 th 9:30 a.m.– 10:30 a.m. Mondays, April 9 th – June 18 th 1:30 p.m. – 2:30 p.m. (No class May 21st) Tuesdays, May 15 th – July 17 th 9:30 a.m.– 10:30 a.m. | Village of Wentworth Heights Helen Detwiler Helen Detwiler |
| The Parent-Child Mother Goose Program – Family (Interactive newborn to 6 years) | Wednesdays, April 11 th – June 13 th 10:00 a.m. – 11:00 a.m. | Helen Detwiler |
| Toilet Learning (0 to 6 years) | Tuesday, May 8 th 10:00 a.m.– 11:00 a.m. | Helen Detwiler |
| Understanding Your Child's Temperament (0 to 12 months) | Wednesday, April 4 th 1:30 p.m.– 2:30 p.m. | Helen Detwiler |
| Walk to Wellness (New moms with infants up to 12 months in strollers) | Thursdays, May 10 th – June 28 th 10:30 a.m. - 11:30 a.m. Fridays, June 8 th – July 27 th 11:00 a.m. – 12:00 p.m. | T.B. McQueston Park T.B. McQueston Park |
| Why Don't They Listen / I'm Angry (0 to 6 years) | Thursday, April 5 th 9:30 a.m.– 11:30 a.m. Please call 905-521-2100 x74147 to register for this program* | Helen Detwiler |
| Why Little Kids Worry (3 to 10 years) | Thursday, May 3 rd 9:30 a.m.– 11:30 a.m. Please call 905-521-2100 x74147 to register for this program* | Helen Detwiler |
| Your Baby's Development: The First 12 Months (0 to 12 months) | Wednesday, April 25 th 1:30 p.m. – 2:30 p.m. | Helen Detwiler |

Please call 905-385-3020 to register for any of the workshops 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

Hamilton Mountain EarlyOn Child and Family Centre Workshop Descriptions

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| Building a Strong Relationship with your Child (0 to 12 months) | Attachment is the deep emotional bond that develops between you and your child during the first year of life. Having a strong attachment with your child makes your child feel safe, secure and loved. |
| Car Seat Safety (0 to 6 years) | Did you know that 9 out of 10 car seats are not used correctly in Hamilton? Join the Child Safety Public Health Nurse for an information session on how to transport your child safely. |
| Comfort, Play and Teach (Interactive 2 – 3 years) | 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. |
| Coping with Infant Crying (0 – 12 months) | Crying is one of the ways that babies communicate with us; but a baby's constant crying can be frustrating. To learn more about why babies cry, how to cope with a crying baby and community supports, come join the Child Safety Public Health Nurse and other parents for an information session. |
| Feeding Your Baby and Making Baby Food (0 to 12 months) | 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 to pre-crawler) | 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. |
| Positive Parenting (0 to 6 years) | Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance. |
| Quality Early Learning and Child Care: A Parent's Guide (0 to 6 years) | 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. |
| Safe Sleep (0 to 12 months) | 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. |
| The Parent-Child Mother Goose Program (Interactive newborn to 6 years) | An interactive, research based multi-week program for parents and their children focusing on the pleasure and power of rhymes, songs and stories together. |
| Toilet Learning (0 to 6 years) | 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. |
| Understanding your Child's Temperament (0 to 12 months) | 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 your 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. |
| Walk to Wellness (New moms with infants up to 12 months in strollers) | 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. |
| Why Don't They Listen / I'm Angry (0 to 6 years) | 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. |
| Why Little Kids Worry (3 to 10 years) | This one session workshop helps caregivers to identify stressors and learn how they affect their child's daily life. You will be introduced to some basic coping strategies appropriate to manage a young child's stress. |
| Your Baby's Development: The First 12 Months (0 to 12 months) | 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. |