

## Come Learn, Play, and Meet New Friends

### Waterdown EarlyON and Neighbourhood Programs

(315 Dundas Street East, Waterdown)

#### Parent / Caregiver and Child Interactive Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	9:30 a.m. to 12:30 p.m.

### Waterdown Pre-Registered Programs

Please call 950-574-9344 x820 to register for these workshops.

315 Dundas Street East, Waterdown

Workshop	Date and Time	Description
<b>Infant Massage</b> (Interactive newborn up to 6 months)	Tuesdays, April 30 – May 28 1:00 – 2:00 p.m.  Thursdays, May 23 – June 20 12:00 – 1:00 p.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.
<b>The Parent-Child Mother Goose Program – Family</b> (Interactive newborn up to 4 years)	Wednesdays April 10 – June 12 11:30 a.m. – 12:30 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.
<b>Walk to Wellness</b> (New moms with infants up to 12 months in strollers)	Fridays April 26 – June 14 10:30 – 11:30 a.m.	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 x820 to register for these workshops.

Alexander Place, 329 Parkside Drive, Waterdown

Workshop	Date and Time	Description
<b>The Parent-Child Mother Goose Program – Step 1</b> (Interactive newborn to pre-crawler)	Mondays April 29 – July 16 1:30 – 2:30 p.m. <b>(No program May 20 or July 1)</b>	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 - Waterdown EarlyON

(315 Dundas Street East, Waterdown)

**Wednesdays, 10:30 – 11:30 a.m.**

Parent New Baby Network is a program facilitated by an EarlyON Facilitator. 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 April to June.

Date	Discussion Topic	Date	Discussion Topic
April 3	Child Development Birth to 1 year	May 15	Sleep
April 10	Positive Mental Health	May 22	Screen Time & Infant Brain Development
April 17	Formula & Breast Fed Babies	May 29	Local Places to visit with your Baby
April 24	Looking for Quality Child Care	June 5	Learning Through Books
May 1	Adjusting to Motherhood in Social Settings	June 12	Infant Mental Health
May 8	Learning Through Play	June 19	Child Development Birth to 1 year

## Waterdown EarlyON Family Service Schedule

Services	Description	Time and Location
<b>Ask a Public Health Nurse</b>	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.	Wednesday, April 3 Wednesday, April 17 Tuesday, May 14 Tuesday, May 28 Wednesday, June 12  10:00 – 11:00 a.m.
<b>Family Gathering Time</b>	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
<b>Native Family Gathering Time</b>	Come and join a staff from Niwasa Head Start Preschool to promote aboriginal customs, art and storytelling.	Friday, April 12 Friday, May 10 Friday, June 14  10:30 – 11:30 a.m.

**Registration for July and August 2019 Workshops will be Monday, June 3<sup>rd</sup>**

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 x820

[www.hamilton.ca/EarlyONcentres](http://www.hamilton.ca/EarlyONcentres)

[www.todaysfamily.ca](http://www.todaysfamily.ca)