

## ***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**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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

<b>Workshop</b>	<b>Date and Time</b>	<b>Description</b>
<b>Feeding Your Baby and Making Baby Food</b>	<b>Thursday</b> November 7 10:00 – 11:00 a.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.
<b>Infant Massage</b> (Interactive newborn up to 6 months)	<b>Thursdays</b> November 21 – December 19 10:00 – 11:00 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.
<b>Musical Links to Literacy</b> (20 months to 4 years)	<b>Wednesdays</b> November 6 – December 4 10:00 – 10:30 a.m.	This program will help children learn about musical concepts such as tempo, rhythm, dynamics, pitch and timbre. The children will use early musical instruments such as keyboard, drums, shakers, triangle, rhythm blocks and xylophone. Participation in the program will encourage children's listening skills, social skills, memory, mathematical and literacy skills.
<b>Walk to Wellness</b> (New moms with infants up to 12 months in strollers)	<b>Fridays</b> September 20 – November 8 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!

**Registration for January to March 2020 Workshops will begin Monday, December 16<sup>th</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)

## 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)	<b>Mondays</b> September 9 – November 18 1:30 – 2:30 p.m. <b>(No class October 14)</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 Baby / Toddler Network - Waterdown EarlyON

(315 Dundas Street East, Waterdown)

**Wednesdays, 11:00 – 12:00 a.m.**

Parent Baby Network is a program facilitated by an EarlyON Facilitator. A time for parents and their baby / toddler (0 to 24 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
October 2	Positive Mental Health	November 13	Local Places to visit with your Baby
October 9	Looking for Quality Child Care	November 20	Screen Time & Infant Brain Development
October 16	Learning Through Play	November 27	Toilet Learning
October 23	Learning Through Books	December 4	Learning Through Play
October 30	Sleep	December 11	Adjusting to Motherhood in Social Settings
November 6	Infant Mental Health	December 18	Positive Mental Health

## 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, September 11 Tuesday, September 24 Wednesday, October 9 Tuesday, October 22 Tuesday, November 12 Wednesday, November 20 Wednesday, December 18 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>Indigenous Family Gathering Time</b>	Come and join a staff from Niwasa Head Start Preschool to promote aboriginal customs, art and storytelling.	Friday, September 13 Friday, October 11 Friday, November 1 Friday, December 13 10:30 – 11:30 a.m.