

## 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)	Thursdays, July 4 – August 1 2:00 – 3:00 p.m. Mondays, July 22 – August 26 1:30 – 2:30 p.m. (no class August 5)	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)	Wednesdays, July 3 – July 31 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
<b>Walk to Wellness</b> (New moms with infants up to 12 months in strollers)	Thursdays, June 13 – August 1 9:30 – 10:30 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!

Please call 905-574-9344 x820 to register for this workshop.

Workshop	Date and Time	Description
<b>Feeding Your Baby and Making Baby Food</b>	Thursday, July 11 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.

## 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
June 5	Learning Through Books
June 12	Infant Mental Health
June 19	Child Development Birth to 1 year

**Please note: The Parent New Baby Network will not be available during the summer. The Network will start again in September. Upcoming “Discussion Topics” will be available on the September – December schedule.**

## Waterdown EarlyON Family Service Schedule

Services	Description	Time and Location
<b>Art Activities</b>	Come join us for different art activities where children have an opportunity to explore different art techniques, enhancing their creativity, and learning new skills.	Mondays
<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, July 17 Wednesday, July 14 Tuesday, August 27  10:00 – 11:00 a.m.
<b>Comfort, Play and Teach Activities</b>	Activities are based on Comfort, Play and Teach, an evidence based program that emphasizes when parents comfort, play with and teach their children in a positive manner it enhances the children’s development.	Thursdays August 8, 15 and 22 2:30 p.m.
<b>Family Gathering Time</b>	Families are invited to 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 11:30 a.m.
<b>Indigenous Family Gathering Time</b>	Come and join a staff from Niwasa Head Start Preschool to promote aboriginal customs, art and storytelling.	Friday, June 14 Friday, July 12 Friday, August 9 10:30 – 11:30 a.m.

**Registration for September - December 2019 Workshops will begin Thursday, August 1<sup>st</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)