

JUST BEGINNING AC

A program for first time moms with a baby 0-6 months developed in partnership with the Middlesex London Health Unit. Bring baby to a relaxed and supportive setting. Topics include growth and development, sleep and crying, infant nutrition, safety, and community resources.



Fridays, March 2-23

10:00 to 11:30 am
Childreach
265 Maitland Street

Upcoming dates:

Thursdays, April 5-26

10:00 to 11:30 am
White Oaks Family Centre
565 Bradley Avenue

- A** Adult program
- AC** Adult/Child program
-  Childminding is provided
-  Registration is required

Questions About Parenting?

Contact us for information, resources, and supports.

OEYC London Fanshawe

at Family Centre Argyle
1990 Royal Cres
London, ON N5V 1N8
519-455-2791

oeyclondonfanshawe@merrymount.on.ca
www.merrymount.on.ca

OEYC London North Centre

at Childreach
265 Maitland St
London, ON N6B 2Y3
519-434-3644
info@childreach.on.ca
www.childreach.on.ca

OEYC London West

at Family Centre Westmount
1019 Viscount Rd
London, ON N6K 1H5
519-473-2825
oeyc.lw@lcc.on.ca
www.lcc.on.ca

Pour les services en français,
contactez **la Ribambelle**
au 519-472-2334
www.laribambelle.ca



Ontario Early Years Programs in London

Workshops for Parents & Caregivers



March 2018

All programs and workshops are
FREE

Register Online at
www.OEYCLondon.eventbrite.com

You can also register by
phone or in person

Little Counters AC

Learn how to incorporate numeracy into children's playtime through the use of songs, games and stories. For parents and their children ages 12 to 39 months.

Fridays, March 2-23

10:00 to 10:45 am

Fox Hollow Family Centre 2435 Buroak Drive

Stroller Walk and Talk AC

Parents, bring your babies, wear comfortable clothes and join us for a weekly stroller walk.

Mondays, March 5-26

10:00 to 11:30 am

White Oaks Mall, Meet at H&M entrance.

Time Outs Are Out A

Explore alternative positive methods of child guidance that will help stop unwanted behavior, build connection and encourage cooperation.

Tuesday, March 6

10:00 to 12:00 pm

Childreach 265 Maitland Street.

Mom and Baby Yoga AC

This workshop provides an opportunity for you to regain strength and flexibility plus ease stress and anxiety. For moms and babies 0-6 months of age.

Mondays, March 5 and 12

10:00 to 1:00 am

Family Centre Argyle 1990 Royal Crescent

Café Mom. A

Put your feet up, relax and connect with other moms in a child-free supportive environment. Refreshments will be served.

Wednesdays, March 7 and 21.

10:00 to 11:30 am

Special date for moms of twins and triplets. **March 28**

Childreach 265 Maitland Street.

Register online at www.OEYCLondon.eventbrite.com

Cooking With Your Kids AC

This program will integrate literacy with healthy eating while encouraging child participation in the kitchen. Your child will be introduced to a variety of fruits and vegetables presented to them in unique ways as well as develop food preparation skills. Ages 2-6 years.

Wednesdays, March 7-28

2:00 to 3:00 pm

Childreach 265 Maitland Street

Celebrate Veggies and Fruit / Célébrons les fruits et les légumes! AC

A Bilingual cooking program /Un programme bilingue de cuisine

Parents and children between 3 and 6 years come and explore different ways to prepare and enjoy vegetables and fruits. Each week we will learn, create and sample our dishes while participating in fun activities!

Les parents et les enfants âgés de 3 à 6 ans apprennent à explorer différentes façons de préparer et d'apprécier les légumes et les fruits. À chaque semaine, nous apprendrons à créer et à goûter des petits plats tout en participant à des activités amusantes.

Wednesdays, March 7-28

5:30 to 7:00 pm

Westmount Family Centre 1019 Viscount Road

Encouraging Positive Behaviours A

We will discuss "normal" childhood behaviours and how to effectively deal with them. Tips for fostering positive behaviour and using positive discipline techniques will also be provided.

Monday, March 19

6:00 to 7:00 pm

Family Centre Argyle 1990 Royal Crescent

Infant Massage AC

Parents bring your non-crawling babies and practice the techniques and special touches of infant massage to build a special connection.

Fridays, March 2-23

1:30 to 2:30 pm

Childreach. 265 Maitland Street

Tuesdays, March 20-April 10

10:00 to 11:00 am.

Family Centre Fanshawe. 1800 Cedarhollow Blvd.

Siblings Without Rivalry A

Siblings fight for many reasons, and that isn't always a bad thing. In this interactive workshop we will discuss the benefits of sibling conflict, helpful strategies to lessen sibling rivalry and strengthen their bond and how to help your children develop the necessary skills to manage their own conflicts.

Monday, March 19

10:00 am to 12:00 pm

Childreach. 265 Maitland Street

Sing, Read, Play and Love AC

Enjoy an hour of language based play with your baby aged birth to one year. We will explore early language development and early literacy through adult discussion.

Wednesday, March 21

10:00 to 11:00 am

Jalna Branch Library. 1119 Jalna Blvd.

Kindergarten, Here We Come! AC

This session will help both you and your child make the transition to school in the Fall. Learn about the kindergarten curriculum and how to get your child prepared for school. Please bring a snack in the containers that your child will be taking to school.

Saturday, March 24

10:00 am to 12:00 pm

Childreach 265 Maitland Street

Parenting As A Team A

A common source of friction between parents is different ideas about parenting. This workshop will help you find ways to work together for your children's well-being. Learn about how temperament, parenting styles and our own upbringing affect how we parent.

Tuesday, March 27

6:00 to 8:00 pm

Childreach 265 Maitland Street

See reverse panel for more programs