

OEYC London West

1019 Viscount Rd.
London, Ontario N6K 1H5
519- 473-2825

OEYC London North Centre

265 Maitland St.
London, Ontario N6B 2Y3
519-434-3644

OEYC London Fanshawe

1892 Dundas St. E.
London, Ontario N5W 3G4
519-455-2791

Pour les services Français contactez
la Ribambelle au 519-472-2334.



Just Beginning is a program offered for first time mothers and their babies who are 0-6 months old. See the **Just Beginning** brochure at your nearest OEYC or Well Baby Clinic for details.

Please remember to register at least one week prior to start date to avoid disappointment.

A minimum number of registrants is required in order to run programs.

Services for professionals are available at Childreach ECE Resource Centre at 519-434-3644 ext. 11.

Ontario Early Years Centres in London

Workshops for Parents & Caregivers



March 2012

All programs and workshops are **FREE!!!**

Visit us at:

www.familyinfo.ca

★ If you are registered for a program ★
★ and cannot attend, please call and ★
★ let us know!! ★

- ☺ Childminding is provided
- ☎ Pre-registration is required
- A Adult program
- AC Adult/Child program

LONDON NORTH CENTRE

519-434-3644

www.childreach.on.ca



Loving Touch for Dads & Infants AC☎

Dads, join a Certified Infant Massage Instructor to learn the importance of loving touch in meeting the needs of infants. We'll discuss Dad's role while practising gentle stretches, fun exercises & tummy relief techniques with babies.

Saturday, March 3

10:00 to 11:30 am

Infant Massage AC☎

Bring non-crawling babies & learn the art of Infant Massage. Help your infant relax while stimulating baby's body systems. Practice techniques of special touch that builds a connection between you & your baby in this 4 week series.

Wednesdays, March 7, 14, 21 and 28

1:30 to 2:30 pm

How to Make Routines Work for your Family A☎☎

Find out how to establish a daily routine and what to do when routines are broken. Learn tips from an All Kids Belong Consultant about how to keep your routine even when you are at someone else's house.

Tuesday, March 13

10:00 to 11:30 am

Geometry Fun AC☎☎

Join Dawn for an "Introduction to Geometry" workshop for parents and their children ages 4 to 6+. This workshop will help parents guide young children to recognize shapes, patterns, spatial relations, and symmetry in a fun, and interactive environment.

Tuesday, March 13

10:00 to 11:00 am

Family Math AC☎

Math is everywhere! Enjoy games and activities to develop math skills and concepts with your 3 to 6 year old. This is a 6 week registered program in partnership with the London Public Library.

Thursdays, March 22 to April 26

1:30 to 3:00 pm

Boyle Community Centre, 530 Charlotte St.

Movie Monday - Coping With Feelings A☎☎

Join a Parent Educator and other parents to view a DVD about emotions and discuss ways you can help your children understand and control their difficult feelings.

Monday, March 26

1:30 to 3:00 pm

Avoiding Power Struggles A☎

Join other parents to look at why power struggles occur at different stages. Discuss how these struggles can become learning opportunities for positive child guidance.

Wednesday, March 28

6:15 to 8:15 pm

Northbrae Hub, 335 Belfield St.

LONDON WEST

519-473-2825

www.lcc.on.ca

Stretch and Grow AC☎

Discover fun, simple and physical activities for you and your baby born between October 2011 and February 2012. Sessions will include group time as well as an opportunity for you and your baby to explore planned activities. Topics include growth and development, sensory exploration, baby massage, and moving to music.

Fridays, March 2-23

1:30 to 2:30 pm

Positive Meal Times A☎

Mealtime is an opportunity for the family to come together for food, conversation and fun. Strategies for overcoming difficulties such as picky eaters will be discussed. Learn healthy food ideas and creative ways to introduce new foods.

Monday, March 5

6:30 to 8:30 pm

Kinsmen Recreation Centre, 20 Granville Street

Call 519-661-5575 to register

Sing Read Play 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. We invite you to bring your baby with you to sing, read, play, and love.

Thursday, March 8

1:30 to 3:00 pm

Sherwood Branch Library, 1225 Wonderland Road North

What's Up With Boys and Girls? Bringing Out the Best in Both A☎

Do boys and girls approach learning differently? This session will explore research based information on differences in brain development and an individual's preferred learning style. Strategies to help children of both genders reach their full potential will be provided.

Tuesday, March 20

6:30 to 8:30 pm

Talk about Parenting! Feeding your Toddler A☎

Join us for an informal conversation about parenting. In this session let's discuss changing from baby foods to family foods. We will discuss Canada's food guide and meal planning. Feeding relationships and picky eaters will be addressed. For parents and caregivers of toddlers (8 months to three years).

Thursday March 22

6:00 to 7:30 pm

Ready For Kindergarten A☎

Children starting school is a big event in the family. Our discussion will focus on the importance of social and emotional development for overall learning. We will explore parts of the Ontario Early Learning Framework and share resources to illustrate how it applies to getting ready to enter kindergarten. Practical information on school preparation such as nutrition, routines, and supplies will be shared.

Wednesday, March 28

6:30 to 8:30 pm

Byron Branch Library, 1295 Commissioners Road West

LONDON FANSHAWE

519-455-2791

www.merrymount.on.ca

Humour vs. Sarcasm A☎☎

A sense of humour can be helpful when dealing with children, while sarcasm can send mixed messages and confuse them. You may not even realize you are doing it. Come learn how to use humour rather than sarcasm when dealing with children.

Wednesday, March 14

6:00 to 7:00 pm

Toilet Training A☎☎

Is your child ready to use the toilet? Learn how to recognize when your child is ready for toilet training along with tips and strategies to promote toilet readiness.

Wednesday, March 21

6:00 to 7:00 pm

Feet Have Feelings Too AC☎

Bring your child (2 to 3 1/2 years) for a sensory experience their feet will never forget. Join us as we tiptoe our way through a variety of sensory activities for little feet. Play clothes recommended as it may get a little messy.

Saturday, March 24

10:00 to 11:00 am

Developing Social Skills in Children A☎☎

This workshop will help promote play skill development for children 2 to 6 years old. The focus will be on the stages children experience and ideas we can use to help them deal with their social/emotional and play skill development. Facilitated by All Kids Belong.

Tuesday, March 27

10:00 to 11:00 am