

# Ontario Early Years Centre HALIBURTON VICTORIA BROCK

## Parenting Programs & Workshops ~ January - March 2012



A chance to connect with others and strengthen parenting skills.

VISIT OUR WEBSITE [www.oeyc.ca](http://www.oeyc.ca)

Ontario Early Years Centre Haliburton Victoria Brock • 55 Mary St W, Lindsay, Ontario • 705-324-7900

**Monday**

### Bright Starts - Parents & Parents To Be CPNP/CAPC

January 9 – March 26 For parents and parents to be & children 0-18 mths

At the Ontario Early Years Centre Lindsay 10:00am - 1:00pm



Make and share a nutritious meal.

A talk time with your local health nurse will answer your questions on topics such as nutrition and growth & development.

**Canada Prenatal Nutrition Program (CPNP)** For parents and parents to be & children up to 12 months

- Get the best start for you and your baby! Infant Massage during Circle Time.
- Information on pregnancy, birth, breastfeeding & parenting.
- Receive peer support, food certificates & pre-natal vitamins.

**Community Action Program for Children (CAPC)** For parents and parents to be & children up to 18 months

- Parent/child activities. Circle time - with Mother Goose rhymes & songs.
- **Thrive! Resilient Parents - Resilient Kids Talk Time** - Teaches skills that can help improve your confidence and help you be the parent you want to be.

Free lunch ~ Free transportation. For Dads too!

In partnership with HKPR Health Unit & SIRCH

**Tuesday**

### Stir It Up With Kids in the Kitchen & "Picky Eaters" Talk Time

Tuesday, February 7 - 28 For parents & children 3 - 6 yrs

At the Ontario Early Years Centre Lindsay

**\*Stir It Up With Kids in the Kitchen - 4:00 - 5:15** A healthy cooking program for 3 - 6 yr. olds and their parents or caregivers.

**Let's Go Shopping** - fit foods into food groups.

**Let's Try a New Food** - how do new foods look, smell & feel?

**Let's Cook Together** - explore, co-operate, learn math & science skills

**\*Picky Eaters Talk Time 5:30 - 6:45** Discuss meal time survival strategies. Tips & ideas for healthy snacking.

### Family Supper Night

Tuesday, March 6 - 27 For parents & children 3 - 6 yrs

At the Ontario Early Years Centre Lindsay



**\*Family Supper Night - 4:00 - 5:15** Make a nutritious meal, learn cooking tips and fun food facts.

**\*Childproofing Your Home the Fun Way! 5:30 - 6:45** Children & adults join Beamer the Safety Bug & EB Monkey to discover fun ways to childproof your home. Activities introduce five areas of injury prevention most common to children under 6 years.

**\*You, Me & the Kids Now What Talk Time 5:30 - 6:45** Discussion will include: parenting challenges, how to make new friends, getting along with others.

**Thursday**

### Young Parent Program (CAPC) & L.E.A.P. Program

January 12 - March 29 For young parents & children 0 - 6 yr

At the Ontario Early Years Centre, Lindsay 3:30pm - 6:30pm

Connect with other young parents. Take part in a parenting series. You and your child can explore the Early Learning Centre with crafts, activities & Mother Goose rhymes & songs. Supper provided.

**\* Beyond the Basics Talk Time** Help your child be happy & healthy. Topics include: discipline, importance of routines, munching without misery, family activities, and building self esteem.

**\* Cooking Healthy Together** - Help make a nutritious meal, learn cooking tips and fun food facts.

**\* Super Dads Super Kids Fathering Program 5:00 - 6:15** Topics include: communication, emotions, discipline & setting limits, physical activity & nutrition, balancing family life & work.

**Friday**

### Parent Infant Mother Goose

January 13 - February 17 For parents & children 0 - 12 months

At the Ontario Early Years Centre, Lindsay 10:00am - 11:30am

A fun way to learn rhymes, songs and stories together in a relaxed environment.

### Infant Massage

February 24 - March 30 For parents & children 0 - 6 months

At the Ontario Early Years Centre, Lindsay 10:00am - 11:30am

Help create a bond with your child through talking and touching.

Encourages bonding, relaxation and relief of tummy troubles. May help baby sleep deeper and longer.



Call 324-7900 to register

Ask us about **transportation** and **childcare**  
Dates subject to change based on no. of registrations!

