

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.



Upcoming dates:

Fridays, February 2-23

1:30 to 3:30 pm

Family Centre Argyle

1990 Royal Crescent

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

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



January 2018

All programs and workshops are

FREE

Register Online at
www.OEYCLondon.eventbrite.com

You can also register by
phone or in person

📱 Register online at
www.OEYCLondon.eventbrite.com

Infant Massage AC 📱

Bring your non-crawling babies and practice the techniques and special touches of infant massage to build a special connection with your baby.

Fridays, January 5-26, 1:30 to 2:30 pm
Childreach, 265 Maitland St

Café Mom A 😊 📱

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

Wednesdays, January 10 & 24,
10:00 - 11:30 am

Special date for moms of twins and triplets:
January 31, 10:00-11:30 am
Childreach, 265 Maitland St

Sing, Read, Play and Love AC 📱

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

Thursday, January 11, 1:30 to 2:30 pm
Landon Library, 167 Wortley Road

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.

Saturdays, January 13-February 3,
10:00 to 10:45 am
Childreach, 265 Maitland St

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.

Monday, January 15, 6:00 to 7:30 pm
Family Centre Argyle, 1990 Royal Cres

Positive Guidance for Toddlers A 😊 📱

Explore ways to set limits, discipline and problem solve while using techniques that are both kind and firm as a means of teaching your toddlers.

Wednesday, January 17, 10:00-11:00 am
Childreach, 265 Maitland St

Screen Time: What is best for my child?

A 😊 📱

Screen time is time spent interacting with any screen, such as tablets, smart phones and televisions. Parents with children under 8 years join us to discuss current research around guidelines, setting limits and choosing what is best for your child.

Wednesday, January 17, 2:00 to 3:00 pm
Family Centre Argyle, 1990 Royal Cres

Cruisers AC 📱

An interactive program for families with mobile toddlers up to 20 months. Join us for an informal discussion on this exciting developmental stage. Songs, rhymes and finger plays included all while the children are free to do what cruisers do best...move!

Wednesdays, January 17-31, 10:00 -11:00 am
Family Centre Argyle, 1990 Royal Cres

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Wednesdays, January 17- February 7
1:30-3:00 pm

Kinsmen Recreation Centre. 20 Granville St

Light Touch For Babies AC 📱

Parents and babies under 12 months join Sara Farrell, Certified Reflexologist, to learn the benefits of reflexology for your child such as sleep patterns, digestive pain and colic. This session includes training in three techniques and an instruction sheet to take home.

Monday, January 22, 1:00 to 2:00 pm
White Oaks Family Centre, 565 Bradley Ave.

Raising Respectful Children A 😊 📱

This course offers proactive and positive steps to raising respectful, engaged and grateful children.

Tuesday, January 23, 6:00 to 8:00 pm
Childreach, 265 Maitland St

See reverse panel for more programs

