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Ontario Early Years, North Halton  
Milton Community Resource Centre

# Parent Education & Resources



Parenting Series  
Special Events  
D.E.I.P.P. Screening Clinics  
...and more

Pre-registration starts the week of  
*February 4th 2012*

Please call 905-876-1244, ex. 222 for further details.

## SPECIAL EVENTS



### Nutrition Fair

Providing parents/caregivers of children 0 – 6 years with the opportunity to browse a variety of displays, gather resources & learn about healthy eating. Giveaways, kids' activities, samples & more.

**Date:** March 6th (Tuesday)

**Time:** 4:00p.m. - 6:30 p.m.

**Fee:** No charge.



## PARENTING SERIES

### Right From The Start

An 8-session parenting series, for parents of children 0 - 24 months. Group leaders guide parents, using methods shown to be effective in reducing parenting stress & improving parent/child relationships. This parenting series helps parents understand, interpret & respond to their baby's cues.


**Start Date:** March 23rd (Friday)

**Time:** 12:30p.m. - 2:30p.m.

**Fee:** Costs covered by sponsoring organizations.

**Child Care:** Limited child care for children newborn to 6. A refundable deposit is required. Pre-registration is required.

### Parenting Your 3 - 6 Year Old

 This 7-week course focuses on encouraging positive behaviour through the use of positive parenting strategies & an understanding of the parent-child relationship. Videotaped segments of common parenting challenges will be used to foster small & large group discussion.

**Start Date:** March 27th (Tuesday)

**Time:** 6:00p.m. - 8:00p.m.

**Fee:** Costs covered by sponsoring organizations.

Pre-registration is required.

**Child Care:** Limited child care for children newborn to 6. A refundable deposit is required. Pre-registration is required.

## TOPICAL WORKSHOPS

### Toileting 101

This workshop will examine the before, during & after of toilet learning & offer parents strategies to support their child's learning experience.

**Date:** March 20th (Tuesday)

**Time:** 6:30p.m. - 8:00p.m.



## TOPICAL WORKSHOPS cont.

### Understanding Your Child's Temperament



Children are born with distinct ways of thinking, feeling, and acting. This inborn genetic 'wiring' is called temperament, & it will have a major impact on your child's emotions, how they eat, sleep, & react to the world around them. In this workshop, you'll

discuss what temperament is & how it impacts your family life.

**Date:** May 15th (Tuesday)

**Time:** 6:30p.m. to 8:00p.m.

## NETWORKING GROUPS

### Single Parent's Networking Group

Join us on the 3<sup>rd</sup> Wednesday evening of the month for a light meal followed by time for parents to discuss topics of interest, network & build upon their knowledge & skills. After the meal child care is available for children 0-6 years (& including older siblings) to allow for adult conversation.

**Spring 2012:** April 18th, May 16th, June 20th

**Time:** 6:00p.m. – 8:00p.m.

**Fee:** Cost covered by MCRC & Partners.

Must pre-register for each session.

**Child Care:** Limited spaces, must pre-register.



### La Leche League Canada (Milton Group)

Breastfeeding information & discussion. Drop-in on the 3rd Wednesday evening of the month. Babies always welcome.

**Spring 2012:** April 18th, May 16th, June 20th

**Time:** 7:15p.m. - 9:00p.m.

### Calling New Parents (CNP)

An informal drop-in group for parents of infants up to age 6 months. Each week a specific topic is covered. Sessions are baby friendly & provide the opportunity to get out of the house, meet new friends & ask questions. Led by a Public Health Nurse.

**Spring 2012:** Tuesdays & Thursdays, resuming after March Break on March 20th

**Time:** 1:30p.m. - 3:30p.m. (Check Halton Region's website at [www.halton.ca](http://www.halton.ca) for specific CNP dates & topics.)



# PARENT RESOURCES

## Parent Resource Library

Borrow books, videos, Parent/Child Resource Kits\* & find information on a range of parenting topics. Speak with Parent Educators.

Hours: Mon. - Fri. 9:00a.m. - 4:30p.m.  
(Tue. to 7:00p.m.)



**Let's Chat!** Monthly topics highlighted. Resources & personnel available: April - Safety (Interactive *Hazard House* display on site), May - Sensitive Subjects, June - Summer Activities.

\* Bags of reusable resources promoting exploration of specific topics.

## Public Health Nurse Visits

Once a month Isobel Culliton, RN, Public Health Nurse with the Child Health Program, Region of Halton will be on-site to share information & resources through formal & informal consultation. This is a great opportunity to ask questions & chat!

Dates: Apr. 26th, May 24th, Jun. 21st. Time: 9:30a.m. - 11:00a.m.  
Call 905-876-1244, ex. 222 for further information.

## Speech & Language Questions?

A Speech-Language Pathologist with ErinoakKids will be on site once a month to provide half hour consultations regarding your child's speech & language & to share information & resources. For children 0 – 5 years. By appointment. 905-876-1244, ex. 210.

## D.E.I.P.P. Clinic (Milton)

(Developmental Early Identification & Prevention Program)

**Date:** June 18th (Monday) **Time:** 9:15a.m. – 11:15a.m.

Designed for families with children newborn to 5 years (not yet in school), DEIPP offers a 15 minute consultation with professionals from: Speech, Hearing, Behaviour, Preschool & Infant Development. No appointment necessary. First come, first served. (Please note, if your child is in school or already on the waiting list for any of the above services you will not be seen at this time.) For further information call the Clinic Coordinator at 905-825-6000, ext. 2531.

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