

*To register, call the number indicated next to the workshop below. No email registrations. When no number is listed, it indicates a drop-in visit, no registration required. **Please see following page for workshop descriptions.** Unless specified, children do not attend workshops. Babies under 12mos may attend with a parent; bring toys/equipment required to care for the baby.*

2012 January/janvier	2012 February/février	2012 March/mars
√ Programs are closed when school buses are cancelled due to bad weather conditions.	DIETITIAN VISIT DURING DROP IN February 7 – 9:00-11:00 a.m. Katimavik Preschool Resource Centre	RESILENCY-PREPARED CHILDREN TO MEET CHALLENGES March 5 – 7:00-9:00 p.m. Kanata Research Park Family Centre 613-591-3686 x 545
DIETITIAN VISIT DURING DROP IN January 24 – 9:30-11:00 a.m. 434 Donald B Munro, Carp	INTRODUCTION TO SOLIDS-MAKING BABY FOOD February 14 – 1:30-3:30 p.m. 2 MacNeil Court Kanata 613-591-3686 x 545	INTRODUCTION TO SOLIDS-MAKING BABY FOOD March 6 – 1:30-3:30 p.m. 2 MacNeil Court Kanata 613-591-3686
FROM BABY FOOD TO TABLE FOOD January 25 – 1:30-3:30 p.m. 2 MacNeil Court Kanata 613-591-3686 x 545	UNDERSTANDING ADHD February 21 – 6:30-8:30 p.m. 2 MacNeil Court Kanata 613-591-3686 x 545	DIETITIAN VISIT DURING DROP IN March 21 – 9:00-10:30 & 11:00-12:30 2 MacNeil Court Kanata
CARING FOR A SICK CHILD (Ottawa Public Health Nurse) January 31 – 9:30-11:30 2 MacNeil Court Kanata 613-591-3686 x 545	SNACKAGANZA February 27 – 1:00-3:00 Katimavik Preschool Resource Centre 613-591-6030	SIBLING RIVALRY (Betsy Mann) March 21 – 6:30-9:30 p.m. 2 MacNeil Court Kanata 613-591-3686 x 545
NURSE/LACTATION CONSULTANT VISIT AT DROP-IN January 20 – 9:00- 11:00 a.m. Katimavik Preschool Resource Centre	NURSE/LACTATION CONSULTANT VISIT AT DROP-IN February 17 – 9:00- 11:00 a.m. Katimavik Preschool Resource Centre	INTRODUCTION TO SOLIDS-MAKING BABY FOOD March 26 – 1:00-3:00 p.m. Katimavik Preschool Resource Centre 613-591-6030
Child Care Connection Meeting (www.ccprn.com) January 9 – 7:00-8:00pm Katimavik Preschool Resource Centre – 180 katimavik Rd.	Child Care Connection Meeting (www.ccprn.com) February 13 – 7:00-8:00pm Katimavik Preschool Resource Centre – 180 katimavik Rd.	Child Care Connection Meeting (www.ccprn.com) March 5 – 7:00-8:00pm Katimavik Preschool Resource Centre – 180 katimavik Rd.
First Words Speech and language Screening Clinic (www.firstwords.ca) January 23 – 11:30-2:15pm Katimavik Preschool Resource Centre – 180 Katimavik Rd.		
Celebrate Family Literacy Day – Friday, Jan 27 th	√ Keep children indoors when the temperature is below -25C or a windchill of -28C or greater	MARCH 12-16 is MARCH BREAK-PROGRAMS CLOSED
√ Use a helmet when sledding, skating and skiing. Don't use your brains for brakes! http://www.ottawa.ca/health_safety/living/injury/helmet/index_en.html	√ Use neck warmers instead of scarves.	

Plusieurs de nos ateliers peuvent être offerts en français. Un minimum de dix participants est nécessaire pour offrir un atelier. Faites-nous savoir s'il y a un sujet qui vous intéresse.

*Sauf indication contraire, les enfants ne fréquentent pas les ateliers. Les bébés de moins de 12 mois d'âge peuvent participer avec un parent; apporter des jouets et l'équipement nécessaires pour soigner le bébé. Pour vous inscrire, s'il-vous-plaît composer le numéro de téléphone indiquer dans la case de l'atelier choisi. **Pour une description plus détaillée de l'atelier, s'il-vous-plaît consulter la 2^{ième} page.** Vous pouvez également demander à votre Intervenante auprès de la famille pour l'affiche de l'atelier.*

workshop DESCRIPTION de l'atelier

Introduction to Solids-Making Baby Food	Presented by a registered dietitian, Anne Lim. Wondering when and how to introduce solids to your baby? Learn about the healthiest foods for baby, allergenic foods, choking hazards and the benefits of making your own baby food. For parents and their babies 4-8 months old at the time of the workshop.
From Baby Food to Table Food	Presented by a registered dietitian, Anne Lim. Wondering how much food your older baby needs? What are some of the feeding challenges? Looking for recipe ideas? For parents with babies 10-18 months at the time of the workshop
Caring for a Sick Child	Information and discussion with a Public Health Nurse on how to care for your child when they are sick with common conditions such as a cold, flu, diarrhea and vomiting..
Understanding ADHD	Children with ADHD struggle with impulsivity, completing tasks, social skills and executive functioning skills. Join Sandra LeBlanc and learn ways to help your attention deficit/hyperactive child be successful.
Snackaganza	Make healthy snacks with your preschooler! Learn how to teach your child healthy eating patterns and attitudes towards food. For children ages 3 –3 ½ years old with their parent or caregiver. No younger or older siblings please.
Resiliency-Preparing Children to Meet Challenges	Being resilient means being able to “bounce back” when things don’t go well. Young children can already start to learn a resilient approach to life. You can help them meet challenges by developing their self-confidence, emotional awareness, flexibility, empathy and problem-solving abilities.
Sibling Rivalry	Facilitator: Betsy Mann, Certified Family Educator. How to encourage good feelings between brothers and sisters. Looking at the root causes of rivalry and how to build greater harmony in the family.
Child Care Connection	Located at Katimavik Preschool Resource Centre and supported by Child Care Providers Resource Network. Parents can meet child care providers who have space in their home daycares, and access resources to help create and maintain valuable child care arrangements
Lactation Consultant - EYC & Katimavik	Through the Healthy Start Parent Support Program, we have access to a registered nurse/lactation consultant during drop-in programs. She is available to answer your lactation and nutrition questions and to weigh your baby. She visits EYC on 4th Thurs of the month & Katimavik on 3rd Friday.
Registered Community Dietitian	Through the Healthy Start Parent Support Program, we have access to a Registered Community Dietitian for educational workshops and drop-in visits. She is available to answer any of your questions on nutrition, serving sizes, school lunches and snacks, etc.during these times.

