

JANUARY / JANVIER

Sunday/Dimanche	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeudi	Friday/Vendredi	Saturday/Samedi
Workshops with this star require registration. Inscription requise pour ateliers avec cette étoile. ★ Register by clicking the links provided in the PDF Calendar or by calling 613.737.6369 Inscrivez-vous en utilisant les liens fournis dans le calendrier PDF ou en appelant le 613.737.6369.		1 CLOSED/ FERMÉ	2	3	4	5
6	7 Visit from the Ottawa Public Library Baby and Me Playgroup 3:00—3:30 pm	8	9	10	11	12
13	14	15	16 Terrific Toddlers (1 of 3) ★ 6:30—8:30 pm	17	18	19 How to use and make your own calm down kit Don Reid Playgroup 9:00—11:30 am
20	21	22	23 Infant Massage (1 of 4) 1:45—2:45 pm ★ Terrific Toddlers (2 of 3) ★ 6:30—8:30 pm ★	24	25 Intergenerational Morning at St. Patrick's Home of Ottawa 10:30—11:30 am ★	26
27	28 Salsa Babies Demo Session Baby and Me Playgroup 2:00—2:30 pm	29	30 Infant Massage (2 of 4) 1:45—2:45 pm ★ Terrific Toddlers (3 of 3) ★ 6:30—8:30 pm ★	31	All workshops will be held at 2330 Don Reid Drive unless otherwise specified. Tous les ateliers auront lieu au 2330 promenade Don Reid à moins d'avis contraire.	

Story time with the Librarian (During Baby and Me Playgroup)

Join a librarian from the Ottawa Public Library as she facilitates circle time with songs, stories and rhymes!

L'heure du conte (Pendant le groupe de jeu bébé et moi)

Venez écouter des histoires et apprendre des chansons et comptines avec la bibliothécaire de la Bibliothèque publique d'Ottawa!

Terrific Toddlers – 3 part series ★

For parents/guardians and/or caregivers of children 1-4 years

The years from 1-4 can be challenging but they can also be terrific! This series offers you opportunities to enhance your parenting skills and knowledge of child development. Topics include: healthy child development, positive discipline techniques, effective communication and the importance of play. [REGISTER NOW!](#)

How to use and make your own calm down kit (During Don Reid Playgroup)

Calming down isn't always easy for children. Help your child manage tantrums, anger and frustration and learn self-regulation skills with a calming kit. Come and speak to an EarlyON team member who will show you what a kit would include, tips on how to use it and resources to make your own calm down kit suited for the needs of your child.

Infant Massage Program ★

For parents/guardians and/or caregivers with pre-crawling infants

This 4 week series will teach a full body massage routine, the benefits of individual strokes, and ways to communicate with your baby. *Parents/caregivers must register for all 4 weeks. Please bring a blanket for your baby to lie on.* [REGISTER NOW!](#)

Intergenerational Morning at St. Patrick's Home of Ottawa ★

Join us for a fantastic morning of crafts, free play and socialization with the residents of St. Pat's Home! Infant to age 6 welcome. Parent participation will be required! [REGISTER NOW!](#)

Salsa Babies Demo Session (During Baby and Me Playgroup—no registration required)

Join us for an introduction to salsa dancing with your baby. An instructor from **Salsa Babies™** will provide parents with a 30 minute demonstration. With little ones snuggled in to baby carriers, Salsa Babies™ offers a great workout, a chance to socialize with other parents and an opportunity to introduce one's child to music and movement. Classes are appropriate for babies 6-8 weeks of age and up. All levels of fitness and dance experience are welcome.

Baby carriers are recommended.

Session demo avec Salsa Babies (Pendant le groupe de jeu bébé et moi)

Rejoignez-nous pour une introduction à la salsa avec votre bébé. Un instructeur de **Salsa Babies™** facilitera une démonstration de 30 minutes avec la participation des parents. **Salsa Babies™** offre un moyen de s'entraîner, de socialiser avec d'autres parents et d'initier la musique et le mouvement aux enfants. Les cours sont appropriés pour les bébés âgés de six à huit semaines.




Les porte-bébés sont encouragés.



Unless otherwise specified, workshops and information sessions will only take place in the language they are announced. / À moins d'avis contraire, les ateliers et sessions d'informations se dérouleront uniquement dans la langue annoncée.

*Please note that all parent/child workshops with registration will start on time and we will not accept anyone after 15 minutes of a workshop. / S.V.P. noter que tous les ateliers parents/enfants avec inscriptions débuteront à l'heure et que nous n'accepterons aucun participants après les 15 premières minutes de l'atelier.

FEBRUARY / FÉVRIER

Sunday/Dimanche	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeudi	Friday/Vendredi	Saturday/Samedi
			INDOOR SHOES – MAKE THEM A PART OF YOUR ROUTINE **  ** CHAUSSURES INTÉRIEURES - FAITES-LES FAIRE PARTIE DE VOTRE ROUTINE		1	2
3	4	5	6	7	8	9
		Car Seat Safety Information Session Don Reid Playgroup 9:00—11:00 am	Infant Massage (3 of 4) 1:45—2:45 pm 			Car Seat Safety Information Session Don Reid Playgroup 9:00—11:00 am
10	11	12	13	14	15	16
	Special Activity for Valentine's Day Don Reid Baby Playgroup 1:30—3:30 pm		Infant Massage (4 of 4) 1:45—2:45 pm  Learning Through the Arts—The Beauty of Math 6:00—7:30 pm 			
17	18	19	20	21	22	23
	CLOSED/FERMÉ Family Day Journée de la famille		Exploring Water 6:00—7:30 pm 			
24	25	26	27	28		
			Introducing Solids to Your Baby (1 of 2) 1:30—3:00 pm 			All workshops will be held at 2330 Don Reid Drive unless otherwise specified. Tous les ateliers auront lieu au 2330 promenade Don Reid à moins d'avis contraire.

Car Seat Information Session (During Don Reid Playgroup)

A certified Car Seat Technician will be available to talk about the different types of car seats, direction and location in your car, how to secure your child, tips for installation, aftermarket products and best practices. Get your questions answered!

Infant Massage Program 

For parents/guardians and/or caregivers with pre-crawling infants

This 4 week series will teach a full body massage routine, the benefits of individual strokes, and ways to communicate with your baby. *Parents/caregivers must register for all 4 weeks. Please bring a blanket for your baby to lie on.* [REGISTER NOW!](#)

Special Activity for Valentine's Day (During Baby and Me Playgroup)

Bring your little cherub in for Valentine themed photos! We will supply a special back drop and props. You are welcome to use your phone, or we can snap a picture for you and send you the image.

Activité spéciale pour la saint valentin. (Pendant le groupe de jeu bébé et moi)

Apportez votre petit chérubin pour des photos sur le thème de la Saint-Valentin! Nous fournirons un toiles de fond spécial et des accessoires. Vous êtes le bienvenu pour utiliser votre téléphone, ou nous pouvons prendre une photo pour vous et vous envoyer l'image.

Learning Through the Arts—The Beauty of Math 

For children from 3 to 6 years of age and their parents/guardians and/or caregivers.

This workshop will help children become aware of different sizes, shapes, and parallel lines and use mathematical concepts as they discuss their art and the art of others. [REGISTER NOW!](#)

Exploring Water 

For children from 4 to 6 years of age and their parents/guardians and/or caregivers.

Join us as we explore the world of science and learn new concepts. Children will learn through fun, hands-on, interactive and age-appropriate activities. They will observe and describe different states of water, make scientific predictions and use their senses to explore water properties. [REGISTER NOW!](#)

Introducing Solids to Your Baby—Part 1-2 

For parents/guardians with babies 0-9 months of age

Join Maylinda, a registered dietitian as she shares how to successfully introduce solids to your baby. She will also demonstrate how to make your own baby food as well as how to make feeding your baby fun and easy! [REGISTER NOW!](#)



Unless otherwise specified, workshops and information sessions will only take place in the language they are announced. / À moins d'avis contraire, les ateliers et sessions d'informations se dérouleront uniquement dans la langue annoncée.

*Please note that all parent/child workshops with registration will start on time and we will not accept anyone after 15 minutes of a workshop. / S.V.P. noter que tous les ateliers parents/enfants avec inscriptions débuteront à l'heure et que nous n'accepterons aucun participants après les 15 premières minutes de l'atelier.

MARCH / MARS

Sunday/	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeudi	Friday/Vendredi	Saturday/Samedi
Workshops with this star require registration. ★ Inscription requise pour ateliers avec cette étoile. Register by clicking the links provided in the PDF Calendar or by calling 613.737.6369 Inscrivez-vous en utilisant les liens fournis dans le calendrier PDF ou en appelant le 613.737.6369.			All workshops will be held at 2330 Don Reid Drive unless otherwise specified. Tous les ateliers auront lieu au 2330 promenade Don Reid à moins d'avis contraire.		1	2
3	4 Car Seat Safety Information Session During Don Reid Baby Playgroup 1:30—3:00 pm	5	6 Introducing Solids Part 2 of 2: Loblaws in-store tour 1:30—3:00 pm Loblaws South Keys ★	7	8	9 Positive Discipline Information Session During Don Reid Playgroup 9:00—11:30 am
10	11	12	13	14	15	16
17	18	19	20 Loose Parts – Open-Ended Art 6:00—7:30 pm ★	21	22 Visit with a Dietitian Hunt Club Riverside Playgroup 9:00—10:30 am	23
24	25	26	27	28	29	30 31

Car Seat Information Session *(During Baby and Me Playgroup)*

A certified Car Seat Technician will be available to talk about the different types of car seats, direction and location in your car, how to secure your child, tips for installation, aftermarket products and best practices. Get your questions answered!

Session d'information sur les sièges d'auto *(Pendant le groupe de jeu bébé et moi)*

Un technicien de siège d'auto certifié sera disponible pour discuter des différents sièges d'auto, comment sécuriser votre enfant, des conseils sur l'installation, les meilleures pratiques et les accessoires après-vente. Obtenez des réponses à vos questions!

Introducing Solids Loblaws In-store tour—Part 2 of 2 (Loblaws 2210 Bank Street) ★

For parents/guardians and/or caregivers of children 4-8 months

Do you have a baby between the ages of 4-8 months and are wondering about introducing solids? Join Maylinda, in-store Dietitian, as she will guide you on which foods to introduce, how to make foods for your baby, and give you practical tips on how to ace this phase. This is the second and final session of our "introduction to solids" workshops. It involves light walking and spots are limited! Babies and children are also welcome to join you in this workshop. [REGISTER NOW!](#)

Positive Discipline Information Session *(During Don Reid Playgroup)*

Join an early years educator during playgroup to discuss the many ways you can support challenging situations with your child without using the time out method. Positive discipline strategies will be shared to help guide children's behaviour in a positive manner. *Les questions peuvent être posées en français.*



Loose Parts—Open Ended Art ★

For children from 3 to 6 years of age and their parents/guardians and/or caregivers.

Please join us for evening of fun and learning through arts. Children learn through play and open-ended activities. It allows them the chance to explore the world around them, ask questions, and see how things work. Open-ended art fits in with how children learn because it allows them room to be themselves, make their own decisions, and just create! [REGISTER NOW!](#)

Visit with a Dietitian *(During Hunt Club Riverside Playgroup)*

A registered Community Dietitian will be available during playgroup to answer questions and provide information on healthy eating habits.

March Break Mania -Week of March 11th—16th, 2019

Join us for some fun activities during March Break!
Activities will take place during playgroup, no registration required.
More details to follow.



Unless otherwise specified, workshops and information sessions will only take place in the language they are announced. / À moins d'avis contraire, les ateliers et sessions d'informations se dérouleront uniquement dans la langue annoncée.

*Please note that all parent/child workshops with registration will start on time and we will not accept anyone after 15 minutes of a workshop. / S.V.P. noter que tous les ateliers parents/enfants avec inscriptions débuteront à l'heure et que nous n'accepterons aucun participants après les 15 premières minutes de l'atelier.