

PRENATAL AND PARENTING INFANTS

Prenatal Breastfeeding Class



This single-session class offers expectant parents an opportunity to learn the basic how-tos of breastfeeding prior to the birth of their baby. Learn about why and how to breastfeed, and the services available to support you.

Date: Thursdays, September 21 & November 16, 2017

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

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Not What I Expected



Are you a Mom with a baby one year of age or younger experiencing some or all of the following: anxiety, depression, recurring unwanted thoughts, feelings of being overwhelmed, a lack of social supports or family close by, or concerns about attachment with your baby?

In this group you will:

- Talk about your experiences with challenges in the postpartum period
- Discuss coping strategies to help get through difficult days
- Learn about Resiliency, Postpartum Mood Disorder, and Self-Care
- Meet other Moms who are looking to find their way through this difficult time
- Find out about other resources for you and your family

You must attend an intake appointment to become registered for this group. Contact Erin Brown, social worker, at 705-743-2121 ext. 2799 to arrange an appointment.

The program is a partnership of Pediatric Out Patient Clinic at the Peterborough Regional Health Centre & Peterborough Family Resource Centre

Date: Wednesdays, October 25 - December 13, 2017

Time: 1:00 - 3:00 p.m.

Location: Antrim

Family Hub,



Breastfeeding & Well Baby Clinic



Drop in and speak to a lactation consultant for breastfeeding help or a community health nurse to answer your questions about child health and development. No appointment necessary.

Date: Every Tuesday

Time: 10:00 a.m. - 12 p.m.

***Please enter through program doors on Tuesdays**

Date: Every Thursday

Time: 10:00 a.m. - 12 p.m.

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Footsteps to Parenting



Are you new to parenting? Is your infant under 6 months? Do you want to meet other parents with new babies? We invite you to join us and explore the wonderful, perplexing, and sometimes scary journey of parenting. Group facilitated by PFRC and Partners in Pregnancy Clinic. Please register.

Date: Thursdays, September 7 to October 12, 2017

Time: 10:00 - 11:30 a.m.

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Feeding Your Baby



Do you have questions about when and how to start your baby on solid foods? Would you like to learn how to make your own baby food?

Join us for the Feeding Your Baby program and have all your questions answered by a Public Health Nutritionist.

Date: Monday, October 30, 2017

Time: 10:30 - 12:00 p.m.

Location: Antrim Family Hub, 201 Antrim St., Peterborough

Date: Monday, December 11, 2017

Time: 1:30 - 3:00 p.m.

Location: Antrim Family Hub, 201 Antrim St.,



REGISTRATION FOR PROGRAMS

by phone at 705-748-9144 or on our website: www.pfrc.ca/program-registration-form/

INFANT PROGRAMS Our Infant Program Policy allows families to register for **one** of these infant programs.

The Gentle Art of Infant Massage

The Gentle Art of Infant Massage is a four-session course, developed by the International Association of Infant Massage® that will give you the tools and information you need to communicate with your baby through loving touch. Please bring a waterproof mat or pad, a soft blanket or towel, and your baby! Oil and handouts will be provided. This program is designed for infants between 1 and 8 months.



Date: Tuesdays, November 7 to November 28, 2017
Time: 1:30 - 2:30 p.m.
Location: St John Family Hub, 746 Park St. S, Peterborough

Date: Thursday, November 30 to December 21, 2017
Time: 1:30 - 2:30 p.m.
Location: St John Family Hub, 746 Park St. S, Peterborough

Songs and Signs

An interactive course for parents to attend with their children age 5-15 months. Parents will learn a variety of signs through a weekly sign and song circle. Information on the benefits of signing and tips for success will be discussed.

Date: Mondays, September 11- October 2, 2017
Time: 1:30 - 2:30 p.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo

Parent-Child Mother Goose



This is a group experience for parents and their babies up to 1 year of age focusing on the pleasure and power of using interactive rhymes, songs, and stories through the oral tradition. Parents gain confidence as they help their babies learn language and communication skills in this program. Cuddle, communicate, connect.

Date: Thursdays, October 19 to November 23, 2017
Time: 1:30 - 2:30 p.m.
Location: St John Family Hub, 746 Park St S., Peterborough

Date: Mondays, October 23 - November 27, 2017
Time: 1:30 - 2:30 p.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Thursdays, November 16 to December 21, 2017
Time: 10:00 - 11:00 a.m.
Location: Antrim Family Hub, 201 Antrim St, Peterborough

TODDLER AND PRESCHOOL PROGRAMS

Little Counters

This program is for children age 18 months to 3 years. Parents and children will play, sing, and do activities together to understand and build numeracy concepts.



Date: Fridays, October 20 to November 10, 2017
Time: 10:30 - 11:30 a.m.
Location: Roger Neilson School, 550 Erskine Ave. Peterborough

Date: Thursdays, November 16 to December 7, 2017
Time: 10:00 - 11:00 a.m.
Location: Chemong Public School, 1029 Gore St., Bridgenorth

Fun at the Hastings Field House

Come and join us for some physical activity at the Field House! Walk the track, play soccer, use the games court, and enjoy parachute play. There is an indoor snack area available, and a playground nearby. Please bring clean indoor shoes, a water bottle, and snacks



Date: Fridays, Sept 15, Oct 6 & 20, Nov 3 & 24, Dec 1 & 15
Time: 9:00 - 11:00 a.m.
Location: 97 Elgin St., Hastings

Making Learning Fun!

An interactive program for parents and children in junior kindergarten to grade 1. This multiculturally based program will help your child with language, literacy, and math through discovering different languages and cultures. Each evening will include stories, crafts, and activities.



Date: Thursdays, October 19 to November 2, 2017
Time: 5:00 - 6:30 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Toddler Fun

Toddler fun is an interactive program for parents and children aged 1-3 years. Each week a variety of experiences will be available to support social-emotional, language, and physical development.

Date: Fridays, September 15 to September 29, 2017
Time: 10:00 - 11:00 a.m.
Location: St John Family Hub, 746 Park St. S., Peterborough

Date: Thursdays, October 19 to November 2, 2017
Time: 10:00 - 11:00 a.m.
Location: Antrim Family Hub, 201 Antrim St., Peterborough

Date: Wednesday, November 15 - November 29, 2017
Time: 9:30 - 10:30 a.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo



Kids in the Kitchen

This is a parent-child interactive program for children 2 - 4 years of age. You and your child will learn math and literacy skills while preparing tasty snacks together. A donation of a loonie is requested to cover food costs.

Date: Tuesdays, September 19, October 17, November 21, December 19, 2017
Time: 10:00 - 11:30 a.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South

Date: Fridays, November 17 & December 1, 2017
Time: 10:00 - 11:00 a.m.
Location: St John Family Hub, 746 Park St. S., Peterborough

FAMILY PLAY TO LEARN AND TOY LENDING LIBRARY

This parent child interactive program offers an engaging environment to explore and create with your children, and to connect with other families. Professional staff are available to support your learning, as well as share resources and their expertise when needed. All families with children from birth to six years are welcome at this drop in program.

Antrim Family Hub

201 Antrim Street, Peterborough
Tuesdays, 9:30 - noon
Thursdays, 1:00 - 3:30 p.m.
"Me & My Dad" Program Saturdays 9:30 - noon

Lakefield Family Hub - Temporary Space -

Lakefield-Smith Community Centre (Arena)
20 Concession Street, Lakefield
Wednesdays 9:30 - 11:30 a.m.
Thursdays 9:30 - 11:30 a.m.

Otonabee Valley Family Hub

Otonabee Valley Public School,
580 River Road South, Peterborough (use main school entrance)
Mondays, 9:00 - 11:30 a.m.
*Tuesdays, 9:00 - 11:30 a.m.

Norwood Family Hub,

Norwood District High School
44 Elm Street, Norwood
Tuesdays, 9:30 - noon

* transportation available! Call Monday before noon to reserve your spot

St. John Family Hub

St. John Elementary School
746 Park St. S, Peterborough (use south side school entrance)
Tuesdays, 9:30 - noon
Thursdays, 9:30 - noon



Antrim Library Hours

Tuesday 9:30 a.m. - noon
Wednesday 9:30 a.m. - noon
Thursday 1:00 p.m. - 7:00 p.m.
1st & 3rd Saturday of the month 9:30 a.m. - noon

PARENTING TODDLERS & SCHOOL AGE CHILDREN

Please notice: No childcare provided for parenting courses

Triple P- Parenting Plan



This is a one-to-one session with a staff member where you can work through some of your parenting challenges. Call Anne to make an appointment 705-748-9144 ex.351

Toddlers and Tantrums



Have you ever seen your toddler: crying, screaming, stamping their feet, or rolling on the floor? This can be embarrassing for parents, especially if it happens in public. In this one-evening session, parents of children 1-3 years of age will have an opportunity to discuss: why children have tantrums, how to prevent them, and how to manage a tantrum.

Date: Monday, November 6, 2017
Time: 6:30 - 8:30 p.m.
Location: Peterborough - TBA

Triple P, Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children 2-10 years old are invited to attend one or all of these Triple P seminars.



- #1. The Power of Positive Parenting:** Positive parenting is an effective approach to raising children that involves creating a family environment that is loving, supportive, and predictable.
- #2. Raising Confident, Competent Children:** Ideas on how to help children learn important life skills including being respectful, communicating well, thinking positively, having healthy self-esteem, and being a good problem solver.
- #3. Raising Resilient Children:** All children experience periods of stress in their lives. This session gives parents ideas on how to help children have the emotional skills to manage stressful life events.

Registration is required for all sessions.

Date: Wednesdays, October 11 to October 25, 2017
Time: 6:30 - 8:30 p.m.
Location: St John Family Hub, 746 Park St. S, Ptbo.

Date: Mondays, November 13 to November 27, 2017
Time: 1:00 - 3:00 p.m.
Location: Antrim Street Family Hub, 201 Antrim Ptbo

REGISTRATION FOR PROGRAMS

by phone at 705-748-9144 or on our website: www.pfrc.ca/program-registration-form/

HOME CHILD CARE PROVIDER SUPPORTS



Registered Provider Play Group

This is a weekly playgroup for home child care providers and nannies. We will provide a space that is conducive to engaging in learning activities with the children in your care. We provide music and story time at 11:00 a.m. Child care providers and their children will have the opportunity to participate in special events and field trips.

*Please note that providers both returning and new must attend an orientation session prior to beginning this play group.

Register for one orientation date:

Tues. Sept. 5 or Thurs. Sept. 7, 6:30-7:30 p.m.

Date: Every Wednesday beginning September 13, 2017

Time: 9:30 - 12:00 noon

Location: Antrim Family Hub, 201 Antrim St., Peterborough
Lower Level, Drop-In Space

Virtual Workshop Business Side of Home Child Care

Register for this on-line workshop to learn about how to start a home based child care. This workshop will review such topics as: legislation governing home child care; personal philosophy; insurance considerations; fees; policies; tracking expenses; income tax reporting; business forms and organization of administrative records; toys, equipment in your environment; advertising;

****NEW** To register through the website click on the programs section, this will take you to the program calendar. Then click on the program you are interested in which will take you to the individual program description page. At the bottom of the description you will find "click here to register". Click on the word **here** and you will be taken to the Program Registration Form, fill it out and click **Send Form**. **

Are you seeking child care?

We can help you explore child care options and rates for both home and centre-based care, and provide resources to help you choose and keep quality child care.

Our Child Care Information Exchange is a comprehensive source of licensed child care options in the Peterborough area. You can view and download a list of licensed child care providers, or search our child care directory by location, your child's age, and the type of child care you're seeking.

Access the Child Care Information Exchange at <http://www.pfrc.ca/childcare-information-exchange/> You can also call us at 705 748 9144 or email childcareinfo@pfrc.ca

****NEW! Partnership Series with Compass Early Learning and Care****

Implementing How Does Learning Happen in Home Child Care

How Does Learning Happen (HDLH) is a professional document published by the Ministry of Education which provides information about how to implement best practice for early years programs. HDLH explains **how** learning takes place. It is organized into four foundational conditions that are important for children to grow and flourish: Belonging, Well Being, Engagement, and Expression. How do care providers implement these foundations in their home child care programs? Come to this workshop to learn some concrete strategies to support these four foundations in a hands-on manner by exploring invitation kits, photos, and reflection dialogue.

Date: Tuesday September 19, 2017

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

Location: Peterborough Family Resource Centre

201 Antrim Street, Peterborough, Upstairs Board Rooms

Supporting Healthy Eating in Home Child Care

Healthy eating recommendations change as we learn more about nutrition and health. Is your knowledge up-to-date? In this workshop, Erica Diamond (a dietician from Peterborough Public Health) will discuss some guidelines for feeding young children based on the Canada's Food Guide. Nancy Benjamin, a long term nanny who has a passion for cooking will work with the group to make healthy snacks. A \$5 fee will be charged to buy food items for this workshop.

Date: Thursday October 19, 2017

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

Location: Peterborough Family Resource Centre,

201 Antrim Street, Peterborough, Downstairs Drop-In

Space

Discovering Loose Parts:

"Alluring and captivating, loose parts capture children's curiosity, give free reign to their imagination, and motivate learning."

Loose Parts: Lisa Daly

Come join us for an evening to uncover the value of loose parts. Presenter: Angela Hoar RECE, Pedagogical Mentor and Materials Initiative Coordinator at Compass Early Learning and Care will share with us her journey with materials. We will think together about the principles of invitations, succession planning for children, and building collections. Bring your imagination and willingness to play and we will explore our ability to see beyond our certainties and begin to uncover the many possibilities of Loose Parts. Register with Lisa at lmiles@compasselc.com

Date: Tuesday November 21, 2017

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

Location: Compass Early Learning and Care,
550 Braidwood Avenue,
Peterborough



REGISTRATION FOR CHILD CARE PROVIDER PROGRAMS

by phone at 705-748-9144 or on our website: <http://www.pfrc.ca/care-provider-registration-form/>