



**Peterborough Family Resource Centre/
Brighter Futures Peterborough
Courses, Workshops and Support Groups
Fall 2011**



You and Your Baby

This six-week course is for parents and child care providers of babies ages 1 to 8 months. This group includes a period of information-giving and a time for sharing concerns about the experience of caring for babies.

Participants attend with their babies

Date: Mondays, October 17– November 21

Time: 10:00-11:30 am

Location: Otonabee Valley Public School, Peterborough



The Gentle Art of Infant Massage

This four-session course, developed by the International Association of Infant Massage® 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: Fridays, Sept. 30, Oct. 7, 14, 21

Time: There will be 2 sessions- 9:30-10:30 am or 11:00am-12:00pm

Location: Otonabee Valley Public School, Peterborough

Date: Thursdays, November 3, 10, 17, 24

Time: 10:00-11:00 am

Location: Norwood



Prenatal Breastfeeding Class

Come and learn the basic how-to's of breastfeeding before your baby is born. At this two hour class, we talk about: why to breastfeed, how to breastfeed and answers to your questions and concerns

Date: Thursdays, September 29 and November 17

Time: 6:30 pm

Location: 201 Antrim St., Peterborough

Well Baby & Breastfeeding Clinic

Do you have a child from birth to 2 years old and need information on child health and development?

Would you like breastfeeding information and support?

Come join us:

- Meet one on one with a Community Health Nurse and get information and support on healthy child development.
- Breastfeeding support and information from a Community Health Nurse and /or Lactation Consultation.
- Referral to resources and supports

Date: Every Thursday

Time: 10:00 am -12 pm and 1:00pm-3:00pm

Location: 201 Antrim St., Program Area North

The Parenting Partnership Program

This is a comprehensive prenatal and parenting program that starts during pregnancy with prenatal classes and continues after the birth of your child until the baby is 14 months of age. It is offered through a combination of online web sessions and face to face classes. It is staffed by a health educator and a parent educator.

For couples expecting in December, 2011 and January, 2012.

Date: Wednesday October 5– November 16

Time: 6:30-9:00 pm

Location: 201 Antrim St., Peterborough

Teen Prenatal Supper Club

Six prenatal classes for pregnant teens taught by a public health nurse.

You will learn about: pregnancy, childbirth and the care of new babies.

A tour of the birthing suite at the hospital will take place.

Call 743-1000 to register

Date: Tuesdays, Oct. 18– Nov. 15 and Nov.23

Time: 5:15– 8:00 pm

Location: 201 Antrim Street Peterborough

Parent –Child Mother Goose

This is a group experience for parents and their babies born in 2011, that focuses on the pleasure and power of using rhymes, songs and stories. Parents gain confidence as they help their babies learn language and communication skills in this interactive program.

Date: Mondays, October 17-November 28

Time: 10:00-11:00 am

Location: St. John School, Park St. South, Peterborough

Date: Thursdays, September 15– October 27

Time: 10:00-11:00 am

Location: 201 Antrim St., Peterborough



REGISTRATION FOR PROGRAMS

Please call **705-748-9144** to register for a program or to find more information.

Our website address is **www.pfrc.ca**

**** Parents must make their own child care arrangements
unless otherwise noted****



Songs and Signs for Babies and Toddlers

A three week interactive course for parents to attend with their children ages 6-24 months. Parents will learn a variety of signs through a weekly sign and song circle. Information on the benefits of signing with babies and toddlers and tips for success will be discussed.

Date: Thursdays, November 10-24
Time: 10:00– 11:30
Location: 201 Antrim St. 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 a workshop on feeding your baby and have all your questions answered by a Public Health Nutritionist.

Date: To be announced
Time:
Location: 201 Antrim St. Peterborough

Talking about Toddlers

These three sessions are based on the Triple P—Positive Parenting Program. Come to one or all of the sessions to talk about your toddler.



It's Potty Time: Toilet Training Your Child

Is your child ready to use the bathroom? How can you make this a positive experience? What signs should you be looking for? If you are thinking about toilet training your child, this is the group for you!

Date: Tuesday, October 18
Time: 6:30-8:30 pm
Location: St. John Elementary School, Peterborough

Bedtime for Toddlers and Preschoolers

Young children need a good night's sleep so they can have enough energy for the next day's activities. In this session we will discuss how to help our children develop healthy, independent sleep patterns.

Date: Tuesday, October 25
Time: 6:30-8:30 pm
Location: St. John Elementary School, Peterborough

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 aged 1-3 years will have an opportunity to discuss: why children have tantrums, how to prevent them and how to manage a tantrum.

Date: Tuesday, November 1
Time: 6:30-8:30 pm
Location: St. John Elementary School, Peterborough



Date: Wednesday, September 28
Time: 6:30-8:30pm
Location: 201 Antrim St. Peterborough

Movement and Massage

This three session course will give parents the opportunity to connect with their toddler through movement and gentle touch. The goal of this program is to support the parent's learning about how to promote their child's natural development through:

massage, relaxation exercises, gentle movements, songs and games. This program is designed for toddlers who are walking (12-24 months). Please bring: any comfort items you feel your toddler may need and snack. Be sure you and your child wear comfortable clothing.

Date: Fridays, September 30– October 21
Time: 10:00-11:00
Location: St. John Elementary School, Peterborough

Fighting and Aggression:

help your child get along with others

Children often have disagreements or arguments. This may result in someone getting hurt. Children need to learn better ways to solve problems and get along with others. In this session, we'll discuss some strategies to help your child play cooperatively and ideas to use when children become aggressive. For families with children 3-5 years.

Date: Wednesday, October 26
Time: 6:30-8:30 pm
Location: Otonabee Valley Public School, Peterborough



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Triple P— Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children 0-12 yrs. are invited to attend one or all of these seminars:

1. **The Power of Positive Parenting**
2. **Raising Confident, Competent Children**
3. **Raising Resilient Children**

Date: Wednesdays, September 28, October 12 and 26
Time : 6:30-8:30 pm
Location: St. John Elementary School , Peterborough

Date: Wednesdays, October 19, November 2 & 16
Time : 6:30-8:30 pm
Location: Norwood



Every Parent's Survival Guide

This workshop introduces Triple P Positive Parenting Programs. These two sessions will cover topics such as: recognizing causes of children's behaviour problems, setting rules and giving instructions, using discipline strategies that work, as well as taking care of yourself as a parent.

Date: Tuesdays, September 20, 27 and October 11
Time : 6:30-8:30 pm
Location: Lakefield

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.

Date: Tuesdays
Time : Afternoon– call Anne to make an appointment
705-748-9144 ex.351
Location: St. John's Elementary School, Peterborough

Story and a Song

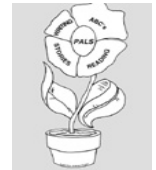
Parents and their children ages 2-4 years are welcome to come and enjoy songs, crafts stories and games. Each week activities will be based on a favourite children's book.

Date: To be announced
Time:
Location: Lakefield

PALS - Family Literacy Program

A six-session family literacy program for parents and their JK and SK children. This fun, activity-based program helps parents help their children with language and literacy development. Each session includes a light meal, snacks, and a take-home bag with activities and supplies.

Date: To be announced
Time :
Location:



Esso Family Math

A six-week program for families who would like their children to experience success in math. The family math sessions promote parents and children working and playing together to develop positive attitudes towards mathematics. Family math gives parents more confidence to better help their children enjoy and understand math. For families with children in Junior or Senior Kindergarten.

Date: To be announced
Time:
Location:



REGISTRATION FOR PROGRAMS

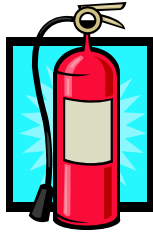
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Caregiver Workshops

Fire Safety Demonstration



All child care providers are welcome to attend this workshop. Come and update your fire safety knowledge.

Dates: Monday, October 17

Time: 7:00-9:00 pm

Location: Sherbrooke Street Fire Station, Peterborough

Child Care Provider Appreciation Night



Date to be announced

Infant- Child CPR

St. John Ambulance Infant and Child CPR for caregivers and parents of children up to eight years of age.

Fifteen participants required to run the course.

Cost: \$60.00 is non refundable and required upon registration

Date: October 22

Time: 1:00-4:00 pm

Location: 201 Antrim St. Peterborough

Child Care Resource Nights

Come out and talk with other caregivers about child care related issues, borrow toys and books from the resource library, utilize the die cutting and laminating services and take home great craft ideas!

Date: Mondays, September 19, October 24, November 28

Time: 7:00-9:00 pm

Location: 201 Antrim St., Peterborough

Make and Take

Come out for an enjoyable evening with other care providers to make activities based on the book The Pumpkin Patch.

Cost for supplies \$6.00

Date: Monday, October 24

Time: 7:00-9:00 pm

Location: 201 Antrim St., Peterborough

Child Care Provider Christmas Potluck

Come out and enjoy a night of fun, food and friends .

All child care providers are welcome.

Please bring your favourite food to share.

Date: Monday, December 12

Time: 6:30-9:00

Location: 201 Antrim St., Peterborough



Family Child Care Training Program Level 1

The PFRC is offering the first 4 sessions of the Family Child Care Training. Program level 1 this fall, with the remaining 8 sessions to follow in the new year. The Family Child Care Training Program Level 1 is intended for individuals who are currently, or who are interested in becoming, providers of family child care in both licensed and informal homes.

Date: Monday, November 7

Time: 6:30- 8:30

Location: 201 Antrim St., Peterborough

IF YOU HAVE ANY QUESTIONS, PLEASE CALL LISA AT EXT. 312

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