



The Parenting Partnership Program

This is a free, 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. The prenatal series is once a week for seven weeks. We break for two months while the babies are being born and reconvene once a month for a year. It is staffed by a health care practitioner and a parent educator. We are currently looking for families who are having their **babies in June or July 2012**.

Date : Wednesdays, April 18-May 30, 2012
Time: 6:30-9:00 pm
Location: PFRC, 201 Antrim Street,
Peterborough

Please call 705-748-9144 for registration details.

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 705-743-1000 to register

Date : Tuesdays, Jan 10 to Feb 14, 2012
Tuesdays, Apr 3 to May 8, 2012
Tuesdays, Jun 19 to Jul 24, 2012
Time: 5:15- 8:00 pm
Location: 201 Antrim Street, Peterborough



You & Your Baby

This six week course is for parents 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, Apr 16 to May 28, 2012
*No class May 21, 2012
Time: 10:00-11:30 am
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Thursdays, Feb. 2 to Mar. 8, 2012
Time: 9:30-11:00 am
Location: Norwood, location to be determined.

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, February 16, April 19 or June 21, 2012
Time: 6:30 pm
Location: 201 Antrim Street., 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—noon and 1:00-3:00 pm
Location: 201 Antrim Street, Peterborough

The Gentle Art of Infant Massage

This 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 aged 1 to 8 months old.

Four Session

Date: Thursdays, Apr 5 to 26, 2012
Time: 2 sessions: 9:30-10:30 am or 11:00-noon
Location: 201 Antrim Street, Peterborough.

Six Session

Date: Tuesdays, Jan 31, Feb 7, 14, 28,
Mar 6, 13, 2012
Time: 10:00-11:00 am
Location: Lakefield, location to be determined.



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?

Date: Wednesday, January 18, 2012
Time: 6:30-8:30 pm
Location: St. John Family Hub, 746 Park Street South, Peterborough

Date: Monday, April 16, 2012
Time: 6:30-8:30 pm
Location: Lakefield, location to be determined.

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, February 7, 2012
Time: 6:30-8:30 pm
Location: Norwood, location to be determined.



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: Wednesday, June 6, 2012
Time: 6:30-8:30 pm
Location: Norwood

Date: Monday, April 30, 2012
Time: 6:30-8:30 pm
Location: Lakefield, location to be determined.



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 and tips for success will be discussed. **Call to register.**

Date: Mondays, March 19 to April 2, 2012
Time: 10:00-11:30 am
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo

Date: Thursdays, April 12 to 26, 2012
Time: 10:00-11:30 am
Location: Norwood, location to be determined.

Date: Fridays, May 4 to 18, 2012
Time: 10:00—11:30 am
Location: St. John Family Hub, 746 Park Street South, Peterborough

Parent-Child Mother Goose

This is a group experience for parents and their babies up to 1 year of age, 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: Thursdays, Jan 12 to Feb 23, 2012
Thursdays, May 10 to Jun 21, 2012
Time: 10:00-11:00 am
Location: 201 Antrim Street, Peterborough

Date: Thursdays, Feb 2 to Mar 15, 2012
Time: 10:00-11:00 am
Location: Lakefield, location to be determined.



Fighting & Aggression: Help your child get along with others (Preschoolers / 3-5 years old)

Children need to learn 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.

Date: Monday, February 13, 2012
Time: 6:30-8:30 pm
Location: St. John Family Hub, 746 Park Street S. Peterborough

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

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****

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:

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. Ideas on how to help children have the emotional skills to manage stressful life events.

Date: #1: Wed. Jan 25 #2: Wed. Feb. 8 #3: Wed. Feb 22
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo
Time: Time for all sessions is 6:30-8:30 pm

Date: #1: Tues. Mar. 6 #2: Tues. Mar. 20 #3: Tues. Apr. 3, 2012
Location: St. John Family Hub, 746 Park Street South, Peterborough
Time: Time for all sessions is 6:30-8:30 pm

Registration is required for all sessions.



Every Parent's Survival Guide

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

Date: Wednesday, March 21 & 28, 2012
Time: 6:30-8:30 pm
Location: 201 Antrim Street, Peterborough



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, and/or snacks, and a take-home bag with activities and supplies.

Date: Mondays, Jan 23 to Mar 5, 2012
Time: 5:00-7:00 pm
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo

Date: Wednesdays, Feb 15 to Mar 28, 2012
Time: 5:00-7:00 pm
Location: Keith Wightman Public School,
860 St. Mary's St, Peterborough

Date: Wednesdays, Mar 21 to Apr 25, 2012
Time: 5:30-7:30 pm
Location: St. Paul's School, Norwood



*Priority will be given to children who attend the host school.

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: Tuesdays, Apr 3 to May 8, 2012
Time: 5:00-7:00 pm
Location: Ridpath Elementary School, Lakefield



Getting Ready for K

These sessions will be fun and interactive for parents and their children entering Junior Kindergarten in Fall 2012. The 3 parent/child sessions will include early math, language, literacy activities and more. It is a fun, activity-based program. The 4th session is for parents only, and will give parents more information and tips to help their child prepare for school. Sign up for the parent/child sessions, the parents-only information night or both!

Date: May/June, 2012
Time: To be determined.
Location: Havelock

Date: Parent/Child sessions—Tues. Apr 24 to May 8, 2012
Parents-only session—Tues. May 15, 2012
Time: 6:00-7:15 pm
Location: St. John Family Hub, 746 Park Street South, Peterborough

*Priority will be given to children who will attend the host school.

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

Caregiver Workshops

Income Tax Workshop

This is an evening workshop to help child care providers learn more about income tax, record keeping and home child care as a business.

Date: Monday, February 13, 2012

Time: 7:00-9:00 pm

Location: 201 Antrim St., Board Room



Child Care Centre Tour

Tour of Kawartha Child Care Services Peterborough (at St. Peter's Secondary School.) Contact Lisa for details.

Date: Monday, May 14, 2012

Time: 6:30 pm

Location: 733 Parkhill Road W, 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, January 23, February 20, March 26,

April 23, May 28, June 25, 2012

Time: 7:00-9:00 pm

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, January 9, March 5, June 4, 2012

Time: 6:30- 8:30 pm

Location: 201 Antrim St., Peterborough

**IF YOU HAVE ANY QUESTIONS ABOUT
CARE PROVIDER EVENTS,**

Family Play to Learn Programs

A free drop-in style program for you and your young child(ren) to play, meet old and new friends.

- Meet other parents, grandparents and careproviders
- Provide a chance for your children to play with other children
- Enjoy a variety of early learning activities and circle time
- Staffed by early years specialists
- A place to get information on parenting, child development, child care and community resources

You are welcome to visit a Family Play to Learn Program at any of the Family Hub Sites.

Antrim Family Hub, 201 Antrim Street, Peterborough

Tuesdays, 9:30-noon

Thursdays, 1:00-3:30 pm

"Me & My Dad" Program Saturdays 9:30-noon

Otonabee Valley Family Hub, Otonabee Valley Public School,
580 River Road South, Peterborough (use main school entrance)

Mondays, 1:00-3:00 pm

Tuesdays, 9:00-11:30 am

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 and 1:00 -3:30pm

Lakefield & Norwood Family Hubs

Check web site or call PFRC for up to date location & time for these programs.

Leadership Training

A comprehensive leadership training program for current and prospective leaders of courses and support groups. This training is for anyone who has attended a PFRC course and is interested in becoming a leader.

Dates: Mondays, March 19, 26,

April 2, 16, 2012

Time: 6:30 pm-9:00 pm

Location: 201 Antrim Street,
Peterborough



REGISTRATION FOR PROGRAMS

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

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