

Program Name	Program Description	Number of Sessions	Parent Child Interactive	Parenting Workshop	Pre-Register	Child Monitoring Available
Infant Programs						
BABY SIGNS	Parents and babies 6 months to 18 months will learn signs for letters, numbers, everyday words, songs, reading and more. Baby Signs gives parents a window into their child's likes and dislikes as well as their wants and needs. Parents develop bonding by doing face to face interactions and watching for baby's cues all while having fun.	4 sessions	✓		✓	✓ * For older siblings
PARENT CHILD MOTHER GOOSE— INFANT	The Parent-Child Mother Goose program is a group experience for parents/caregivers and their babies aged 0 to 18 months of age. This program teaches parents/caregivers ways to bond and communicate with their child. Parent-Child Mother Goose is based on the oral language and encourages communicating with your child through poems, songs, rhymes, lullabies and storytelling using oral, facial and body language.	8 sessions	✓		✓	✓ * For older siblings
GROW WITH YOUR BABY	The Grow With Your Baby program for parents/caregivers of babies 0 to 12 months of age. Parents/caregivers will gain knowledge through discussions with our guest speakers as well as activities to enhance development.	8 sessions	✓	✓	✓	✓ * For older siblings

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Parenting Programs						
TRIPLE P – Positive Parenting Program	Triple P is a system of easy to implement, proven parenting solutions that help solve current parenting problems and prevent future problems before they arise. Triple P suggests simple routines and small changes that can make a big difference to your family. The three seminars of the series are: <ul style="list-style-type: none"> • Seminar One: The Power of Positive Parenting • Seminar Two: Raising Confident, Competent Children • Seminar Three: Raising Resilient Children 	3 Individual seminars over 3 weeks.		✓	✓	✓ * Daytime programming only No Child Monitoring for evening programming.
PARENTING TIP WORKSHOPS	Each workshop focuses on different aspects of parenting. Some workshops are developed from the Triple P tip sheets and in other workshops guest speakers are invited in to talk to adults about parenting concerns or interests. Check monthly calendar or call the centre to book your own one on one Triple P Tip Sheet Session.	1 workshop each quarter		✓	✓	
IN THE KNOW	A non-registered informal program during stay and play where parents get the opportunity to speak to a professional about topics of concern or interest to them.	1 session each quarter		✓		
GRANDPARENTS PARENTING AGAIN	Support group for Grandparents/Kin raising grandchildren, grandnieces, grandnephews. <ul style="list-style-type: none"> · 1st Tuesday of the month-Midland · 2nd and 3rd Tuesday-Orillia 	1-2 times a month		✓	✓	✓
NOBODY'S PERFECT	This parenting program will look at different aspects and needs of parents/caregivers parenting young children. Parents will choose which topics to discuss such as; positive discipline, nutrition, stress, literacy, parent expectations, and much more.	8 sessions		✓	✓	✓ * Daytime programming only No Child Monitoring for evening programming.

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Parent – Child Interactive Programs						
PJ & STORYTIME	This evening drop in program offers parents/caregivers an opportunity to attend the OEYC after dinner hours on Tuesdays. It also offers school age children a time to visit the centre. Parents/caregivers and children have relaxed stay and play time as well as an optional storytime and snack. Families are welcome to attend in their pyjamas to shorten the bedtime routine at home. Orillia and Midland OEYC centres.	Every Tuesday evening	✓			
PARENTING YOUR TODDLER	Parenting Your Toddler is a four session program for parents/caregivers and their children ages 18 months to 36 months of age. Our goal is to increase parents/caregiver knowledge of self-regulation to support building secure attachment and relationships, expressing emotions and feelings, guiding behaviors and learning through play.	4 sessions	✓	✓	✓	✓ *Children participate in programming while parents attend workshop.
RAINBOW MUSIC & FUN	Rainbow Music & Fun is a 1 hour parent-child interactive Music and Early Literacy program for children 18 months to 6 years of age. We will show parents/caregivers how easy it can be to encourage early literacy skills and help your child to be more active by using music, songs, poems, dancing and playing. During the program we enhance learning through movement by using scarves, musical instruments, ribbons, bean bags, rhythm sticks, our own bodies, parachutes, etc.	6-8 sessions	✓		✓	

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PARENT CHILD MOTHER GOOSE— TODDLER	The Parent-Child Mother Goose Toddler program is a group experience for parents/caregivers and their children 19 to 30 months of age. This program teaches parents/caregivers ways to bond and communicate with their child. Parent-Child Mother Goose is based on the oral language and encourages communicating with your child through poems, songs, rhymes, lullabies and story telling using oral, facial and body language.	8 sessions	✓	✓	✓	✓ * For older siblings
YOU AND YOUR TODDLER	This parent/caregiver workshop supports parenting to help their 1-3 year olds enjoy and have the confidence to learn new things. Parents/caregivers will explore and learn the ways of your toddler, how to be an effective parent/caregiver, and participate in group learning as well as hands on “practice” with your toddler.	4 sessions	✓	✓	✓	✓ *Children participate in programming while parents attend workshop.
MOTHER GOOSE TIME	A group experience for parents/caregivers and their children 0-6 years of age and helps to encourage communication with their child in any situation. Each session is one hour long and is divided into 3 parts. The first part is learning the songs, rhymes and poems. The second part is a short break to give families a chance to meet and connect with each other. And the third part of the hour is story telling.	6-8 sessions	✓		✓	

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<p>REGULAR MONTHLY PROGRAMMING</p>	<p>MARVELOUS MATH Introduce and practice math concepts with your children. Explore a variety of activities that help develop early counting, matching, sorting, classifying, comparing and estimating skills.</p> <p>LITTLE ARTISTS Allow your children to explore, create and express their artistic self using different art mediums techniques and styles. Art gives children the opportunity to strengthen their fine motor skills, hand-eye coordination, imagination and independence.</p> <p>EARLY SCIENCE Take this opportunity to explore and discover the world science. Help develop your children’s problem solving skills and promote curiosity.</p> <p>COOKING WITH KIDS Encourage your children to try new foods by helping prepare a healthy and delicious snack. Cooking skills are a great way to learn math, science and early literacy skills by following a recipe.</p> <p>LOOSE PARTS Let your children’s imagination, creativity and curiosity juices flow through the use of loose parts. Loose parts are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. There is no set of specific directions for materials. The child is the direction.</p>	<p>Every Week</p>	<p>✓</p>			
<p>PLAY & LEARN (Outreach locations)</p>	<p>Drop-in time for families with children 0-6 years of age. Parents/caregivers have the opportunity to join in for creative and sensory play, story time, toys, circle time, educational activities, and snack with other families in their community.</p>	<p>Every week in different locations</p>	<p>✓</p>		<p>Call ahead of time for hours of drop-in</p>	

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READY SET READ	An early literacy reading skills program taken to elementary schools. Centres are set up in the gym and led by grade 7 or 8 students. Students receive an orientation and practice all activities. Activities are set up to practice a variety of pre reading skills such as rhyming, sequencing, sound recognition, pretending, describing, syllables, listening, etc	1 full day	✓			
GETTING READY FOR K	Getting Ready for Kindergarten has been developed for both parents/caregivers and their children entering school in September. This summer series will cover topics such as; <i>How Your Child Learns,</i> <i>Help Your Child Get Along,</i> <i>Help Your Child Figure Things Out, and</i> <i>Going to School.</i> Children will participate in an activity and then join their parents/caregivers and work on the activity together.	4 sessions		✓	✓	✓ *Children participate in programming while parents attend workshop.
FAMILY FUN WITH NUMBERS	This program is for families who would like their children aged 2 ½ to 6 years of age to experience success in math. With the use of concrete materials and activities, math games are used to assist parents to understand math ideas when working with their children. During the program, real world concepts are used such as measurement, estimation, counting, etc.	6 sessions	✓		✓	
BUDDING BOOK WORMS	This program is designed to create opportunities for adults and children 3 to 6 years of age to read and share books together. Parents/caregivers and their children can access resources and guidance for reading, discussing and enjoying books together.	6-8 sessions	✓		✓	

Community Resources – Prenatal and Infant Programs

Program Name and Description		Contact Information
<p>Mothercare/ NextStep</p>	<p>Mother Care For women, who are pregnant or parenting children 0-8 weeks of age. Prenatal nutrition support program for women who are pregnant and/or have babies up to 8 weeks old * provides free prenatal vitamins (for those pregnant) and a grocery card to help with fresh fruits, vegetables, and milk for all eligible participants Weekly program includes: a healthy snack prepared and shared by participants * information sharing * educational sharing by health professionals * children's program for children 1 to 6 years of age</p> <p>Next Step Nutrition and parent support program for women and their young children, 8 weeks to 36 months old * encourages healthy families * provides a grocery card to help with nutritional needs of young children and their families Provides women the opportunity to speak with Dietitians, Food Workers, Early Childhood Educators, and other community support services, while attending Next Step * relaxed, friendly atmosphere where women are able to interact with other new mothers On-site Child Development Program runs during Next Step, for children of the participating women, who are between the ages of 1-6 yrs.</p> <p>No need to register.</p>	<p>Midland - Mother Care Program runs Wednesdays 1:30-3:00pm @ Chigamik Midland -Next Step Program runs Wednesdays 9:30-11:30 am @ Chigamik Community Room, CSC Chigamik CHC 845 King Street, Midland</p> <p>For more info call: 705-526-2151; Colleen – Ext: 1, Sandy – Ext: 2</p> <p>Orillia – Mother Care Program runs Fridays 9:30-11:30am @ The Orillia Common Roof, 169 Front Street South in Orillia.</p> <p>Orillia - Next Step Program runs Tuesdays 9:30-11:30am @ The Orillia Common Roof, 169 Front Street South in Orillia.</p> <p>705-326-6502 Ext: 3103</p>

<p>Breastfeeding Support</p>	<p>Mama Tribe – Midland This drop-in breastfeeding peer support group is offered to mothers who are looking for caring, non-judgmental, mother-to-mother support and educational opportunities. Led by trained peer leaders who support, protect and promote breastfeeding, pregnant women, new moms and their babies will have the opportunity to meet other moms in the area, speak with trained peer leaders and visit with special guests including a public health nurse, lactation consultant, nurse practitioner, postpartum mood disorder specialist and many others. *Whether you choose to bottle or breastfeed, all are welcome to drop by.</p> <p>La Leche League Canada – Orillia Drop-in program is third Wed of every month at 7pm at the Ontario Early Years Centre * call for information about summer meeting locations.</p> <p>Health Connection</p> <p>211 Community Connection Find local community programs and supports, i.e. prenatal education, doulas, lactation consultants, dietitians, First Nations, Métis, Inuit or Francophone services, 24 hours, 7 days a week.</p>	<p>Lactation Consultant 705-527-4154 x254</p> <p>Melissa Fenwick - Leader 705-242-3979 Michelle Cameron - Leader 705-345-0035</p> <p>1-705-721-7520 or 1-877-721-7520 www.smdhu.org</p> <p>Dial 211 or 1-866-743-7818 www.communityconnection.ca</p>
<p>Pre-Natal Classes</p>	<p>Join FREE in-person and online prenatal classes. During the classes you will learn about labour and birth, comfort measures, medical procedures, newborns, after baby comes, breastfeeding and much more. In-person prenatal classes provide an opportunity to: meet other pregnant people and families, talk about pregnancy, birth, and newborns and get answers to your questions and concerns from a public health nurse. Online prenatal classes provide an opportunity to: choose the information that interests you, learn at your own pace and learn when and where you are most comfortable.</p>	<p>Call Health Connection at 1-705-721-7520 or 1-877-721-7520 for more information and to register for in-person or online prenatal class. You can also register for online prenatal classes at www.smdhu.org/prenatalclass</p>

<p>Midwives</p>	<p>Midland Midwives Nottawasaga Provides care to women during pregnancy, labour and birth and the postpartum. Labour and birth care includes complete management and attendance and support throughout the entire labour, whether that is at home or hospital. Prenatal care includes physical assessment * lab work * counseling on nutrition and exercise * ongoing assessments of mom and baby * lending library. Postpartum care is for the first 6 weeks and includes breastfeeding support * lab work * family planning * ongoing assessments of mom and baby * Visits are at home for the first 2 weeks. Main clinic is located in Collingwood, with clinic also offered in Midland three days per week. Currently has privileges at Collingwood General and Marine Hospital, Orillia Soldiers' Memorial Hospital and Georgian Bay General Hospital in Midland.</p> <p>Orillia Midwives Midwives are experienced with normal low risk pregnancy, childbirth, and postpartum care. If a person chooses to have a midwife as the primary care provider, they will only see a midwife for all of their pregnancy care, delivery, as well as care for mother and baby for the first six weeks after birth. Midwives have the ability to order blood work, ultrasounds, and routine pregnancy/newborn testing. Midwives attend births both in the hospital and at home. At any time during care, if there are concerns beyond the scope of midwifery care the midwife will involve a physician, but remain as part of the care team. Some communities our Midwives serve: Orillia, Ramara, Rama, Mnjikaning First Nations, Washago, Marchmont, Cumberland Beach, Severn, Warminster, Hawkestone, Brechin, Sebright, Udney, Atherley, Lagoon City, Gamebridge, Uptergrove, Coopers Falls, and Longford Mills.</p>	<p>705-527-4154 E-Mail: info@midwivesnottawasaga.org Website: www.midwivesnottawasaga.org</p> <p>705-326-0000 E-Mail: info@orilliamidwives.com Website : www.orilliamidwives.com</p>
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