



Child and Family Centre

# Cambridge Family Early Years Centre

## Spring Schedule 2019

April 2019 to June 2019

We are closed Apr 19, 20 & 22 and May 18 & 20.

### New Address!

105-73 Water Street North

Upper Back Parking Lot

Cambridge, ON

N1R 7L6

[cambridgefamily@bellnet.ca](mailto:cambridgefamily@bellnet.ca)

[www.cfeyc.ca](http://www.cfeyc.ca)

Phone: 519 740-8353 or 519 741 8585 x3150

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|                                | Program   | Days                   | Time                                     | Dates  | Location                  |
|--------------------------------|---|------------------------|--|--|---------------------------|
| Registered                     | Adult Education Series  | Tuesdays               | 9:30 to 11:30                            | see back   | Main Site                 |
|                                | Baby Connections                               | Thursdays              | 10:00 to 11:00                           | May 9 to 30  | Main Site                 |
|                                | Baby Massage  | Wednesdays             | 10:00 to 11:00                           | Apr 17, May 15 or June 19  | Main site                 |
|                                | Community Kitchen   | Thursdays              | 9:30 to 11:15                            | see back   | Main Site                 |
|                                | Make the Connection-two (Continued)   | Fridays                | 10:00 to 11:30                           | Feb 15 to April 12   | Main Site                 |
|                                | Me? Breastfeed Workshop (Host site)            | Tuesdays               | 6:15 to 8:30                             | April 30 or June 11  | Main Site                 |
|                                | Mother Goose - Infants  | Wednesdays             | 1:00 to 2:00                             | May 1 to June 19   | Main Site                 |
|                                | Mother Goose - Infants @ The Terrace  | Mondays                | 1:15 to 2:45                             | April 29 to June 24 (excl May 20)                                | St Andrews Long Term Care |
|                                | Preparing for Parenthood  | Tuesdays               | 6:30 to 8:00                             | May 7 to June 4  | Main Site                 |
|                                | Sleep and Your New Baby   | Tuesdays               | 1:00 to 2:30                             | Please register online for date of your choice                   | Main Site                 |
|                                | Young Parents Connect   | Thursdays              | 1:00 to 3:00                             | Starts April 25  | Main Site                 |
| Drop-in                        | Baby and Me   | Monday to Thursday     | 1:00 to 2:30                             | ongoing  | Main Site                 |
|                                | Baby and Me Breastfeeding Drop In (Host Site)  | Fridays                | 10:00 to 11:00                           | ongoing  | Main Site                 |
|                                | Growing Healthy Two-gether (Host site)         | Wednesdays             | 1:00 to 2:30                             | ongoing  | Main Site                 |
|                                | Parents Learning Together   | Wednesdays             | 9:30 to 11:30                            | ongoing  | Main Site                 |
|                                | Playtime at Water Street  | Mon, Wed and Thurs     | 9:00 to 4:00                             | ongoing  | Main Site                 |
|                                |   | Tuesdays               | 9:00 to 7:00                             | ongoing  | Main Site                 |
|                                |   | Fridays                | 9:00 to 12:00                            | ongoing  | Main Site                 |
|                                |   | Saturdays              | 9:00 to 12:00                            | ongoing (excl. Apr 20 & May 18)                                  | Main Site                 |
|                                | Playtime at St. Andrew's Church, Hespeler   | Mondays and Fridays    | 9:15 to 11:15                            | ongoing  | St. Andrews Church        |
|                                | Playtime at Cedar Hill United Church  | Wednesdays             | 9:15 to 11:15                            | ongoing  | Cedar Hill United Church  |
| Playtime at St. Peter's School | Mondays   | 9:00 to 11:00          | ongoing (excl. Apr 22, May 20 & June 24) | St Peter School  |                           |
| P.O.M.B.A Baby Play            | Mondays   | 9:30 to 12:00          | Apr 8 & June 10                          | Main Site  |                           |
| Preemie Chat & Play            | Mondays   | 9:30 to 12:00          | Apr 15 & June 17                         | Main Site  |                           |
| Consult Services               | Child Care Subsidy Representative   | Tuesdays               | 1:30 to 3:00                             | Apr 9, May 14 & June 11  | Main Site                 |
|                                | Family Outreach Program   | Monday and Thursday    | varies                                   | Call 519 742 8327 x253(Mon.) or 251 (Thurs.) to arrange an appt. | Main Site                 |
|                                | Speech & Language from KidsAbility  | Wednesdays             | 9:30 to 11:30                            | Apr 3 & 17, further dates T.B.A.                                 | Main Site                 |
|                                | WRFN Family Resource Coach                   | Fridays                | 10:00 to 11:00                           | Apr 26, May 31 & June 21   | Main Site                 |
|                                | Vision Clinic (partial and full exams)  | Thursday and Wednesday | By appt.                                 | Apr 4 & June 26  | Main Site                 |
|                                | Zero to Six Consultation  | Thursdays              | 9:30 to 12:30                            | Apr 11 & 25, May 9 & 23, June 6 & 20                             | Main Site                 |

–Early Literacy – Children’s early experiences with books and reading help prepare them for school and set them up for success later in life. Exposing babies to books and reading increases vocabulary and makes it easier for them to learn to read later on. Just as important, sharing books provides babies and children with warm and nurturing interactions with the adults they care about. Early exposure to language – whether through books, words, or songs – can help prevent problems and promote health. – Canadian Paediatric Society  
Scholastic Books is an affordable way for you to build your child’s library! See reception to place your order today.



## REGISTERED PROGRAMS

**Baby Connections:** Baby Connections is a free community program that helps families to develop literacy skills with their babies from 6 to 12 months. Participants receive a kit of resources and use easy strategies to talk, sing and read with their baby. Reserve your spot today at <https://babyconnections.ca/> *No sibling care.*

**Baby Massage** Babies thrive on touch. To deepen the bond that you have with your baby, come learn the benefits and techniques of baby massage. Please bring a baby blanket and two receiving blankets. For babies from birth to pre-crawling. We will be offering three classes, please sign up for one only. *To register please call 519 740 8353. No sibling care. Cost: \$10.00*

**Mother Goose - Infants** A group for parents and non-walking infants. Interactive rhymes, stories and songs are presented to gain new skills for use at home. *To register please call 519 740 8353. No Sibling care.*

**Mother Goose - Infants @ The Terrace**, is held at 255 St Andrews Street with senior citizens. *To register please call 519 740 8353. No sibling care.*

**Make the Connection (12 to 24 months)** incorporates together time activities, videotaping and discussions to help parents reflect on key components of secure attachment. This secure beginning sets in motion a positive course for a child's social and emotional well-being, learning in school and contribution to society. *This program is co-delivered with Family and Children Services.*

**Me? Breastfeeding Workshop** A free two hour prenatal breastfeeding workshop for moms, partners and support people. Reserve your spot today at <http://www.earlyyearsinfo.ca/me-breastfeed.html> *No Child minding provided.*

**Preparing for Parenthood** Pregnant? Planning? This is often a time full of many questions. This free program offers information about having a healthy pregnancy and becoming a parent. Reserve your spot today at <http://www.earlyyearsinfo.ca/preparing-for-parenthood.html> *No Child minding provided.*

**Sleep and Your New Baby** Get to know more about your baby's sleep cycle and how to respond. A free session for parents of newborns from birth to 12 weeks of age. Along with your baby, you may bring a family member or friend for support. Reserve your spot today at [www.earlyyearsinfo.ca/sleep-sessions](http://www.earlyyearsinfo.ca/sleep-sessions) *No Sibling care.*

**Young Parents Connect** This is an informal support group for young parents. It provides an opportunity to meet other parents, share concerns and questions about parenting and how to make healthy food choices within your budget. A lunch is provided and all participants receive a cookbook, food certificates and bus tickets. *To register please call 519 740 8353. Limited child minding is available for children(Newborn up to six years of age).*

## DROP-IN PROGRAMS

**Baby and Me** A special playtime for parents and caring adults of non-walking babies. Connect with other adults and enjoy a circle time with your little one.

**Baby and Me Breastfeeding** Are you looking for somewhere to hang out and meet other breastfeeding families? Are you expecting soon and want to learn more about breastfeeding from experienced, trained peer volunteers? Come and visit the Baby & Me Breastfeeding drop in. Breastfeeding Buddies will be available to answer breastfeeding questions, provide support and share community resources.

**Growing Healthy Two-gether** This program is for pregnant women needing support. The group will learn about having a healthy pregnancy, including healthy eating, get tips on cooking and meal preparation, meet other women, share questions and concerns about their pregnancy and prepare for birth and their new baby. Also available—healthy snacks, food gift cards, free children's program, bus tickets, support from health care professionals, breastfeeding support and get information about other community services. For more information please call Carizon Family and Community Services Office 519 743 6333 ext. 2383

**Parents Learning Together** Join Cambridge Family Early Years Centre's Peer Health Worker, Tracy, for coffee and conversation. This program provides an opportunity for parents to come together and have an informal discussion around parenting success and challenges. Topics are to be determined by the parents. *Limited child minding is available for children (Four months up to six years old).*

**Playtime** How Does Learning Happen? Through Play! Parents and caring adults are welcome to bring their children (ages birth to 6 years) to explore our toys, books and dramatic play areas. Staff offer sensory ideas and lead families in circle time songs and activities.

**P.O.M.B.A Baby Play** Parents of Multiple Births Association (P.O.M.B.A.) meet to socialize, celebrate and strategize with other parents of multiple births. Having twins or more can be a challenging yet rewarding experience. This program focuses on families with multiples from birth to three years of age.

**Preemie Chat & Play** Join other moms and dads of children born prematurely, talk openly about your questions and concerns amongst a group who understands. Bring your children along for interaction with other preemies at different stages. *For children birth to six and their parents.*

**The CFEYC is a host site for the following programs.**

**Baby and Me Breastfeeding** Contact: Michelle Buckner, Breastfeeding Buddies Program Coordinator 519 772 1016

**Growing Healthy Two-gether**, Carizon Family and Community Services Office 519 743 6333 ext. 2383

**Me? Breastfeed Workshop** Contact: Michelle Buckner, Breastfeeding Buddies Program Coordinator 519 772 1016

**For more information please call them directly. Thank you.**

## Adult Education Series

**Participants sign-up for each individual session.** Limited child minding is available for children (Four months up to six years old). To register please call 519 740 8353.

April 2 **Story Stones** Learn how you can unlock your storytelling abilities with the use of story stones. Spark your child's imagination with story stones retelling old favourites and creating new stories together. Cost: Presentation is free with the option to create a set of story stones reflecting your child's interest for \$7.00

April 9 **RESP's Made Easy!**

1. Understand the facts
  2. Learn about the plans and government grants
  3. How to get started
- Help your child turn their dreams into reality with the gift of education!

April 16 **Asthma and Allergies for All Ages** Do you or a family member suffer allergies or asthma, or you suspect so? Dr. Sarah Hawthorn, Naturopath, will discuss the interconnections between the two, the symptoms and how to improve quality of life.

April 30 **Instant Pot 101** Did someone give you an instant pot for Christmas and it is still in the box? Or maybe you have tried a few simple recipes and are ready to expand your culinary skills. Join us for a morning of preparing and sampling recipes, sharing tips and resources. Donations are appreciated to cover cost of food samples.

May 7 **Breastfeeding Past a Year** Are you breastfeeding and returning to work/school? Are you wondering how breastfeeding and your job will work for you and your baby? Are you considering weaning, pumping or hand expressing? Come and learn some tricks about how to make the transition back to work/school, and how to prepare for this new chapter in parenthood!

May 14 **You and Your Pelvic Floor** Have you had a child, are pregnant or thinking about becoming pregnant and want to learn more about some of the changes that happen to your body? A Pelvic Physiotherapist will discuss some of these common changes, such as separation of abdominal muscles, leakage of urine and prolapses, and what you CAN do about them!

May 28 **Homemade Laundry Detergent** This is a versatile and affordable way to make laundry detergent in large quantities that gives you the biggest "bang for your buck." It is a great detergent to use in all machines including front loaders, top loaders and High Efficiency (HE) machines due to the small amount of suds the detergent produces. It can be used in hot water, warm water or cold water. It also has a clean fresh scent that is not overpowering and works as a great stain fighter and keeps whites white. This detergent can be used in powdered form or can be made into pods. Cost: Presentation is free with the option to make both forms of detergent for \$7.00

June 4 **Thinking of Being a Home Child Care Provider?** Do you love children? Would you like to learn more about being a home child care provider? A Consultant from the Home Child Care program with the Region of Waterloo will be here to answer your questions about having a child care business in your home. Also, she will talk about options for additional education in the child care field.

June 11 **Essential Oils for Spring & Summer** Learn how you can use essential oils to: Provide support against seasonal threats, sooth bug bites, scrapes and sunburns, support your muscles for all those summer activities and much more!

June 18 **Canning 101** Canning is a tasty, eco-friendly method to store fruits and vegetables from your garden or the farmers market. Learn what equipment you need to get started, the process, and how to do it safely.

## Community Kitchen

Here is a chance to have fun with other parents trying out new recipes and sharing your culinary skills. All participants go home with dinner for the whole family that you can either enjoy that evening or freeze for another hectic day. **Participants sign-up for individual sessions of their choice.** *Limited child minding is available for children (Four months up to six years old). To register please call 519 740 8353.*

April 4 Creamy Parmesan Carbonara Chicken Cost: \$14.00  
April 11 Savory Meatballs in a Robust Tomato Sauce Cost: \$12.00  
April 18 Lasagna Cost: \$12.00  
April 25 Maple Apple Pork Chops Cost: \$12.00  
May 2 Fajita Pasta Bake (Vegetarian) Cost: \$12.00  
May 9 Spinach Stuffed Chicken Breasts Cost: \$14.00  
May 16 Bacon Tomato Linguine Cost: \$12.00  
May 23 Pork Tenderloin with Cider Glazed Carrots Cost: \$14.00  
May 30 Cheesy Ham and Broccoli Pasta Bake Cost: \$12.00  
June 6 Roasted Vegetable Quiche (Vegetarian) Cost: \$10.00  
June 13 Easy Garlic Beef Lo Mein Cost: \$12.00  
June 20 Strawberry Jam Cost: \$8.00

## IN-HOUSE SERVICES (For appointments call 519 740 8353)

**CFEYC Books for Birthdays:** *In the month of your child's birthday receive a free book (ask reception for details).*

*Region of Waterloo's Child Care Subsidy program helps parents pay for care so that they can go to work or school knowing their child is well cared for. Families of all sizes and incomes can apply. A Child Care Subsidy Caseworker will be on site to share information and answer questions. (Drop-in service – no appointment required)*

*The Family Outreach Program provides services to families with children with low income in the community. If you have any questions or want to set up an appointment please call 519 742 8327 ext. 3*

*A Speech & Language Pathologist from KidsAbility is available for consultation. For a complete language assessment please call KidsAbility 519 886 8886 x1214*

*Vision Clinic The University of Waterloo, Optometrist Department is on site to provide partial and full exams on children from six months to six years.*

*The Waterloo Region Family Network (WRFN) focuses on supporting all families impacted by special needs: with or without a diagnosis and regardless of age. A Family Resource Coach is available to connect with families to provide support for their unique needs and help with navigating community resources in order to make informed decisions. (Drop in service – no appointment required)*

*Zero2Six Consultation: Behavioural Consultants from Carizon are on-site to answer your questions and offer personalized support regarding your child's behaviour.*