



Cambridge Family Early Years Centre

Fall Schedule 2019

September to December
We are closed September 2nd,
October 12th & 14th, December 21st
to January 4th.

105-73 Water Street North
Upper Back Parking Lot
Cambridge, ON
N1R 7L6

cambridgefamily@bellnet.ca

www.cfeyc.ca

Phone: 519 740-8353 or 519 741 8585 x3150

Registered Charity #110909 4639 RP -Since 1985

facebook Cambridge Family Early Years Centre
twitter @CambridgeEYC

	Program	Days	Time	Dates
Registered	Baby Massage	Wednesdays	10:00 to 11:00	Sept. 25, Oct. 23, or Nov. 27
	Community Kitchen	Thursdays	9:30 to 11:15	see back
	Make the Connection-one	Fridays	10:00 to 11:30	Oct. 25 to Dec. 13
	Me? Breastfeed Workshop (Host site) 	Tuesdays	6:15 to 8:30	Sept. 17 & Oct. 29
	Mother Goose - Infants	Mondays	10:00 to 11:00	Oct. 21 to Dec. 9
	Mother Goose - Infants @ The Terrace	Mondays	1:15 to 2:45	Oct. 21 to Dec. 9
	Parent Information Seminars	Tuesdays	9:30 to 11:30	see back
	Preparing for Parenthood	Tuesdays	6:30 to 8:00	Sept. 24 to Oct. 22
	Sleep and Your New Baby	Tuesdays	1:00 to 2:30	Please register online for date of your choice
	Young Parents Connect	Thursdays	1:00 to 3:00	October 17 to Dec 12
Drop-in	Baby and Me (Birth to walking)	Monday to Thursday	1:00 to 2:30	ongoing
	Baby and Me Breastfeeding Drop In (Host Site) 	Fridays	10:00 to 11:00	ongoing
	Food Bites	Thursdays	9:30 to 11:00	Sept 12 & 26, Oct 10 & 24, Nov 14 & 28, Dec 12
	Growing Healthy Two-gether (Host site) 	Wednesdays	1:00 to 2:30	ongoing (Excl. Sept. 4 & Dec. 18)
	Parents Learning Together	Wednesdays	9:30 to 11:30	ongoing (Excl. Sept. 4 & 11, & Dec. 18)
	Playtime at Water Street (Birth to six years)	Mon, Wed and Thurs	9:00 to 4:00	ongoing (Excl. Oct. 14)
		Tuesdays	9:00 to 7:00	ongoing
		Fridays	9:00 to 12:00	ongoing
		Saturdays	9:00 to 12:00	ongoing (Excl. Oct 12)
P.O.M.B.A Baby Play	Mondays	9:30 to 12:00	Sept. 23, Oct. 21, Nov. 4	
Premie Chat & Play	Mondays	9:30 to 12:00	Sept. 9, Oct. 7, Nov. 18	
Consult Services	Child Care Subsidy Representative	Tuesdays	1:30 to 3:00	Sept. 10, Oct. 15, Nov. 26
	Family Outreach Program	Monday and Thursday	varies	Call 519 742 8327 x253(Mon.) or 251 (Thurs.) to arrange an appt.
	Speech & Language from KidsAbility	Wednesdays	9:30 to 11:30	Sept. 18 & 25, Oct. 9, Nov. 6 & 20, Dec. 4
	WRFN Family Resource Coach 	Fridays	10:00 to 11:00	Sept. 27, Oct. 18, Nov. 29, Dec 20
	Vision Clinic (eye examinations - six months to six years)	Thursdays	By appt.	Oct. 3 & Nov. 21
Zero to Six Consultation	Thursdays	9:30 to 12:30	Sept. 12 & 26, Oct. 10 & 24, Nov. 7 & 21, Dec. 5 & 19	

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 – 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 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 (birth to 12 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 *No Sibling care.*

Young Parents Connect This is an informal support group for young (Under 26 years) parents or parents-to-be. 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. At the end of each session we have a fun, interactive, circle time with the children. *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.

Food Bites Parents join together to discuss healthy eating options for their family. During each session participants will create a tasty, nutritious snack to share together with their children at the end of the session. This program runs on the 2nd and 4th Thursday of each month. Donations are appreciated to help cover food costs. *Limited child minding is available for children (Four months up to six years old).*

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 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. At the end of each session we have a fun, interactive circle time with the children. *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.

Premie 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.

PARENT INFORMATION SEMINARS

Participants sign-up for each individual seminar. Limited child minding is available for children (Four months up to six years old). After the presentation parents are invited for a fun, interactive, circle time with the children. To register please call 519 740 8353.

Oct 1 **RESP's Made Easy!**

1. Understand the facts
2. Learn about the plans and government grants
3. How to get started

Registered Education Savings Plan is the new 5th part of the Newborn Bundle highlighted by Service Ontario. Help your child turn their dreams into reality with the gift of education!

Oct 8 **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!

Oct 22 **Let's Read Interactively!** Join us as we explore a children's book together. Using the book as inspiration, we will create a take home item to extend the learning experience for your child. Donations are appreciated to help cover book and material costs.

Oct 29 **Children's Dental Health** Meet a Peer Oral Health Worker for a morning of information on keeping your child's teeth healthy! She will discuss healthy food options, how to keep child's teeth healthy, and clean with proper hygiene. Finally, she will cover detection of problems with your child's teeth, what dentists look for and what you should be looking for in your child's mouth.

Nov 5 **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!

Nov 12 **Music: Not Just for Fun!** We will discuss the benefits of music education including why every child should learn an instrument, how it boosts their confidence and enhances cognitive skills. Janel will also share about her experience as a music therapist and how children with various diagnoses can improve speech, focus and movement through music.

Nov 19 **Women's Hormones: A Naturopathic Approach** This seminar will discuss how hormones influence a variety of female conditions, and how naturopathic medicine can help balance them.

Nov 26 **Home Child Care** Are you considering staying home with your children and earning an income? Would you like to learn more about being a home child care caregiver? 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.

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.*

October 3 Savoury Meatballs in a Robust Tomato Sauce \$ 12.00
October 17 Sun-Dried Tomato Feta Stuffed Chicken \$14.00
October 31 Maple Ginger Beef \$ 12.00
November 7 Baked Sausage and Penne \$12.00
November 21 Spicy Turkey Vegetable Casserole \$10.00

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

CFEYC Books for Birthdays: In the month of your child's birthday choose 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)

CFEYC Clothing Closet: Gently used clothing items available for free. Sizes birth to 6x and maternity wear. Donations are appreciated. Drop by anytime!

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 eye examinations 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: A Behavioural Consultant from Carizon is on-site to answer your questions and offer personalized support regarding your child's behaviour.