

We offer free play-based activities for children and their parents and caregivers

## Ontario Early Years Centre (OEYC)

Stone Road Mall  
435 Stone Rd. W. 2nd Floor, Guelph, ON

[www.guelphchc.ca/developmental-health](http://www.guelphchc.ca/developmental-health)

 [facebook.com/OEYCGuelph](https://facebook.com/OEYCGuelph)

519-821-6638 option 3

## New this Season. . .



### Raising Competent Eaters

is a casual workshop series facilitated by a dietitian, and is to provide parents with information regarding dietary needs of infants and young children. Register for 1, 2 or all 3 three sessions. Topics include: introducing solids, making your own baby food, and healthy food behaviors. See back page for details.

**Little Chefs** is a program for parents and children between the ages of 2½ and 6 to spend time together doing physical activity for the first hour and then cooking simple nutritious meals or snacks together for the second hour. This program is made possible through funding from **Energize Guelph**. See page 3 for details.



### Parent Programs now on back page!

See details for new and regular programs on page 4, and page 3 for how to register.

Based on your feedback and knowing children and parents benefit from less transitions, we have decided to return to an uninterrupted **morning playtime** at our **Stone Rd Mall site, 9:15am - 12:15pm** Tuesday to Friday. Our intention is to increase accessibility for all families with this change.

Need breastfeeding help or someone who has been there to lend an ear? **WE Breastfeed** matches trained volunteers with pregnant and nursing parents to talk about breastfeeding. Help is available in several languages.

Call 519-821-6638 ext 250.

WE Breastfeed will be joining our **Grange Hill Playtime**.

Details page 2.

## Office & Program Closures

Sat & Mon Sept 2 and 4  
- Labour Day Weekend  
Thurs Oct 5 - Staff Development  
Sat & Mon Oct 7 and 9  
- Thanksgiving Weekend  
Thurs Dec 7 2-4:30pm  
- Holiday Celebration Preparation  
Mon & Tues Dec 25, 26  
- Christmas and Boxing Day  
Mon Jan 1  
- New Year's Day  
All Neighbourhood Playtimes  
- Dec 25 to Jan 5

### Additional Closures:

Clairfields Playtime - Oct 27, Nov 24

### Winter Break Open Hours:

**Playtime Downtown Children's Room**  
Dec 27, 29 Jan 2, 3, 5 9:15-11:30am

**Playtime Stone Rd Mall**  
Dec 27, 28, 29, Jan 2, 3, 4, 5  
9:15am-12:15pm

Sat, Dec 23, 30, Jan 6 9:30am-1:00pm

**\*Remember to check our website & Facebook page for all program cancellations!\***



Check how your child (birth to six) is speaking, moving, learning, acting and playing.

Speak to someone at:

- OEYC's in Guelph & Wellington County
  - Brant Neighbourhood Group
  - Two Rivers Neighbourhood Group
  - Onward Willow Better Beginnings, Better Futures
- or Call **KIDSLINE** 1-800-265-7293 ext. 3616

## Drop-In Programs Schedule Begins Tuesday, September 5 [Please visit our website for program descriptions](#)

Day	Program/Date	Time	Location
<b>Monday</b>	Brant Playtime*	9:30-11:30am	Brant Ave Public School, 64 Brant Ave, Community Rm
	Playtime*	9:15-11:30am	Guelph CHC Downtown - Children's Room
	Playtime	2:30-4:30pm	Guelph CHC Downtown - Children's Room
<b>Tuesday</b>	Playtime* 	9:15am-12:15pm	Stone Road Mall Site
	Playtime	9:15-11:30pm	Guelph CHC Downtown - Children's Room
	Aberfoyle Playtime*	9:30-11:30am	Puslinch Community Centre 23 Brock Road South
	Grange Hill Playtime* (WE Breastfeed support is available weekly)	9:30-11:30am	Ken Danby School (Com Rm) 525 Grange Rd.
	Playtime (half room)	2:00-4:30pm	Stone Road Mall Site
	Infant Afternoons (birth up to 8 mths)	2:00-4:00pm	Stone Road Mall Site
<b>Wednesday</b>	Playtime 	9:15am-12:15pm	Stone Road Mall Site
	Playtime	9:15-11:30am	Guelph CHC Downtown - Children's Room
	Two Rivers Playtime*	9:30-11:30am	Sacred Heart Church Hall 98 Alice St (please use Huron St door)
	Westwood Playtime*	9:30-11:30am	Three Willows United Church 577 Willow Rd
	WE Breastfeed Café**	1:00-2:30pm	Guelph CHC Downtown - Children's Room
	Playtime (half room)	2:00-4:30pm	Stone Road Mall Site
Infant Afternoons (9 mths up to 18 mths)	2:00-4:00pm	Stone Road Mall Site	
<b>Thursday</b>	Playtime (half room until 11am) 	9:15am-12:15pm	Stone Road Mall Site
	Brant & Waverley Playtime*	9:30-11:30am	New Life Church 400 Victoria Rd. N
	Parkwood Gardens Playtime*	9:30-11:30am	Parkwood Gardens Church 501 Whitelaw Rd
	Playtime	2:00-7:00pm	Stone Road Mall Site
<b>Friday</b>	Playtime* 	9:15am-12:15pm	Stone Road Mall Site
	Playtime*	9:15-11:30am	Guelph CHC Downtown - Children's Room
	Clairfields Playtime* (expected start date Oct 6. Watch for announcement)	9:30-11:30am	St. Paul Catholic School 182 Clairfields Dr. E
<b>Saturday</b>	Playtime	9:30am-1:00pm	Stone Road Mall Site
	Daddy & Me (Sep 9, Oct 14, Nov 4, Dec 2)	2:00-3:30pm	Stone Road Mall Site

\*\*Breastfeeding Café for anyone interested in feeding breastmilk to their children. Older siblings are welcome at cafés.

Playtime marked\* funded by County of Wellington and The Guelph Neighbourhood Support Coalition.

### Eligibility for Programs

Unless otherwise stated children are eligible for all programs up to December 31 of the year they turn 6. Programs are open to all parents, and to caregivers 18 years and older. There is a maximum of 5 children per adult for drop-in programs.

We are happy to be able to continue to offer a small nutritious snack at each of our drop-in programs and Neighbourhood Playtimes over the next few months. Thank you to **Energize Guelph** for provided us with funding and to **The SEED** for providing the fruit.  
theseedguelph.ca



## Registered Programs

Program Starts in **SIGN UP:**  
 Sep **Aug 8**  
 Oct **Sep 12**  
 Nov **Oct 10**

**TO REGISTER:** Come to the **Ontario Early Years Centre Stone Road Mall Site** or call 519-821-6638, option 3. Registration begins at 9:15am. Register early as programs fill quickly. Each child may participate once in each program. Please sign children up for only one registered program per month with the exception of the Stroller Walk and Birthday Books.

A maximum of 3 children per adult for registered programs.

**\*Please plan to attend all classes of the session for which you register\***

## Registered Children's Programs - for children to attend with their parents or caregivers

Program	Dates	Time	Location	Description
<b>Infant Massage</b> (birth to pre-crawling)  (4 or 5 weeks)	<b>Tuesdays</b> Sep 5 - Oct 3 Oct 10 - Nov 7 Nov 14 - Dec 12	3:00-4:15pm	Guelph CHC Downtown (Children's Room) - Siblings may be accommodated	Infant Massage connects you deeply with your baby. It helps you to understand your baby and respond with love and respectful listening. You and your child will love the special time together! (\$5 fee for materials). Please bring a yoga mat or blanket, and a towel.
	<b>Wednesdays</b> Sep 6 - Oct 4 Nov 15 - Dec 13	1:30-2:45pm	East Side Branch Guelph Public Library 1 Starwood Dr	
	Oct 11 - Nov 8	1:30-2:45pm	Stone Rd. Mall Site (Meridian Room)	
<b>Speed River Fall Stroller Walk</b> (4 weeks)	<b>Thursdays</b> Sep 7 - 28	10:00-11:30am Circle time 11:15am	Meet at Royal City Park Gazebo. Cancelled if raining at 9:00	Plan to attend all 4 walks. The walk is 3-4 km. You choose your pace. Ok to arrive late, we do loops between the bridges. Bring a blanket.
<b>1, 2, 3 Come Play With Me!</b> (2 to 4 years) (7 weeks)	<b>Thursdays</b> Sep 7 - Oct 19 Nov 2 - Dec 14	9:30-11:00am	Stone Rd. Mall Site - Siblings are welcome	Fun using hula hoops, bean bags, balls etc. combined with songs, stories and art activities for children and their parents or caregivers.
<b>Birthday Books</b> (1 to 6 years)	<b>Fridays</b> Sept 29 Oct 27 Nov 24	1:00-3:00pm Dec birthdays celebrated at Nov or Jan parties	Guelph CHC Downtown (Children's Room) - Siblings are welcome	A program for children who will celebrate a birthday that month. Special guests read stories, we have a healthy snack and birthday cake, and birthday children can choose a free book.
<b>Little Chefs</b> (2½ -6 years) (Max 2 children per adult) (6 weeks)	<b>Wednesdays</b> Sep 20 - Nov 1 (no class Oct 11)	9:30-11:30am	Guelph CHC Downtown (Community Kitchen)	For parents and children to spend time together doing physical activity for the first hour and then cooking simple nutritious meals or snacks together for the second hour.
	<b>Thursdays</b> Oct 12 - Nov 16	4:30 -6:30pm		

## Registered Field Trips and Special Events

Program	Dates	Time	Location	Description
<b>Halloween Grandparent Party</b> (birth-6 years)	<b>Thursday</b> Oct 26	10:00-11:00am	Stone Rd. Mall Site (Children's Room)	Join us for some Halloween fun with your grandchildren! We'll make some spooky crafts, have a scary snack, read stories and sing songs!
<b>Fire Station Tour</b> (2-6 years)	<b>Tuesday</b> Nov 14	6:30-7:30pm	Main fire station downtown 50 Wyndham St. S.	Meet firefighters, sit in the trucks, learn about fire safety.
<b>Holiday Celebration</b> (birth-6 years)	<b>Thursday</b> Dec 7	4:30-7:00pm	Stone Rd. Mall Site (Children's Room)	Holiday activities, and snack. Wear an outfit that best reflects your culture! Older siblings welcome. <b>Registration not required.</b>

The Ontario Early Years Centre of Guelph strives to be a welcoming environment that promotes play and supports healthy child development, where everyone can make connections thus fostering a sense of community for young children and those who care for them.

## Registered Parent Support Programs - for parents/caregivers (no child care provided, babies in arms welcome)

Program	Dates	Time & Location	Description
<b>Early Years Baby Basics</b> (birth to 3 months) (First-time parents given preference) (5 weeks)	<b>Wednesdays</b> Sep 6 - Oct 4 Nov 15 - Dec 13  Oct 11 - Nov 8	10:00-11:30am Stone Rd. Mall Site  1:30-3:00pm East Side Branch Guelph Public Library, 1 Starwood Dr	Five workshops that will explore your questions and expectations during the first 6 months of parenting.  Topics include child development, parenting, attachment, sleep, postpartum mood disorder, and nutrition.
<b>Circle of Security®</b> - Attachment and Discipline (8 weeks)	<b>Thursdays</b> Sep 14 - Nov 9 (No class Oct 5)	6:30-8:00pm Stone Rd. Mall Site	Explore the question: Why does my child behave this way? Children's behaviour is their way of communicating. Learn different ways to respond and reduce family stress.
<b>NEW</b> <b>Raising Competent Eaters</b> -Guelph Family Health Team <b>Introduction to Solids</b>  <b>Making your Own Baby Food</b>  <b>Raising a Healthy Happy Eater</b>  (Register for 1, 2 or all 3 dates)	<b>Tuesdays</b>  Sep 5  Sep 12  Sep 26	2:00-3:30pm Stone Rd. Mall Site	Covers safety concerns, myths/facts about intro to solids, foods to meet nutritional needs, strategies for better food acceptance and help in how to raise competent eaters.  Recipe and technique sharing to encourage healthful, less processed foods to maximize nutrition.  Help families and children to enjoy meal-time together while building food acceptance and self regulation skills around food. We will address the topic of selective eaters.
<b>NEW</b> <b>Kids and Technology</b>	<b>Wednesday</b> Nov 22	7:00-8:30pm Guelph CHC Downtown Community Rm	We'll explore the impacts of the growing use of technology on our young children & families, as well as ideas for parents to help create healthier habits at home.
<b>NEW</b> <b>Finding Quality Child Care</b> -Quality Child Care Initiative	<b>Wednesday</b> Oct 18	6:30-7:30pm Stone Rd. Mall Site	Are you thinking about child care? Please join us for this discussion about how to choose quality child care.
<b>NEW</b> <b>Infant Mental Health</b> -CMHA	<b>Thursday</b> TBA	TBA	Our partners at CMHA will offer an informative workshop on infant/children's mental health. It will give parents an introduction to early childhood mental health, highlighting that it is never too early to think about this very important parenting topic.



'Like Us' to receive information about the Quality Child Care Initiative's events and activities.



**Home Child Care Providers Drop-In**, a program for home child care providers to attend with the children in their care, resumes September 11 and runs Mondays 9:15-11:15am at the Stone Road Mall site of the OEYC.

We gratefully acknowledge the support of our Partners and Funders.



Jul 27, 17

**We welcome your feedback anytime:**  
 oeyc@guelphchc.ca  
 519-821-6638 opt 3  
 In person



**Please remember we are a peanut-free and scent-free centre**

Look for our Jan-Mar 2018 Guide the first week of Dec

Interested in Volunteering?  
 Contact our Volunteer Coordinator at ext. 326