

Program Name	Program Description	Number of Sessions	Parent Child Interactive	Parenting Workshop	Pre-Register	Child Monitoring Available
Infant Programs						
BABY SIGNS	Parents/caregivers 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 for children 2-12 years old, 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		✓	✓	✓ * 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 Session		✓	✓	
IN THE KNOW	A non-registered informal program during stay and play where parents/caregivers get the opportunity to speak to a professional about topics of concern or interest to them.	1 Session		✓		
NOBODY'S PERFECT	This parenting program will look at different aspects and needs of parents/caregivers parenting young children 0-5 years of age. Parents/caregivers 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	<p>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.</p> <p>Every Tuesday evening in Midland. Every Wednesday evening in Orillia.</p>	Evening Program.	✓			
PARENTING YOUR TODDLER	<p>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.</p>	4 sessions	✓	✓		<p>✓ *Children participate in programming while parents attend workshop.</p>
RAINBOW MUSIC & FUN	<p>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.</p>	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.
GETTING READY FOR K	Getting Ready for Kindergarten has been developed for both parents/caregivers and their children entering school in September. This 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.

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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>			

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