

Peterborough Child and Family Centres

Winter 2021

Thank you to everyone who has participated in the re-opening of our in-person programs. It has been wonderful seeing everyone again.

Due to the 28-day Provincial lockdown, we will not be offering in person programs for the period of January 4, 2021 to January 24, 2021. This includes Play to Learn, Roots of Discovery, Toy Lending Library and in-person Breastfeeding and Well Baby Clinic. During this 28-day period we will continue to offer a variety of virtual programs and telephone/online support.

- To take part in Non-Registered Play At Home Facebook/Zoom Programs (blue schedule):
 1. Families can access all content on the PCFC Facebook page [here](#). Open to the public, no Facebook account needed.
- To take part in Registered Parenting Programs (yellow schedule), families must complete an annual intake form and request spot:
 1. Complete a program request form and submit.
 2. A confirmation message and intake form will be sent to you once your request is processed. Please complete the intake form (if you have not since October 2020) and send it back to us before your program starts.
 3. A zoom link will be emailed to you by the
 4. program instructor before the session begins.

Play At Home Facebook Schedule

January 11th-23rd

No Registration Required

Mondays

- **Roots of Discovery 9:30am (post)**
Ideas to help you get out and explore the natural world with your children.
- **Fun Under One 11am (post)**
All things baby!
- **Parenting Moments 2:30pm (post)**
We all have times when we need help with parenting. Here you will find some tips for those everyday moments!

Tuesdays

- **Breastfeeding and Well Baby 'Drop-In'**
10am-11am (Zoom*)
Meet up with other moms and our community health nurse to chat about sleeping, feeding or other baby related topics.
- **Circle Time 11am (Zoom*)**
Join us for LIVE interactive songs and rhymes.
- **Mindful Minute 2:30 (post)**
Slow the go and help you and your little one find some calm. If only for a minute!

*Watch for Zoom links to be added to our Facebook page one hour before Zoom programs begin

Play At Home Facebook Schedule

January 11th-23rd

No Registration Required

Wednesdays

- **Pre-Recorded Circle Time 9:30am (post)**
A circle time video to access when it works best for your family or to watch again and again.
- **Roots of Discovery 11am (post)**
Ideas to help you get out and explore the natural world with your children.
- **Let's Connect: Parents of Children 1-4 years 8-8:45pm (Zoom*)**
Parenting in isolation is hard! Let's stay connected! Join us, and other parents for an opportunity to chat informally about life at home.

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Play At Home Facebook Schedule

January 11th-23rd

No Registration Required

Thursdays

- **Super Sensory 9:30am (post)**
Simple ideas for you and your child to experiment with sensory play through things like cooking, art, science.
- **Let's Connect: Parents of Babies 0-12 months 10-11am (Zoom)**
Parenting in isolation is hard! Let's stay connected! Join us, and other parents for an opportunity to chat informally about life at home.
- **The Library Corner 2:30pm (post)**
Discover what's new at our Toy and Book Library.

*Watch for Zoom links to be added to our Facebook page one hour before Zoom programs begin

Play At Home Facebook Schedule

January 11th-23rd

No Registration Required

Fridays

- **Invitation To Play 9:30am (post)**
Offering simple ideas on how to spark your child's curiosity in play.
- **Roots of Discovery 11am (post)**
Ideas to help you get out and explore the natural world with your children.
- **Parenting Moments 2:30pm (post)**
We all have times when we need help with parenting. Here you will find some tips for those everyday moments!

Saturdays

- **Family Adventure Challenge 9:30am (post)**
We'll suggest a family friendly weekend adventure. You take part at your house, let us know how it went and your family will be entered into a draw for a prize.

*Watch for Zoom links to be added to our Facebook page one hour before Zoom programs begin

Virtual Parenting Programs

Registration Required

Sign up for these programs at www.ptbocfc.ca

Pre-Natal

- **Breastfeeding Basics**
Thursday Feb 18 (6:30-8:30pm)

Babies

- **Breastfeeding and Well Baby Clinic**
Available Mon-Fri by appointment.
Email sharon.fitzgerald@ptbocfc.ca
- **Not What I Expected**
Wednesday Feb 3- March 24 (1-2:30pm)
- **Footsteps To Parenting**
Tuesday Jan 12- Feb 16 (2-3:30pm)
- **Parent Child Mother Goose**
Monday Jan 11-Feb 8 (10-11am)
Wednesday Feb 17-Mar 17
(1-2pm)

Virtual Parenting Programs

Registration Required

Sign up for these programs at www.ptbocfc.ca

Babies Continued

- **Infant Massage**
Wednesday Jan 13-27 (9:30-10:30am)
Tuesday Feb 16-Mar 2 (1-2pm)
- **Songs and Signs**
Thursday Jan 28-Feb 11 (1-2pm)
Tuesday Mar 9-23 (9:30-10:30am)
- **Feeding Your Baby**
Friday Feb 5 (1-2pm)
- **Let's Talk About Sleep, Baby**
Friday Mar 12 (1-2pm)

Virtual Parenting Programs

Registration Required

Sign up for these programs at www.ptbocfc.ca

Toddler and Preschoolers

- Toddler and Preschool Fun
Tuesday Jan 19 & 26 (9:30-10:30am)
- Kids In The Kitchen: Pancake Edition
Friday Feb 12 (10:30-11:30am)
- Kids In The Kitchen: All Things Green Edition
Wednesday March 17 (2:30-3:30pm)

Positive Parenting

- Triple P Positive Parenting Seminar Series
Tuesday Feb 2-16 (7:30-8:30pm)
- Toddler and Tantrums: Triple P
Monday March 1 (8-9pm)
- Triple P One on One: Parenting Telephone Support
Available Mon-Thurs by appointment