

## Interactive Virtual Programs



### Feeding Your Baby

**September 15th 10am to 11am**  
**Birth to 12 Months**

Do you want to know more about introducing solid foods to your baby? Join us for an online session live via Zoom where you will get up to date information and guidance and an opportunity to ask questions about feeding your baby.

**September 16th 6:30pm to 8:30pm**  
**Prenatal**

This class offers expectant parents an opportunity to learn the basic how-to of breastfeeding. Learn about why and how to breastfeed and the services available to support you. Partners and/or other support people are welcome.

### Breastfeeding Basics



### Mini Parent Child Mother Goose

Birth to 12 Months **August 13th, 20th and 27th 10am to 11am**



This is a three session online experience for parents and their babies to focus on the power of using interactive rhymes, songs and stories through the oral tradition. Parents gain confidence as they help their babies learn language and communication skills.



### Songs and Signs 5 to 15 Months

**September 9th, 16th and 23rd**  
**10:00am to 11:00am**

In this interactive online course parents of children ages 5 to 15 months, will learn a variety of signs to use with their babies through song. Information on the benefits of signing and tips for success will be discussed throughout the sessions.

### Triple P Bedtime Routines

2 to 4 years old

**September 22nd 1:00pm-2:00pm**

Goodnight!  
Sweet Dreams!



An evening discussion sharing Triple P tips and strategies to help your child get a good night sleep.

## Positive Parenting Workshops

### Triple P

2 to 10  
years old



#### Raising Confident, Competent Children

**August 3rd 7:30pm to 9:00pm**

Ideas on how to help children learn important life skills including being respectful, communicating well, thinking positively, having healthy self-esteem, and being a good problem solver.

#### Raising Resilient Children

**August 24th 7:30pm to 9:00pm**

All children experience periods of stress in their lives. This session gives parents ideas on how to help children have the emotional skills to manage stressful life events.

#### The Power of Positive Parenting

**September 14th 7:30pm to 9:00pm**

Positive parenting is an effective approach to raising children that involves creating a family environment that is loving, supportive, and predictable.

**PCFC on Social Media** Join us on Facebook and Instagram for new content throughout the week.



<https://www.facebook.com/ptbochildandfamilycentres/>



@ptbochildandfamilycentres

# Outdoor Programs

## South End Sing-Along



Photo by Ryk Naves on Unsplash

**1st and 3rd Wednesday of each month in PTBO**  
**Sept. 9th and 23rd in Norwood**  
**10am to 11am / Birth to 6 years**

Gather outside for circle time singing, story time, and fun! All families with children birth to 6 years are welcome to register. Dress for the weather, as we will be there rain or shine!  
Location: Newhall Park

**2nd and 4th Wednesday of each month: 10am to 11am**



**Chat and Stroll**  
Birth to 12 Months

Join us and other parents and babies for a stroll in the City.

Bring your stroller or favorite baby wearing accessory to this walking group and chat with other parents and PCFC staff while enjoying the outdoors!

Meet up will be in Peterborough using the city trails. Exact location will be sent once participants are registered.



## L a k e f i e l d Community Garden

**Open 7 days a week**  
**8:00am to 8:00pm**

Register your 30 minutes time slot to visit the garden with your family!

This outdoor parent and child interactive program offers opportunities for families take part in the maintenance and care of our Community Garden Plot, while also exploring the natural surroundings. Monthly activities will be available to take part in as participants schedule a visit.

**Please note, this is an activity participants lead on their own and no staff will be present.**

## Jackson Park Mondays and Saturdays



Participants will meet adjacent to the parking lot at the Monaghan and Parkhill Rd entrance at the start time of the program.



## Roots of Discovery

**Time: 9:30am to 12noon / Birth to 6 years**

There are no washroom facilities available on site.

This outdoor EarlyON parent and child interactive program offers opportunities for child led exploration in natural settings and space to connect with other families. Professional staff are available to support your learning as well as share resources and their expertise when needed.

## Isabel Morris Park

### Lakefield Tuesdays

Participants will meet at the picnic shelter area at the start of program. Parking is available adjacent to the park.



## Mill Pond Forest Trails

### Norwood Thursday

Participants will meet at entrance of the trails off the parking lot at the start of the program. Parking is available.

## Harper Park

### Fridays

Participants will meet at Bridlewood Park, 1648 Ramblewood Dr. Street parking only.

## Support Services

July: Tuesday/Thursday 10am to 12noon  
Wednesday 1pm to 3pm August: CLOSED

Reopens: August 31st

Make an appointment to speak to a lactation consultant/community health nurse for breastfeeding help or to answer your questions about child health and development. In-person, telephone and Zoom support options are available.

Same day appointments are possible.

Email: [Sharon.fitzgerald@ptbocfc.ca](mailto:Sharon.fitzgerald@ptbocfc.ca)  
705-748-9144

Breastfeeding &  
Well Baby Clinic



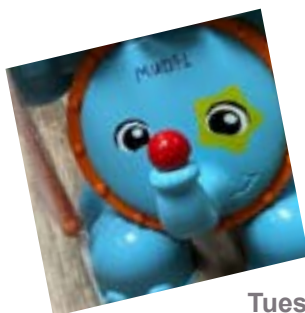
## One on One Consultations

Available Monday-Thursday, families email PCFC to get connected with the staff of the week. This is a one to one session with a staff member where you can work through some of your parenting challenges.

Email [register@ptbocfc.ca](mailto:register@ptbocfc.ca) to make an appointment or call 705-748-9144



## Toy Lending Library



Tuesdays: 10-12 Thursdays: 3:30-5:30

1. Select toys/books from our website and submit a toy request form found on the website.
2. You will be contacted to set up a pick up time.
3. Notify by phone 705-748-9144 ext 310 that you've arrived at the toy library so staff can leave items in the designated pick up spot.

Families can borrow up to 3 items at a time for 4 weeks. Toys/books can be returned during library hours only to the designated drop off spot in the parking lot.

## Registration Info

**To participate in any PCFC in- person program, families must complete our registration process, this includes:**

1. Complete our registration package. You can request this package by clicking the **"Register Here"** button on the top of the website pages. Once we have received and processed your package, we will send you a confirmation email.
2. After you have received confirmation that your registration package has been processed, you may begin requesting registration for specific in person programs (by clicking the **"Register Here"** button on the top of the website pages). We can only process requests for programs occurring within four weeks of the date of the request. Registration requests must be sent no less than 24 hours in advance of the program start, requests are not processed after 4:30 pm, on weekends or holidays.
3. Only attend program if you have received a confirmation email for the specific date and time you are attending.
4. Submit a separate Covid screen for each member of your attending group (adults and children) prior to 9:00 am the day of program. The link will be sent to you with your confirmation.

**To participate in virtual registered programs, families must complete an annual intake form and request a spot:**

1. Complete a program request form and submit (by clicking the **"Register Here"** button on the top of the website pages).
2. A confirmation message and intake form will be sent to you once your request is processed. Please complete the intake form (if you haven't since September 1st, 2020) and send it back to us before your program starts.
3. A zoom link will be emailed to you by the program instructor before the session begins.