

VOLUNTEERING at the Ontario Early Years Centre

Last year, 72 Ontario Early Years Volunteers gave over 1400 hours of their time, energy and expertise to our playgroups, parenting workshops, special events, school readiness programs, child care, babbling babies literacy kits, and office support.

The OEYC is an excellent place to gain and practice early childhood education skills and make connections in the early childhood education and family services community.

Come join our team!

We have several immediate **volunteer opportunities** in our **Early Learning Programs**. During one 3-hour shift per week, volunteers work with staff to assist children, ages birth to 6, with structured learning activities and child directed play, and to provide their parents and caregivers with resources and access to community services.

To apply, please contact Rosemary, Coordinator of Volunteer Resources 613-384-1231 oeycvolunteer@kos.net

Mothers Helping Mothers

Postpartum Adjustment Support Group

BabyTalk 613-549-1154

1-800-267-7875 ext. 1555

Are the baby blues lasting too long?

Is motherhood not what you expected?

Mothers Helping Mothers is a peer support group for women experiencing postpartum adjustment difficulties. It is free and facilitated by a mental health counselor and a peer support worker. Transportation and childcare are available.



You're never too young to fall in love with books and the Scholastic Book Club is here to help start your child on the path to a lifetime of reading and learning!

Scholastic offers

- The newest books by acclaimed authors and illustrators
- Sturdy board books for little hands
- Interactive books that inspire thinking and learning
- Classic picture books that your child will treasure forever

Get everything you need to encourage your child's love of reading—all at amazing savings!

When you place a scholastic order with the Ontario Early Years Centre, the OEYC receives free books to expand its own library!

Watch for scholastic order forms at your playgroup.

HATS & MITTENS & SCARVES — OH MY!



Do you need winter clothing
for yourself or your children?

The **Ontario Early Years Centre**
at 1066 Hudson Drive, Kingston, has
FREE warm winter clothing for adults and children.

Gently used and new sweaters, hats, mittens, coats, scarves, boots and snow-pants can be
picked up at the Early Years Centre during regular program hours.

**Drop by the Early Years Centre or call us at 613-384-1231 to get more information,
to pick up the clothing you need, or to make a donation.**

Monday through Friday 9:00 am – 4:00 p.m.

Saturdays 10:00 – 2:00 (November - April)



Pourquoi le rituel du coucher est-il indispensable?

Votre tout-petit refuse d'aller se coucher ? Il a du mal à s'endormir ? Il fait des cauchemars? Dormir, c'est mourir un peu. Et ça fait peur ! Le rituel du coucher est un moment privilégié car il représente un sas entre le jour et la nuit et atténue l'épreuve de la séparation. Vous êtes - vous ou son [papa](#) - tout à lui et c'est très important ! Cela le rassure, un peu comme si vous lui donniez votre bénédiction et lui disiez: «Tu peux dormir

tranquille, papa et [maman](#) sont à côté.» C'est aussi une pause tendresse, l'occasion de lui lire son histoire préférée ou qu'il vous raconte son gros chagrin de la journée. Ne sautez pas cette étape sous prétexte d'une urgence quelconque. Lorsque le parent qui a l'habitude de lire l'histoire du soir est absent, qu'il prenne la précaution de l'enregistrer sur une cassette, suggère notre spécialiste. La magie opérera de la même façon, l'absent sera présent par la voix. Tiré du site www.famili.fr

Atelier "Bingo Dodo"

Quand : lundi, 23 nov 2009

Pour qui : parents et enfants âgés de 2 à 4 ans

Heure : 10h à 11h30

Endroit : CRFMK, salle 1

Coût : Gratuit

Service de garde disponible pour les enfants de 2
ans et moins

Inscription : 613-541-5010, poste 5195