

# Roundabout Family Centre

## September Newsletter

We would like to thank everyone for their support through the opening of our new family centre! We are excited to be offering great programs to the community and hope you are excited too!

We have decided to continue to offer our weekly Parent and Baby, Breastfeeding and Babywearing groups free of charge.

We will also be continuing to offer specialty classes such as Car Seat Safety Classes and Parent Emergency First Aid Workshops, and we are excited to be introducing new specialty prenatal workshops.

Here is the schedule for our on-going and upcoming events at the centre.

### **Parent and Baby Groups**

#### ***Monday mornings 9:30am to 11:30am***

- **Upcoming Topics for September and October:**
  - September 24 – Discovery Toys
  - October 1 – Precisely Maid for You
  - October 8 – Closed – Happy Thanksgiving!
  - October 15 – Little Hands Talking
  - October 22 – Brain Gym

#### ***Tuesday afternoons 1:30pm to 3:30pm***

- **Upcoming Topics for September and October:**
  - September 25 – Discovery Toys
  - October 2 – Journey to Joy Parenting Coach
  - October 9 – Peel Police – Keeping Your Family Safe
  - October 16 – Little Hands Talking
  - October 23 – Lakeside Health

# **Babywearing and Attachment Parenting Group**

***Friday mornings 9:30am to 11:30am***

- **Upcoming Topics for September and October:**
  - September 28 – Newborn 0 – 3 months
  - October 5 – Baby 3 – 12 months
  - October 12 – Carriers for Toddlers
  - October 19 – Slings and Pouches

## **Breastfeeding Mother's Group**

***Friday afternoons 12:00pm to 2:00pm***

- **Upcoming Topics for September and October:**
  - September 28 – All About Latch
  - October 5 – Skin to Skin
  - October 12 – Milk Supply
  - October 19 – Common Problems

## **Upcoming Specialty Classes**

### **Emergency Care Workshop**

- **September 29**
  - 10am to 1pm
  - \$48/single or \$86/couple
  - Focus on Basic CPR Skills and First Aid for Parents
  - Recommended for all parents, caregivers, and Grandparents!

### **Car Seat Safety Class**

- **October 7: 1pm to 3pm**
- **October 16: 10:30am to 12:30pm**
  - \$25/single or \$40/couple
  - Focus on Importance of Using a Carseat Correctly, Ontario Law, Common Carseat Challenges, and useful tips on how to pick out the best carseat for your child.

### **Birth Empowerment Workshop**

- **October 27**
  - 2pm to 5pm

- \$78/couple
- Unique Interactive workshop is for a mother-to-be and her partner.
- Topics include comfort measures, relaxation techniques, movement in labour, and how to promote closeness as a couple during the birth experience to encourage a natural birth experience.
- A great class in addition to Prenatal Education Classes or for 2<sup>nd</sup> (or more!) babies.
- Taught by Certified Birth Doula, Lidia Beaudry

### **Prenatal Education Classes**

- **November 10 & 11**

- 10am to 6pm – This is a 2 day class
- \$200/couple
- Taught by Certified Childbirth Educator Melissa Cassells of Birth Connections
- Topics include nutrition and exercise, Birth Plans, Stages of Labour, When to go to the Hospital, Positions for Labour, what to expect during induction/c-section, Overview of breastfeeding, and Newborn care, and Postpartum Depression

We are in the process of arranging weekly classes in the following:

*Parent and Baby Sign Language*

*Parent and Baby Music*

*Baby Massage*

*Mom & Baby Yoga*

We will keep you posted!

Please feel free to contact us with any questions at 905-274-9561, or by email at [info@roundaboutkids.ca](mailto:info@roundaboutkids.ca)

*We look forward to seeing you!*