

Clinic Calendar – September 2018 to June 2019

Workshop	Target Child Age	Number of Offerings	Timing
Triple P	2-6yrs	3	Oct, Feb, May
Pre-printing	3-4yrs	3	Oct, Feb, Jun
Printing 101 (2 part session)	4-6yrs	3	Nov, Mar, Jun
Printing 102 (2 part session)	6-8yrs	3	Nov, Mar, Jun
Transition to School	3-4yrs	3	Nov, Jan, Feb
Sleep and Feeding	1-6yrs	3	Nov, Feb, May
Toilet Training	2-4yrs	3	Nov, Mar, Apr
Little Explorers	1-2yrs	4	Oct, Feb, Apr, Jun
Worry Workshop	5-8yrs	5	Oct, Jan, Feb, Apr, Jun

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day	4	5	6	7	8
9	10	11	12	13 Peel clinic	14	15
16	17	18	19	20 Whitby clinic	21	22
23	24	25	26	27	28	29
30	31					

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Triple P 1	4	5 PA day Worry	6
7	8 Thanksgiving	9	10 Triple P 2	11 Peel clinic	12 Little Explorers	13
14	15	16	17 Triple P 3	18 Whitby clinic	19	20
21	22	23	24 Triple P 4	25	26	27 Pre-Printing
28	29	30	31 Halloween			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Peel clinic	9	10 Toilet School
11	12	13	14 Sleep & Feeding	15 Whitby clinic	16 PA day Printing 101, 102 (part A)	17 Premie Parade
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 PA day Printing 101, 102 (part B)	8
9	10	11	12	13 Peel clinic	14	15
16	17	18	19	20 Whitby clinic	21	22
23	24	25 Christmas	26	27	28	29
30	31					

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day	2	3	4	5
6	7	8	9	10 Peel clinic	11	12
13	14	15	16	17 Whitby clinic School	18 PA day Worry	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Triple P 1	6	7	8 Little Explorers	9
10	11	12 Triple P 2	13	14 Peel clinic	15 PA day Worry	16 Pre-Printing
17	18 Family Day	19 Triple P 3	20 School	21 Whitby clinic	22	23
24	25	26 Triple P 4	27 Sleep & Feeding	28		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2 Toilet
3	4	5	6	7	8	9
10	11	12	13	14 Peel clinic	15	16
March Break						
17	18	19	20	21 Whitby clinic	22	23 Printing 101, 102 (part A)
24	25	26	27	28	29	30 Printing 101, 102 (part B)

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Peel clinic	12 Little Explorers	13 Worry Toilet
14	15	16	17	18 Whitby clinic	19 Good Friday	20
21 Easter	22	23	24	25	26	27
28	29	30				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Triple P 1	2	3	4
5	6	7	8 Triple P 2	9 Peel clinic	10	11
12	13	14	15 Triple P 3	16 Whitby clinic	17	18
19	20 Victoria Day	21	22 Triple P 4	23	24	25
26	27	28	29 Sleep & Feeding	30	31	

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31						1 Printing 101, 102 (part A)
2 Premie Picnic	3	4	5	6	7 PA day Little Explorers Worry	8 Pre-Printing
9	10	11	12	13 Peel clinic	14	15 Printing 101, 102 (part B)
16	17	18	19	20 Whitby clinic	21	22
23	24	25	26	27	28 PA day	29

Workshop Summaries

Workshop	Who Attends?
Triple P	<ul style="list-style-type: none"> • Parents
Pre-printing	<ul style="list-style-type: none"> • Parents • Children (3-4 years)
Printing 101 (2 part session)	<ul style="list-style-type: none"> • Parents • Children (4-6 years)
Printing 102 (2 part session)	<ul style="list-style-type: none"> • Parents • Children (6-8 years)
Transition to School	<ul style="list-style-type: none"> • Parents (of children who haven't yet started Jr Kindergarten)
Basics on Sleep and Feeding	<ul style="list-style-type: none"> • Parents (of children 1-6 years)
Toilet Training	<ul style="list-style-type: none"> • Parents (of children 2-4 years)
Little Explorers	<ul style="list-style-type: none"> • Parents • Children (1-2 years)
Worry Workshop	<ul style="list-style-type: none"> • Parents • Children (5-8 years)

Triple P – The Positive Parenting Program (Four weekly 2-hour sessions + four weekly phone follow-ups)

This workshop is just for parents and focuses on strategies to raise confident and healthy children and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place. With more than 30 years of ongoing research, Triple P has been scientifically trialed with thousands of families around the world and been found to work for most families in a wide variety of cultures, countries and individual situations. Attendance for all eight sessions (four face-to-face meetings and four phone check-ins) is required.

Pre-Printing – Foundations for Printing (One 1-hour session)

An interactive workshop for parents and pre-school children (ages 3-4 years) created to help “set the stage” for printing successfully. The focus will be on developing hand and core strength, functional grasp, and hand-eye coordination through play-based learning and day-to-day activities while preparing the mind and body to learn to print. Come prepared to get your hands “dirty” in a fun filled hour of activity. Additional resources will be given for parents to take home. Registration and screening phone call required.

Printing 101 – Gearing Up for School (Two 1-hour sessions)

An introductory course for parents and children (ages 4-6 years) to engage in a variety of hands-on activities to build on foundational hand skills. This two-part workshop will model for parents how to teach your child to print so letters are legible and formed consistently. A variety of basic linear letters will be taught and additional resources given to equip parents to support their child at home. Registration and screening phone call required.

Printing 102 – Keeping it Fun (Two 1-hour sessions)

An intermediate course for parents and children (ages 6-8 years) to engage in a variety of hands-on activities to further refine their hand skills. This two-part workshop will model for parents how to teach your child to print so letters are consistently legibly with an emphasis on diagonals, curves, and letters requiring greater pencil control. Additional resources will be given so parents can continue to support their child at home. Registration and screening phone call required.

Transition to School Workshop – Get Ready, Get Set, and They’re Off to School! (One 1.5-hour session)

When a child starts off life in the NICU, the idea of school entry can sometimes be a source of worry for parents as they may wonder whether or not their child is ready. The session will cover what “school readiness” means, highlights from the research about what we know about preterm survivors starting Kindergarten, and things that parents can do now to get their child ready for school.

Basics on Sleep and Feeding – Let’s Talk About Common Sleep and Feeding Problems in Kids! What Do We Know and What Can We Do About It? (One 2-hour session)

Sleeping and feeding difficulties are common in the preterm population. In the sleep portion (first hour) of this workshop, parents will learn about the basics of common sleep problems in children, medical and health conditions that affect sleep, and basic strategies. In the feeding portion of this workshop (second hour), parents will learn about age appropriate mealtime routines, expectations, picky eaters, texture acquisition, and basic mealtime strategies. Parents are welcome to attend one or both portions of this workshop.

Toilet Training – You Can Run But You Can’t Hide... from Toilet Training! (One 1.5-hour session)

What does it mean to be ‘ready’ for toilet training? When do we start training? How come my child will pee in the toilet but will only make a poo in a diaper? I feel like I’ve been toilet training my child for a long time but it hasn’t worked yet, what am I supposed to do? These are all great questions and there isn’t one easy answer for each question but knowing your child and knowing the basics on toilet training and the factors that influence success are helpful in planning ahead or crossing the finish line in toilet training. This session will review the research on toilet training methods, factors that may facilitate, impede or contraindicate toilet training, and common training stumbling blocks.

Little Explorers – Getting Your Child Out into the Social World (One 1.5-hour session)

Sometimes older infants and toddlers can be very hesitant to explore and play which makes going to parent and tot or other preschool programs very difficult and stressful. In this workshop, we invite parents to attend with their child and together we will discuss and practice strategies to support the children in becoming little explorers in the social world.

The Worry Workshop – Is Worrying about Worries Getting You Down? (One 2-hour session)

Everyone has worries and stress but has anyone ever achieved a worry-free life? It’s a funny question but we think it’s worth asking because maybe trying to get rid of worry and stress isn’t what we should be striving for and teaching our children. Acceptance and Commitment Training (ACT) is a mindfulness-based behaviour therapy that can be used to help people take action to achieve meaningful goals. The parent workshop will run at the same time as the child workshop. In both the child and parent groups, participants will take part in group exercises and learn mindful breathing. In the parent workshop, parents will learn how to support and encourage their child to use these exercises at home.