



United Way  
Elgin Middlesex

# LONDON FOR ALL

A ROADMAP TO END POVERTY



## Early Learning & Education

### 6.10 Expand mentorship and support programs for new parents

#### **EarlyON Child and Family Centres**

EarlyON helps parents give their children the best possible start in life. Parents and caregivers meet and learn from each other, talk with staff about questions or concerns, and have fun with their children. How children are cared for during their first six years sets the foundation for their lifelong learning, behaviour and health. All events are free.

EarlyON is a combination of four programs - Ontario Early Years Centres, Parenting and Family Literacy Centres, Child Care Resource Centres and Better Beginnings, Better Futures. The Province of Ontario reorganized early years programs so you can obtain the same services at any EarlyON centre in Ontario and also find programs tailored to your community. Family Centres in London offer EarlyON programming as part of a suite of services for families aged pre-natal to youth.

#### **London Children's Connection**

**Family Support Programs** - offers a variety of fun, educational programs for parents, caregivers and their children. Programs are offered at the Westmount, White Oaks, and Fanshawe Family Centres, as well as in various neighbourhood locations. Parents and caregivers can meet others, participate in adult learning opportunities and enjoy play-based learning activities with their children.

**Just Beginning: The First Six Months** - is a free 4-week program for first time moms with a baby 0-6 months of age. An opportunity to meet new moms while sharing “ups and downs” in a relaxed and supportive setting.

## **ChildREACH**

**Parent Connect** – is a free telephone and email service to parents and other experiencing family life or parenting challenges. This service provides a listening ear, support and guidance to parents and caregivers who are upset or troubled about a family issue, have parenting-related questions or just need someone to speak to. Parent Connect staff are educated in the area of child and family development, and have extensive experience in a variety of professional settings working with parents and children.

**Young Parents Group** – welcomes you to join in parent-child activities and meet other young parents and build relationships. Learn about nutrition, health care resources, parent-child relationships, child behaviours, parenting issues, and community resources.

**Mother Reach** – is a support group for pregnant and new moms who are experiencing anxiety or depression.

**Café Mom** – meets twice a month and provides an opportunity for new moms to relax and connect with other moms in a child-free supportive environment. Childminding is provided.

**Unpacking Parenthood** – is a support group that explores topics such as parental guilt, emotional wellness, expectations, boundaries and stress.

## **Merrymount Family Support and Crisis Centre**

**Parenting Groups** – build parenting capacity and skills to promote positive outcomes for children.

**Parent Talk** – provides one to one, single session support for parents and caregivers of children ages birth – 12 years to discuss a specific parenting challenge and develop a co-constructed plan to address the issue.

**Therapeutic Parenting** – offers trauma informed, attachment based assessment and treatment designed to help parents and children develop and/or rebuild emotionally secure relationships.

**Building Families** – is an intensive psycho-education program, designed for parents who are facing multiple stressors or are involved with the Children's Aid Society.

**On Your Own Only** – is a two evening workshop that addresses the effect of separation and divorce on children and examines strategies for a healthy adjustment to changes in the family.

**Circle of Security** – is an attachment based relationship focused parenting program for parents with children up to age 5. This group helps caregivers understand challenging behaviour by responding to the child's underlying need.

**Secure Connections** – is an attachment based, interactive program for caregivers and their infants up to 18 months of age. The group provides support, guidance and education to assist caregivers in meeting the social and emotional needs of their infant while also providing a safe place for caregivers to connect and feel empowered.

**Mutual Aid Parenting Program (MAPP)** – provides support for parents of children of all ages. MAPP is a self-help group where people with a shared concern, worry or experience come together.

**Community Action Program for Children (CAPC)** – promotes the health development of young children (0 – 6 years) and provides families with local community information, referrals, and access to public health and social services.

#### **Mother Reach Coalition**

**Mother Reach Support Group** – is for pregnant and new moms who are experiencing depression or anxiety up to baby's first birthday.

#### **Middlesex-London Health Unit (MLHU)**

**Pre-Natal Immigrant Program** – is a free prenatal education and nutrition program for newcomers.

**Precious Moments** – is a free post-natal program for Arabic Speaking mothers offered at the South London Neighbourhood Resource Centre through the Families First Community Action Program for Children (CAPC) White Oaks.

**Nurse-Family Partnership ® (NFP)** – Is a free home visiting program where public health nurses visit young, first-time moms during their pregnancy and the first two years of their child's life.

**TVDSB / Investing in Children** – has ramped up their Family Literacy & Math events that have been part of an existing partnership at identified schools

**Baby's Book Bag** – to enhance this program partners provided refresh online training sessions in January 2019 with 50 key partners already sharing Baby's Book Bags and coupons with families in London, as well as an educational video about the importance of literacy for babies in four key languages.

1,465 Baby's Book Bags were distributed to families via the London Public Library, MLHU, Family Centres/EarlyON locations in London, LHSC's Paediatric Family Resource Centre, City of London Social Services sites and others. Training was provided to 25 City of London Social Services Caseworkers to distribute Baby's Book Bag and key messages. 30 healthcare professionals were provided a presentation about Baby's Book Bag and *Your Prescription for Literacy*.

**Healthcare Provider Outreach Initiative** – 26 presentations were provided to 26 Nurse Practitioners about early literacy, the role healthcare providers can play, CYN resources and engagement in development of pilot initiative to engage families in literacy at check-ups and office visits. CYN Literacy Priority will continue conversations previously initiated with Schulich School of Medicine and Dentistry.

**Healthy Words** - is a pilot initiative, where healthcare providers provide families with a quality board book and key messages about engaging toddlers and young children at the 15 month check-up launched in 2 sites in London.

**London Public Library** – provides board games and card games available for borrowing. A selection of 10 games per location for children, teens, and families are available to support literacy, critical thinking and problem-solving skills (also reducing screen time).

**Learning Disabilities Association of London Region** – introduced a spring 2019 literacy initiative – 1, 2, 3 Read Write Succeed Grades 4-6 – based on reading, writing, and spelling patterns for students with a learning disability in reading and/or writing.