



Suggested Programming	Actions / Supplies
<p>1. Theme: Child proofing your home</p> <p>a) Opener: Who would you want to play you in a movie of your life?</p> <p>b) Announcements (social or fundraising)</p> <p>c) Child-proofing your home Home safety measures can seem overwhelming but it doesn't have to be. Making a check list can help, it can let you see at a glance what to do before your baby crawls and before your baby starts toddling and climbing. As a group, go through each major room of the house (living room, nursery, bedroom, kitchen and bathroom) and discuss the typical things that need to be child proofed and ideas on how to do the child proofing. Here are a couple of resources that you can use to start and grow the discussion: https://www.babycenter.com/childproofing-checklist-before-baby-arrives https://www.babycenter.com/0_childproofing-checklist-before-your-baby-crawls_9446.bc https://www.babycenter.com/0_childproofing-your-nursery_418.bc https://www.babycenter.com/0_childproofing-your-kitchen-for-babies_755.bc https://www.babycenter.com/0_childproofing-your-bathroom_402.bc Group members that have older children may have some really good insight to share! Have one group member takes notes of all the ideas and share with the whole group following the discussion There are also professional child proofing companies in Toronto that can help you child proof your home and even help with installation of car seats. Such as Baby Proofers Inc (http://www.babyproofers.ca/) and Kiddie Proofers Inc. (https://kiddieproofers.com/)</p> <p>d) Closer: What is a skill you would like to learn and why?</p>	<ul style="list-style-type: none"> • One person to take notes. Paper and pen if hand writing or capture notes on your phone for ease of emailing later when sharing with the group.
<p>2. Theme: How to cope with colds, diaper rashes, teething etc. and your favorite remedies</p> <p>a) Opener: What three items would you take with you on a deserted island?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) Babies First Dealing with your baby's first cold, bad diaper rash and teething can be tricky. As a group, take this time to discuss some helpful tricks to make life a little easier for both you and your babe. Here are some ideas that can be used to start and grow the discussion: Babies first cold It's good to be prepared before the first cold hits and already have supplies at hand. Here are some things to consider:</p> <ul style="list-style-type: none"> • Reliable thermometer • Saline solution (like Hydrasense baby) and a snot sucker (i.e. Nose Freida is a good one) • Baby Tylenol and/or baby Advil • Run a humidifier - a humidifier will help release moisture in the air, which will help loosen mucus and ease your baby's congestion) • Hydrate - don't be surprised if your little one does not have much of an appetite, if they are already eating solids they may not be interested in eating. The important thing is to try and keep them hydrated with milk and water (if they are drinking water). They will eat more once they feel 	<ul style="list-style-type: none"> • No supplies needed • Can consider having someone take notes if people would find it useful.



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<p>better again.</p> <ul style="list-style-type: none"> Wash hands frequently, the last thing you need is to get sick <p>Diaper Rash When your baby gets their first really bad diaper rash, the kind where it looks so raw and may even bleed, your heart just breaks. Here are some know remedies that may help:</p> <ul style="list-style-type: none"> Keep your baby dry by changing their diaper frequently, preferably as soon as it's soiled Pat them dry, rather than rubbing If you use wipes, make sure you use mild ones (avoid using ones with alcohol or fragrances) If the rash is so bad that you are hesitant to use wipes, try running your baby under the sink with the sprayer on a gentle temperature and pressure or use a squirt bottle with water in it Try to give your baby some time without a diaper on, it may get messy so put a towel down underneath them Consider using a diaper crème, such as Destin. Try to find one with zinc in it or petroleum jelly. Put your baby in clothes that are breathable <p>Teething: A baby's reaction to a new tooth can vary greatly but when they are visibly in pain and extremely fussy it can be super hard to watch. Here are some things you can do to help ease your babies pain during teething:</p> <ul style="list-style-type: none"> Cold – in the same way ice works on a sprain to numb pain and reduce swelling, cold compresses and helps to soothe gums. <ul style="list-style-type: none"> There are a lot of different teething items that you can buy, like rings filled with liquid that you can cool in the fridge or freezer. Some even have plastic handles on them so your little one's hands don't get too cold Firm rubber teethers work well too and there are teethers that vibrate You can also just use a face cloth, wet it, put it in a zip lock bag and throw it in the fridge. Once chilled, let your babe chew on the face cloth If your babe has started on solids already, you can chill some fruit or use frozen fruit and put it in a little mesh bag and let them chew on it <p>Just make sure that whatever you give your babe that you watch them closely to make sure they don't choke. Each baby is different so you may need to try a few things before you find what works best for yours. You can also consider giving your baby some painkillers like Tylenol or Advil (ibuprofen), just make sure to check in with your Dr. first if your baby is under 3 months of age and to follow dosage recommends accordingly.</p> <p>d) Closer: If you could go back in time, what year would you travel to?</p>	
<p>3. Theme: The changes that come with motherhood</p> <p>a) Opener: If you could instantly become an expert in something, what would it be?</p> <p>b) Announcements (social, fundraising, etc.)</p> <p>c) Motherhood</p>	<ul style="list-style-type: none"> No supplies needed



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<p>There are a lot of things that you probably expect to change when you become a parent, such as sleep deprivation, a dent in your social calendar, and maybe even changes in your own personal hygiene, like showering less or days spent in your pyjamas. But there are also a lot of things that you may not expect to feel or to happen, whether that be what you experience personally or with your partner, family or friends.</p> <p>As a group, discuss what are some of the biggest changes in your life since becoming a mother?</p> <p>What's one thing that surprised you?</p> <p>What have you found to be the most challenging?</p> <p>Has your relationship changed with your partner, family or friends? If yes, how?</p> <p>Are you finding that you have a new respect for your parents?</p> <p>Do you find that your priorities have changed?</p> <p>Do you have a new perspective on the world?</p> <p>Have you kicked any habits since becoming a parent?</p> <p>d) Closer: What does your perfect day look like?</p>	
<p>4. Theme: Game Time!</p> <p>a) Opener: If you could win an Olympic medal for any sport, real or fake, what would it be?</p> <p>b) Announcements (socials, fundraising, etc.)</p> <p>c) Play the “Would you rather?” Game</p> <p>Most of us have played the “Would you rather game?” at some point in our lives, it’s playful and can be a fun way to learn something new about each other.</p> <p>Come prepared with a handful of questions to start the game and then ask other group members to contribute questions once everybody is warmed up</p> <p>Sample questions:</p> <ul style="list-style-type: none"> • Would you rather be a famous actor or a famous pop star? • Would you rather win an Olympic gold medal or write a best-selling book? • Would you rather have to say exactly what you are thinking or not be able to talk at all? • Would you rather always be 10 minutes late or 20 minutes early? • Would you rather never use social media sites/apps again or never watch another movie or TV show? <p>d) Closer: What’s your favorite kind of music to jam to in the car on a road trip?</p>	<ul style="list-style-type: none"> • Pens and small pieces of paper to write questions on.
<p>5. Theme: Babysitters</p> <p>a) Opener: If you could pick any restaurant to go to in the city today, where would you go and why?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) How to choose a babysitter and where to find one?</p> <p>It can be tough to make the decision to hire a babysitter for the first time and entrust them with the most precious person to you, your child! But it’s also important to have a good option for a babysitter lined up in case something comes up and you really do need childcare or you really just want some social time without kids!</p> <p>Here are some thought starters on how to start and grow the discussion:</p>	<ul style="list-style-type: none"> • No supplies needed



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<ul style="list-style-type: none"> • What do you think are important traits in a babysitter? • How do you go about finding a babysitter? • Babysitter etiquette, like what's the going rate these days, does it vary depending on your child's age, do you have to pay more for multiple kids, do you have to leave food for your babysitter? • How can you make the transition easier on your child? • When is a good time to use a babysitter for the first time? <p>d) Closer: Where do you want to travel to but have never been?</p>	
<p>6. Theme: 20-minute dinner ideas</p> <p>a) Opener: If you had to eat one thing for every meal going forward, what would you eat?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) 20-minute dinner ideas The week prior, ask group members to bring a copy of their favorite 20-minute recipes (or close to it, try to make it under 30 minutes). Be sure to send a reminder email leading up to your session. Have each member present their recipe and what they love about it and any helpful tips. Have some standard sized recipe cards on hand and members can copy their favorite recipes.</p> <p>d) Closer: What would you do if you won the lottery?</p>	<ul style="list-style-type: none"> • Assorted recipes • A package of recipe cards, can buy from the Dollar store, usually comes in packs of 24. Buy as many as needed for each member to copy all the recipes. • A package of pens
<p>7. Theme: Make your favorite motto into art</p> <p>a) Opener: If you could choose any one person, dead or alive to have coffee with who would it be?</p> <p>b) Announcements (social, fundraising)</p> <p>c) Make your own Motto Art Ask members to come prepared with a quote they would like to use, for example: There is no place like home (Wizard of Oz ☺) The week prior, assign members to bring different supplies that are needed, (see right hand column for supply list). Step by Step Instructions (https://www.goodhousekeeping.com/home/craft-ideas/g3293/green-recycled-craft-ideas/?slide=30): Step 1: Lay a piece of poster board on a flat surface. Use stencils to spell out the phrase of your choice on the board, experimenting until you find a placement you like (use a ruler and a pencil to mark horizontal lines for guides.) Step 2: Spell out the phrase backwards, then flip the stencils over (you'll be turning the board over when you're done and the words will then read correctly). Trace the letters onto the board with a pencil. Step 3: Carefully cut out the letters with an X-Acto knife, then use hem tape to affix a patterned piece of fabric to the poster board. Flip the poster board over to reveal the finished artwork, then frame.</p> <p>d) Closer: What's the most daring thing you have ever done?</p>	<ul style="list-style-type: none"> • 2-3 letter stencils (depending on size of group) • A few rulers and enough pencils for at least half of the group • Poster board (determine ahead of time what size people want to make and have one person buy all poster board and cut as needed). • Several X-acto knives • Hem tape • A variety of different patterned fabric • Picture frames (the Dollar Store is great place for frames) that matches the size of poster board