



Parent Membership Form

Name: _____ Children? How many? _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone: _____ Email: _____

I'm interested in being (select all that apply):

- An Active Member (going to meetings/committee involvement)
- Minutes-only Member (receiving minutes via email only, not notified of meetings)
- Parent supporter (I wish to support with a donation of \$25 and attend free workshops. Nothing else.)

By joining WiseParent you agree with the following philosophical basis:

Philosophic Basis

- Professionals and parents alike have a need for a community organization that will educate and advocate for family wellness, without bias or judgment, by relying on the concepts of best-practice and the current research available.
- Pregnancy and birth is a normal, healthy process.
- Women have the right to labour free from routine intervention.
- Individuals have the right to make informed health decisions for themselves and their children, including informed refusal.
- Breastfeeding is the optimal choice for infant nutrition. Care providers and community partners should provide families with the resources they need to be successful.
- Mother and baby-friendly practices should be fostered by regular reviews of evidence.
- Advocacy for policy reform should be conducted in a timely fashion as necessary.
- Pregnancy, birth and the early infancy period profoundly affect the well-being of families and children's long-term health.

Payment must accompany form. Please mail completed forms to 20 McCulloch Cres. Ajax, ON L1T 3X1 or fax to 905-619-1232 or email to stefanieantunes@rogers.com

Signed: _____ Date: _____

Workshop Registration

I would like to pre-register for the following sessions (check as many as you wish!):

- O Preparing for birth : Writing a birth plan** Tues., Oct. 20, 7pm
This workshop will help you explore your birth vision and establish what is important to you. Walk away from this workshop with birth plan in hand!
- O Planning for Postpartum: An Action Plan** Wed., Oct, 21, 7pm
How to make the transition to parenthood without losing your mind, even when you're caring for multiples.
- O Creating Wellness for Kids: Adding holistic practitioners** Wed., Oct. 28, 7pm
So many parents are reading and hearing about the benefits of complementary and alternative treatments for health, but are not sure where to turn and what options are best for their family. This workshop is a general overview of natural health treatments for children.
- O VBAC: Vaginal Birth After Caesarean** Wed., Nov. 3, 7pm
What does current research say about the risks and benefits of VBAC and elective repeat caesarean? Come and educate yourself with the information you need to make the best choice for you and your baby.
- O Breastfeeding: It's about more than nutrition!** Tues., Nov. 10, 7pm
What you want and need to know to be successful at breastfeeding
- O Introducing Solid Foods: Giving them the Best, Saving Money** Wed., Nov. 18, 7pm
Come and learn how easy and economical it can be to make your own baby food. And we'll talk about how to introduce new foods, allergies and nutritional requirements as your baby grows.
- O Your Pregnant Body: Preparation and trouble-shooting** Wed., Nov. 25, 7pm
Whether you are already pregnant or planning a pregnancy, come and learn how to prepare your body physically for carrying a child and for birth. We all know that physical problems can arise during pregnancy, discover how to effectively manage issues using safe and holistic methods.
- O The First Hour: Making the Most of Your Baby's First Moments** Wed., Dec. 2, 7pm
Do you know that being skin-to-skin with your baby for the first hour can positively impact the rest of their lives? Come and hear about what you can do to give your baby the best start.
- O Early Development: Keys to a Thriving Brain and Immune System** Wed, Dec. 9, 7pm
A focus on creating opportunities for optimal brain and immune system development and understanding how to incorporate or modify common lifestyle habits to this end.
- O Raising an Enviro-Friendly Family: Planning for Tomorrow** (early Jan, date TBA)
There are so many choices available to us when purchasing products for our families. Do you want to make choices that support the sustainability and renewal of our planet? We will help you navigate through the options, as you seek to leave a healthier world for the families of the future.

Note: workshops may change with notice. Workshops added to schedule regularly. Check the website to be sure.

You will receive email confirmation of your registration that will provide further details. Thanks!