

Generations Connected at Perley Health



Sharing news about the Intergenerational Child Care program

Edition 3
October 30, 2025

Fostering Connections

Welcome to the third edition of our Generations Connected newsletter, created to keep the Perley Health community updated on project schedules, safety measures, programming information and opportunities to support.

The Perley Health Intergenerational Child Care, a Program of Andrew Fleck Children's Services, embodies collaboration across our community of care. This initiative is a partnership between Perley Health, which provides a continuum of care and services for Seniors and Veterans; the Perley Health Foundation, which raises and manages funds to support programs, services, and capital needs at Perley Health; and Andrew Fleck Children's Services (AFCS), a non-profit organization that operates the childcare centres across the region.

The cornerstone of this partnership is the Intergenerational Program, which facilitates meaningful interactions between members of the Perley Health community and the children enrolled in the centre. This model creates an environment where everyone benefits from the children's energy and stimulation, reducing isolation and enhancing their quality of life, while children develop empathy, learn about aging, and gain new perspectives from their new friends.

For construction updates, please visit our website and watch for our regular updates:
PerleyHealth.ca/construction-news





Preparing for Childcare: Integration and What You Can Do at Home to Make This Transition Successful for Everyone

By: Nicole Latremouille, Parent Navigator

Starting childcare is a big milestone for both children and families. Nicole Latremouille, Parent Navigator at Andrew Fleck Children's Services, acts as a first point of contact for families navigating childcare options and waitlist applications. She shares practical strategies that families can use at home to support a smooth and positive transition. Whether your child is entering care for the first time or returning after a break, these tips can help everyone feel more prepared and confident.

Syncing Your Schedule

Try to mimic the childcare program's schedule at home as closely as possible. For our infants, the routine is very flexible, with children napping as needed throughout the day. Our toddlers and preschoolers follow a slightly more structured routine where they eat snack, lunch, and have rest time at approximately the same time each day.

Socialization with Peers

If your child hasn't had many opportunities to socialize with other children, now is a great time to start. Attending [EarlyON playgroups](#), including [Andrew Fleck EarlyON playgroups](#), such as our Intergenerational Playgroup at Perley Health, [library story times](#), or visiting your local park are all excellent no-cost options.

Speaking Positively About Child Care

Especially for older children, but even for infants, speak positively about the upcoming transition. Help them know what to expect: "You're going to go to childcare soon. You'll play with your friends, go outside, eat snack and lunch, have a nap, and then I'll come pick you up. You're going to have so much fun, and I can't wait to hear all about your day!"

Comfort Items from Home

If your child has a favourite plush toy or blanket, bringing that familiar item can provide comfort and help them settle into the new environment, especially during rest time. Some children may also find reassurance in a family photo, whether posted in the classroom, kept in their cubby, or held in their hand.

Communication

Don't hesitate to communicate with the educator team; they may have more suggestions and recommendations for you based on the age of your child or what they are observing. Working collaboratively together will set up a successful integration for both your child and your family.

Patience

It's completely normal for children to take time to adjust to childcare. Some may settle in quickly, while others may need several weeks to feel comfortable and confident in their new environment. Your child may feel sad at drop-off, and sometimes again at pick-up, especially during the first few weeks. You may also notice some behaviour changes like increased tiredness, moodiness, or a stronger need for reassurance at home, as they adjust to this big transition. Stay calm, consistent in your messaging and understanding during this period and communicate your concerns to your child's educators.

For more information about getting your child ready for child care, contact Andrew Fleck Children's Services' Parent Navigator team at pn@afchildrensservices.ca or 613-736-5355 ext. 206.

Drop-In Fun: Join the Intergenerational Playgroup!

Families are invited to experience the joy of intergenerational connection firsthand by attending the Andrew Fleck EarlyON Intergenerational Playgroup at Perley Health. This free, weekly drop-in program is open to all parents, caregivers, and children aged newborn to 6 years. It provides a wonderful opportunity for children to socialize with peers and interact with Perley Health residents in a fun, safe, and stimulating environment. Check the Andrew Fleck Children's Services website for the current schedule and location details.



www.afchildrensservices.ca/earlyon-child-and-family-centre/monthly-programming-schedule/

Construction Updates

Construction is moving forward on the Perley Health Intergenerational Child Care, a Program of Andrew Fleck Children's Services.

32% Complete!

Indoor progress: Underground plumbing installation is complete and backfilling and pouring of concrete over the utility trenches is finished.

Outdoor work: Construction of curbs above grade beams has been completed. These features serve as protective edges and formwork for the perimeter of the building.



To connect the new centre's roof to the main Perley Centre building, some interior disruption is necessary on the second floor:

Art Studios Closure: Both studios closed from Saturday, October 25, until Monday, November 10, to allow for window removal and structural connection. Programs are being temporarily relocated.

Ottawa Residence Link: Protective hoarding walls, similar to the walls near the pharmacy, have been installed on the second-floor hallway link. This temporary measure will limit some window viewing areas.

For full construction updates visit: PerleyHealth.ca/public-announcement

The digital version of the construction section has been updated to reflect the most current info available at digital posting.

Join the Bridging Generations Campaign

The sound of progress fills the air as our vision becomes reality, and we couldn't be more excited about what's taking shape. Thanks to your incredible generosity, we've raised \$1,311,000 – reaching just over 65% of our \$2 million goal!



A special shout out to the Ladies Closing Shotgun at the Royal Ottawa Golf Club, who recently raised over \$15,000 – what an amazing show of support!

If you're planning a community event, or any gathering, we'd be honoured if you'd consider making Bridging Generations your beneficiary. Fundraising events like these make a tremendous impact on our mission. Whether you contribute \$25 or \$25,000 every gift makes a difference.

Together, we can complete this impactful initiative and open the doors to a brighter, more connected future.

To continue supporting the Bridging Generations campaign with your donation, please visit PerleyHealthFoundation.ca/bridging-generations, call 613-526-7173, or visit the Foundation office Monday – Friday between 8:00 am and 4:00 pm. Thank you!

Your Safety is Our Top Priority

Your safety is paramount throughout this project. Please help us keep everyone safe by paying close attention to all signs and following all safety directions in and around construction areas.

Free hearing protection is available from the Support Services offices on the second floor of the Perley Centre for anyone affected by the noise disruptions construction may cause.

Stay Informed

We frequently produce two newsletters: one provides construction updates and the second is dedicated to all topics related to the childcare centre.

Print: Copies are available throughout the Perley Health community.

Online:

1. Visit our Generations Connected webpage:
PerleyHealth.ca/generations-connected
2. Access the Construction Newsletter:
PerleyHealth.ca/public-announcement

For questions or concerns, please contact info@PerleyHealth.ca.