

# Parenting Workshops

**\*For Parents of Babies under 12 months old\***

## **Adjusting to the First Year of Parenthood**

An interactive and supportive class where we will talk about the ups and downs of parenthood, what is helpful, and share solutions to common challenges that many parents experience.

## **Attachment Parenting**

Early experiences help to shape the way your child learns, thinks, and behaves now and in the future. Learn more about what you can do to make a difference!

## **Growth and Development**

Learn more about what to expect in your baby's first year, and what you can do to help your baby grow and develop.

## **Infant Sleep**

Learn more about your baby's developing sleep patterns and what you can do to help your baby sleep.

## **Positive Discipline**

Learn more about positive parenting strategies that match your child's stage of development, individual personality, and needs.

These workshops do not require registration however we do have a limited capacity based on the space available. When the capacity is reached, we cannot accept any more participants into the workshop.

Workshops facilitated by a **Public Health Nurse** from York Region Community and Health Services, Public Health Department in partnership with the Ontario Early Years Centres.

