



PARENTING BABIES AND CHILDREN

## Parenting Workshops

York Region Community and Health Services Department offers workshops at various locations in York Region. Workshops are facilitated by Public Health Nurses for parents and caregivers who have children birth to one year of age.

### Topics include

#### **Parenting Myths: Fact or Fiction?**

An interactive and supportive class where parents can share their challenges as well as solutions to deal with the pressure to be the perfect parent.

#### **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.

**Workshops are free and no registration is required.**

For more information and the current workshop schedule, visit [www.york.ca/parenting](http://www.york.ca/parenting) and click on parenting workshops