

## New Parents Group

Parenting can be an exciting and wondrous time, and there is so much to discover and learn! It's a time of self exploration and it can also be a time when you, as a new parent, feel overwhelmed and exhausted while juggling many emotions.

This 6 part series will be fun and informative! Pour yourself a cup of tea, sit back in a comfortable chair and join us on ZOOM to connect with other New Parents. The series will be facilitated by Information Children Parent Educators.

We will explore a number of different topics related to becoming a new parent:

- \* Understanding our emotions
- \* Adjusting to your new baby and new life
- \* Setting realistic expectations
- \* Growth and infant development
- \* Attachment
- \* Eating
- \* Self-care
- \* Infant and parental sleep
- \* Relaxation and self-soothing
- \* Separation anxiety

**Fridays @ 1:30-3:30pm**  
**January 15 - February 19, 2021**  
**Via Zoom**

**CLICK HERE TO  
REGISTER**

*For more information, contact us at:*  
*info@informationchildren.com*  
*778.782.3548*