



information  
children

# NEW PARENTS Birth - 4 Years

**September 13 - October 18, 2021  
(Mondays) @ 10am - 12pm**

**Via Zoom**



In this interactive 6-session series, the focus is on understanding the unique challenges parents of children 0-4 years encounter.

## Topics include:

- The importance of connection
- Connecting through play
- Setting limits & boundaries
- Temperament
- The link between behaviour & brain development
- Self-regulation & co-regulation
- Effective communication

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