



information
children

New Parents Group

Birth-4 years

Wednesdays: 10am-12pm

May 4-June 8, 2022

Via Zoom

6 weeks

Sign up 

Life in the first weeks, months, and years of a new child can be full of joy, fears, excitement, and sadness with the ever-changing development in early childhood. Join us in this interactive 6-week series as we explore how we can adapt to this exciting time and expand our understanding of the unique challenges that our little ones face.

Topics include

- Creating healthy attachment bonds
- Understanding temperament
- Learning about brain development and play
- Building emotional regulation
- Setting limits
- Developing healthy sleep and food skills

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