



information  
children




# New Parents

## 0-2 years

Join us in this interactive online 6 week series as we look what it means to be new parents, how we can adapt to this exciting time, and expand our understanding of the unique challenges that our little ones face. We will explore healthy attachment, emotional regulation, learning through play, sleep & bedtimes, new foods & making sense of mealtimes, as well as topics and questions that arise during group discussion.

Jan 30-Mar 6  
Mondays  
10am-12pm  
via Zoom



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