

# Information Children

## Workshops & Parenting Groups February 2021

Parenting  
help when you  
need it!



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To register via Zoom, click on the group name  
To learn more, visit our events page at: [www.informationchildren.com](http://www.informationchildren.com)

### New Parents Group

Fridays | @1:30-3pm | January 15-February 19

Parenting can be an exciting and wondrous time, but can also be exhausting and overwhelming. In this 6-part series, we will explore a number of different topics related to becoming a new parent such as: understanding our emotions, adjusting to life with baby, setting realistic expectations, attachment, infant growth and development, self-care, sleep, and more!

### Online Family Storytime

Tuesdays and Thursdays | @5:30-6pm | February 2-25

Join us online for a 30 min interactive storytime with songs and easy art activities.

Suitable for children ages 18 months - 5 yrs old

### Circle of Security

Thursdays | @10am-12pm | February 4-March 25

This 8 part series will help you learn how to:  
better understand your child's emotional world & learn to read their emotional needs, support your child and help them manage their manage emotions, enhance the development of your child's self-esteem and honour your child's wish to be secure

### New Parents: Birth-4 years

Mondays | @1-3pm | February 1-March 15

In this interactive 6 session series, the focus is on understanding the unique challenges parents of children under age 5 encounter. Topics include, but are not limited to: connecting through play, setting limits and boundaries, temperament, effective communication, self-regulation and co-regulation, the importance of connection.