

PLAY. LEARN. CONNECT.

## PROGRAMS FOR PARENTS AND INFANTS

Off to a Good Start



### WELCOME

Expanding your family can be both exciting and challenging. We are here to help! We can answer your questions, offer practical tips and connect you to other families & resources.

### BABY BUNCH

The first year of a baby's life is full of growing, discovering, and learning. Come meet other parents, share ideas and explore a variety of strategies to help encourage and support this development. The sessions include parents and their child(ren).

### AGES & STAGES

You already know what your child can do! What comes next? What can you do to encourage your child's development? Come in to pick up a questionnaire, call and we can mail out or use this QR code to do these on-line.



### MOTHERS FIRST

A weekly group for mothers of infants to connect with one another, share experiences and learn about and practice self-care. Discussions focus on the experiences and needs of new mothers concerned about or experiencing anxiety, stress, or Postpartum Depression (PPD). Child minding is offered.

## INDOOR PLAYGROUND

Play is not a break from learning. Play is how children learn! Bring your infants, toddlers & preschoolers to join in the fun. Meet other parents.

## INFANT MASSAGE

Infant massage can bring relief to colic, constipation, respiratory disorders & sleeping difficulties. Infant massage can help deepen your bond with your baby, relieve stress for both you and your baby, and stimulate your child's growth and development.

## NEW PARENT CONSULTS

Supporting new and expectant parents with the transition to being parents or growing their family. Information provided is based on the questions and priorities that each parent or family has. Topics may include:

- Healthy pregnancy
- Parent/child relationship (attachment and bonding)
- Infant care & reading baby cues
- Mental health & wellness including self-care
- Parental relationship
- Infant development
- Safety

**PROGRAMS & SERVICES ARE FREE AND OPEN TO ALL FAMILIES!**

## PROGRAM SCHEDULE

Check our website for the current program calendar. Evening and weekend hours are available. **Call us to register.**

## DISCOVER THE FAMILY SIDE QUICK REFERENCE GUIDE

This reference tool highlights free resources and activities to get you started on exploring the family side of Lloydminster and area. Check the Lloydminster & Area Early Years Coalition website for details [www.earlyyearsmattermost.ca](http://www.earlyyearsmattermost.ca).

## INFORMATION & REFERRAL

If you have questions, give us a call! Like us on Facebook, follow us on Instagram to receive updates, or send us an email to receive current program calendars. Transportation is available to attend programs in our Centre.

### OFFICE HOURS

**Tuesday - Thursday** 9AM - Noon | 1PM - 4PM

**Friday** 9AM - Noon | 1PM - 3PM

