



Programming for Preschoolers & Their Parents | March–May 2023

204.669.4043 • kinderlinks@retsd.mb.ca • Supported by Child and Youth Services, Department of Families



PARENTING SUPPORT WORKSHOPS

Kinder Links is pleased to offer a variety of **FREE** parenting support workshops this spring. Registration is required for all workshops. Child care is provided unless otherwise noted. All children requiring care must be registered in advance.

Baby & Toddler Sleep Workshop: From Sleepless to Sleep Success

For parents/caregivers with children 4 months to 3 years.

Looking for ways to help your child sleep better without feeling stressed out? Join Joleen Dilk Salyn for an informative workshop that will help you identify why your child is taking short naps or waking at night, and what steps to take without feeling frustrated and overwhelmed.



Participants will learn:

- How to help you and your child feel less exhausted
- How to create the right schedule for your child's sleep needs
- Techniques for taking or lengthening naps
- What telltale signs you should watch for to create a smooth bedtime
- What's developmentally appropriate for sleep
- Tips for creating a stress-free wind down
- The best tools for sleep (what you need, what you don't)
- How to improve overnight sleep

Saturday, March 18

10–11 a.m.

Maple Leaf School, 251 Mclvor Ave.

Sunday, March 19

10–11 a.m.

Maple Leaf School, 251 Mclvor Ave.

1-2-3, Count With Me Numeracy Workshop

Child care only provided for the 10 a.m. session

Bookmates Inc. will share a variety of strategies and ideas for engaging in open-ended, early-numeracy activities that will help your child learn important skills while having fun. We will explore relevant children's books and try some hands-on activities, too. All participants will receive a free children's book to take home, as well as resources that will support home-learning activities.

Monday, May 29

10–11:30 a.m.

12:30–2 p.m.

Maple Leaf School, 251 Mclvor Ave.

Dental Health Workshop

Join Daniella DeMare from Healthy Smile Happy Child for an in-person workshop to talk about care of a young child's teeth. During this informative session, participants will learn when a child should go for dental visits, signs of tooth decay, the kinds of toothpaste that are best for a young child's teeth, and more!

Tuesday, April 4

10–11 a.m.

Maple Leaf School, 251 Mclvor Ave.

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Nutrition & Wellness Workshop

Child care only provided for the Monday, April 24 session

Join registered dietitian Nicole from Sobey's for an in-person workshop to talk about picky eating. As parents, it can be frustrating and defeating spending your time prepping, cooking, and serving meals, just for them to go untouched. Naturally, we want to ensure our children are getting enough nourishment. When we start to feel out of options with picky eating, we may resort to techniques that create power struggles, mealtime meltdowns, and stress. Come learn more about how to set up your children for eating success!

Sunday, April 23

10–11 a.m.

Maple Leaf School, 251 McIvor Ave.

Monday, April 24

1–2 p.m.

Maple Leaf School, 251 McIvor Ave.

Nobody's Perfect

Meet with other parents/caregivers of young children; share questions, concerns, and ideas about being a parent; learn about child development, safety, health, and behaviour; discuss real-life parenting solutions; and discover positive ways of parenting.

Wednesdays, April 12–May 17

12:30–2 p.m.

Maple Leaf School, 251 McIvor Ave.

VIRTUAL Nobody's Perfect for Fathers & Grandfathers

Child care not provided for these virtual classes

Meet virtually with other fathers and grandfathers; share questions, concerns, and ideas about being a parent; learn about child development, safety, health, and behaviour; discuss real-life parenting solutions; and discover positive ways of parenting.

Wednesdays, April 5–26

6:30–7:30 p.m.



Registration is required for all parenting support workshops.

To register, complete the [Online Form](#), send an email to kinderlinks@retsd.mb.ca or leave a message at 204.669.4043. When registering, please provide the following information:

- Parent/caregiver name
- Names and ages of all children to attend the program
- Home/cellphone number
- Home address
- Email address where you wish to be contacted
- Program(s) you wish to register for (name of program, date, and time)

FREE BABY GIFT FOR NEW PARENTS

Did you just have a baby? River East Transcona School Division and the Early Childhood Matters Parent Child Coalitions in River East and Transcona would like to help you celebrate this wonderful event. We have a book, *I Love It When You*, which we'd love to give to you to keep and enjoy. To receive your **FREE** book, contact us at kmartino@retsd.mb.ca or 204.669.4043. Please leave us your mailing address, child's name, and date of birth.

KINDER LINKS ADVISORY GROUP

Are you interested in sharing your ideas to help shape Kinder Links parent-child programming? We are recruiting new members for our Kinder Links Advisory Group, which meets virtually to discuss and provide feedback on our free early-learning programs. Contact Kinder Links at kinderlinks@retsd.mb.ca or 204.669.4043 for more information.

THE EARLY LEARNING TEAM

We are pleased to provide early learning and family support to families living in River East Transcona. Feel free to contact us if you have questions about our preschool initiatives.

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