



KINDERLINKS

Parenting Support

Programming for Preschool Parents & Caregivers | January to March 2025

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



The (Im)perfect Parent

Ashley Ford from Women’s Health Clinic will lead this interactive workshop that focuses on examining the personal and social expectations of the “parenting experience.” Participants will share the joys and discuss the challenges of parenting and learn effective strategies for overcoming these challenges.

Monday, Jan. 13
6–7 p.m.
Maple Leaf School

Home Fire Safety

Children are encouraged to participate in this workshop

Learn the importance of home fire safety with WFPS public education officer Leigh, who will share essential safety information, such as making a family fire escape plan, choosing a safe outside meeting place, and finding ways to decrease the chance of a fire happening in your home. Officer Leigh will also bring her special firefighter gear and read a storybook about fire safety and firefighters!

Wednesday, Jan. 15
11:30 a.m.–12:30 p.m.
Westview School

Thursday, Jan. 16
12:30–1:30 p.m.
Maple Leaf School

Tuesday, Feb. 18
5:45–6:45 p.m.
Maple Leaf School

Raising Healthy Eaters

Child care is not provided for this workshop

This informative workshop, developed by WRHA public health registered dietitians, will provide parents and caregivers with effective strategies to encourage their children to become competent eaters and develop good feelings about food and eating. Participants will learn about Ellyn Satter’s “Division of Responsibility in Feeding” between the parent and child. Transform family meals into a more joyful experience, free from drama and conflict.

Wednesday, Jan. 22
6–8 p.m.
Maple Leaf School

Nobody’s Perfect

Meet with other parents and caregivers of young children, and 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. A light lunch will be provided.

Fridays, Feb. 7–March 7
12–1:30 p.m.
Maple Leaf School

Building Our Village

It takes a village to raise a child. Ashley Ford from Women’s Health Clinic will lead this session that looks at the importance of developing parenting support systems. Participants will learn more about how to ask for help and where they can find help as they navigate through the journey of parenting.

Monday, March 3
6–7 p.m.
Maple Leaf School

Understanding Your Child’s Temperament

Temperament is the way that people learn and respond to their world, and what makes us special. Led by Marlene Jackson, this interactive workshop looks at the different kinds of temperaments and the effect they play on a child’s behaviour, a parent’s behaviour, and overall family dynamics. Through group conversation, participants will discuss ways to appreciate the benefits and challenges of different temperaments and brainstorm ways to remain open-minded, flexible, and responsive to their child’s needs.

Wednesday, March 19
6–7 p.m.
Maple Leaf School

All in-person workshops will be held at Maple Leaf School, 251 McIvor Ave., or Westview School, 600 Hoka St.

PARENTING SUPPORT WORKSHOPS

Kinder Links is pleased to offer a variety of FREE parenting support workshops this fall, intended for parents and caregivers who live in the River East Transcona area. Registration is required for all workshops. Child care is provided unless otherwise noted—all children requiring care must be registered in advance.



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KINDER LINKS ADVISORY GROUP

Are you interested in sharing your ideas to help shape Kinder Links parent-child programming? We're 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're 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.

REGISTRATION

Registration is required for all parenting support workshops. To register, complete the [Online Form](#), email kinderlinks@retsd.mb.ca, or leave a message at 204.669.4043.

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FREE BABY GIFT FOR NEW PARENTS

Did you just have a baby? RETSD 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 like to give to you to keep and enjoy. To receive your FREE book, email kinderlinks@retsd.mb.ca or leave a message at 204.669.4043. Please leave us your mailing address, child's name, and date of birth.

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The Board of Trustees meets the first and third Tuesday of each month. You are welcome to attend, either in person or online. For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees