



# KINDERLINKS

## Parenting Support

**Programming for Preschool Parents & Caregivers | January to March, 2026**

204.669.4043 • [kinderlinks@retsd.mb.ca](mailto:kinderlinks@retsd.mb.ca) • Supported by Child and Youth Services, Department of Families



**All in-person workshops will be held at  
Maple Leaf School, 251 McIvor Ave.,  
unless otherwise noted.**

### 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.

#### VIRTUAL Car Seat & Seatbelt Safety

*Registered participants will be sent a workshop link to attend this virtual session*

Ensuring your little ones are securely buckled up is like wrapping your child in a protective hug for car rides. In this informative safety workshop, the four different stages of car seats will be reviewed. Participants will receive information about where to safely place their child in the vehicle, how to secure a child in the car seat, and how to identify if a child has outgrown their seat. This presentation is perfect for parents, caregivers, and anyone who transports children in their vehicle.

**Tuesday, Jan. 27**  
5–5:45 p.m.

#### VIRTUAL Strong Beginnings — Strategies to Support Social-Emotional Skill Development

*Registered participants will be sent a workshop link to attend this virtual session*

Join Bookmates for an interesting virtual discussion about how parents and caregivers can support their children's social-emotional health and development through family literacy activities such as reading, rhyming, singing, and play! Ideal for parents/caregivers of children birth to age five.

**Thursday, Jan. 29**  
6:15–7 p.m.

#### Raising Resilient Children — Practical Tools for Everyday Challenges

*Childcare will be provided for this session.  
All children must be registered in advance*

Join us for an engaging parenting session focused on building resilience in children — and parents too! Resilience is the ability to bounce back from setbacks, adapt to change, and handle life's everyday frustrations with confidence. In this workshop, we will discuss practical strategies to help your child develop the coping skills needed to handle everyday disappointments, build problem solving skills, and foster a positive mindset when facing challenges. Together we'll explore simple, effective approaches that strengthen family connections and create a foundation for lifelong resilience.

**Monday, Feb. 2**  
10–11 a.m.

#### VIRTUAL Baby & Toddler Sleep Workshop

*Registered participants will be sent a workshop link to attend this virtual session*

Exhausted? Overwhelmed? Wondering why your child just won't sleep? If you're running on broken sleep, dreading nap time, or feeling unsure whether you're doing something "wrong," you're not alone, and you don't have to figure it out by yourself.

Join Joleen Dilk Salyn, pediatric sleep consultant from Baby Sleep 101, for a practical and advice-packed workshop for parents of children 4 months to 4 years. During the hour, she'll help you move from guesswork and frustration to confidence and calm.

In this workshop, you'll learn how to:

- Understand what's causing short naps and night wakings (and why "just wait it out" isn't helping)
- Create a realistic sleep schedule that works for your child's age, temperament, and development
- Lengthen naps and reduce overtired meltdowns so days feel more predictable
- Spot the early signs of sleep readiness to prevent bedtime battles before they start
- Build a calm, stress-free wind-down routine that helps your child fall asleep more easily
- Know what's developmentally normal — and what's not — so you can stop second-guessing yourself
- Improve overnight sleep and reduce frequent wakings without feeling overwhelmed
- You will leave with a clearer understanding of your child's sleep needs, and practical information you can apply in your own way.

**Thursday, Feb. 5**  
6–7 p.m.



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### Encouraging Early Childhood Literacy

*Childcare is not provided for this workshop — Parents/caregivers are welcome to bring their kids to stay & play during the presentation*

Through this interactive session with The Winnipeg Public Library, parents/caregivers will learn strategies for developing literacy in early childhood and get helpful tips for encouraging young children to develop an interest in books and reading. This presentation will also include an overview of the FREE services available at the library, how to apply for a library card, and how to access resources on their website. Parents and children will also have the opportunity to create a special homemade book to celebrate 'I Love to Read' month.

**Friday, Jan. 30**  
10–11 a.m.

**Monday, Feb. 9**  
1–2 p.m.  
Westview School

### VIRTUAL The Benefits of Outdoor Play with Bird's Hill Park

*Registered participants will be sent a workshop link to attend this virtual session*

Discover ways of connecting your child's Head, Hands, and Heart to the natural world around them, whether it's in their own backyard, at a park or playground, or on a walk in your community. Learn new ideas for outdoor exploration and education that will benefit the whole family.

**Wednesday, Feb. 11**  
1–2 p.m.

### Raising Healthy Eaters

*Childcare is not provided for this workshop*

This informative workshop, developed by WRHA public health registered dietitians, will provide parents/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 the child. Transform family meals into a more joyful experience, free from drama and conflict.

**Tuesday, March 3**  
6–7:45 p.m.

#### REGISTRATION

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

### 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 love to give to you to keep and enjoy. To receive your FREE book, contact us at [kinderlinks@retsd.mb.ca](mailto:kinderlinks@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'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](mailto: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.

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