



# KINDERLINKS

## Parenting Support

**Programming for Preschool Parents & Caregivers | September to November 2024**

204.669.4043 • [kinderlinks@retsd.mb.ca](mailto: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 fall, intended for parents and caregivers. Registration is required for all workshops. Child care is provided unless otherwise noted—all children requiring care must be registered in advance.

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

#### Children’s Dental Health

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

**Tuesday, Sept. 24**  
10–11 a.m.

#### Toilet Training with Confidence

Looking to start toilet training your child? This educational workshop will provide an opportunity to learn about the signs of readiness, common challenges you may encounter, and how to get started. The goal is to send parents and caregivers into toilet training with confidence, so they can have fun with their child during this process. Participants will receive a visual schedule and chart to help with the training. There will be a PowerPoint presentation followed by questions from participants.

**Saturday, Oct. 5**  
1–2:30 p.m.

#### Promoting Speech & Language

Join us for a short educational workshop to learn more about speech and language development in the preschool years. A speech-language pathologist from the Winnipeg Regional Health Authority will share top tips and tricks to help ensure your child meets their full potential.

**Monday, Oct. 7**  
10:30–11:30 a.m.

#### Parenting Through Tantrums & Misbehaviour

Led by Marlene Jackson, this interactive workshop looks at some common reasons for tantrums and misbehaviour in young children. Participants will learn helpful, positive strategies to de-escalate challenging situations and allow parents and caregivers to stay calm while helping their child manage their emotions.

**Monday, Oct. 7**  
6–7 p.m.

#### 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, Oct. 11–Nov. 8**  
12–1:30 p.m.  
*Class cancelled Oct. 25*

#### Coping with Stress & Anxiety

Registered psychiatric nurse Jessica Isidro—also known as “Nurse Izzy” from Balance + Grace Mental Health Nursing Services—will be facilitating a workshop on finding effective, positive ways to cope with stress and anxiety as a parent and caregiver in current times. This workshop will help us identify what stress is, how it affects us as individuals, and how to recognize the signs and symptoms of stress. It will also share ways to cope with stress effectively through information-sharing and interactive exercises. *Child care is not available for this session.*

**Wednesday, Nov. 6**  
6–7 p.m.

#### VIRTUAL Car Seat & Seatbelt Safety

*Registered participants will be sent a Microsoft Teams link to attend this virtual workshop.*

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.

**Monday, Nov. 4**  
5–6 p.m.



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### 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](mailto:kinderlinks@retsd.mb.ca) or 204.669.4043 for more information.



### 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? 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, email [kmartino@retsd.mb.ca](mailto:kmartino@retsd.mb.ca) or leave a message at 204.669.4043. Please leave us your mailing address, child's name, and date of birth.

### 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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