



# KINDERLINKS

## Parenting Support

**Programming for Preschool Parents & Caregivers | October to November, 2026**

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



### PARENTING SUPPORT

Kinder Links is pleased to offer a variety of FREE parenting support workshops. All in-person workshops will be held at Maple Leaf School, 251 McIvor Ave. While childcare is not provided for these sessions, children are welcome to stay and play during the presentation.

#### Nobody's Perfect Workshop Series

Meet with other parents and caregivers of young children, and share questions, concerns, and ideas about being a parent. Discuss real-life parenting solutions and discover positive ways of parenting. These educational sessions include information and discussion on the mind, body, safety, behaviour and parenting.

**Tuesdays, Oct. 20–Nov. 17**

12–1:30 p.m.

Maple Leaf School, 251 McIvor Ave.

*Sign up for individual sessions or attend all five weeks in this workshop series. Each workshop includes lunch for participants, door prizes and a free copy of Nobody's Perfect parenting resource book, related to the session's theme.*

#### Mind

**Tuesday, Oct. 20**

During the first 5 years your child's brain is growing faster than at any other time in their life. In this session we will look at how to support brain development, promote social emotional learning, the importance of play, building literacy skills, and the effects of screentime.

#### Body

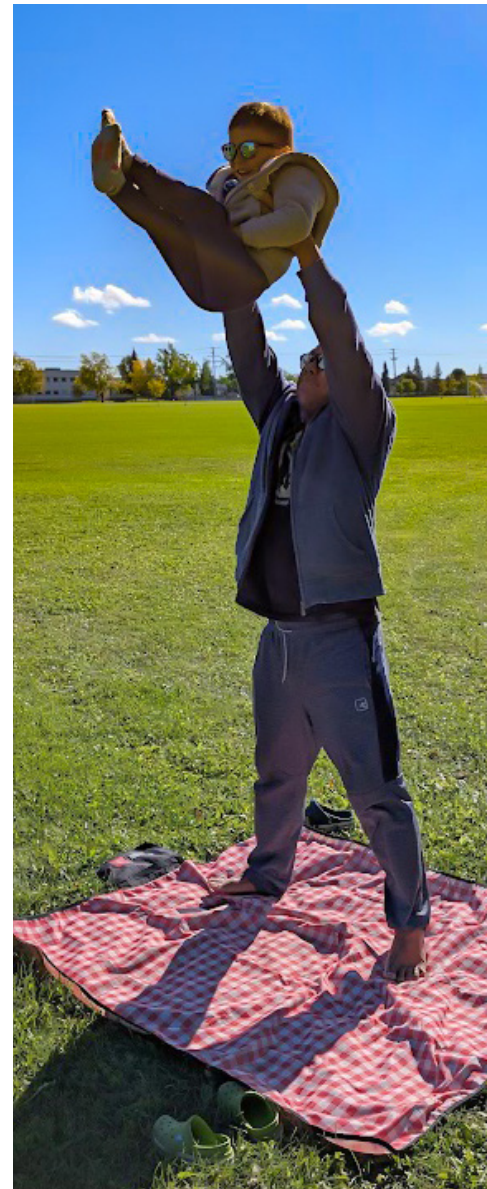
**Tuesday, Oct. 27**

This Nobody's Perfect session explores ways to support the overall health and well-being of children ages 0-5 through healthy eating, active play, sleep, and positive family routines.

#### Safety

**Tuesday, Nov. 3**

This session explores how safety concerns change as children grow, helping parents and caregivers create safe environments for children ages 0-5. Topics include car seat safety, seasonal safety, and creating an emergency plan.



#### Behaviour

**Tuesday, Nov. 10**

This Nobody's Perfect session explores children's behaviour, helping parents and caregivers understand why behaviours happen while learning strategies to teach empathy, set expectations, and establish healthy limits and boundaries.

#### Parents

**Tuesday, Nov. 17**

Parents and caregivers will explore practical strategies for self-care, setting healthy boundaries, managing stress, and building resilience in themselves and their children.



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### Guiding Misbehaviour

Are you looking for new strategies to help guide your child's behaviour? Join us for a two-session program designed to provide parents with the tools and strategies to build co-operation, strengthen relationships, and encourage positive behaviour. Through simple, proven techniques you will learn how to set clear expectations, respond effectively to challenges, and foster your child's confidence and self-control. These workshops include snacks for participants and door prizes.

**Mondays, Oct. 19 & 26**

6–7:30 p.m.

Maple Leaf School, 251 McIvor Ave.

**Fridays, Nov. 6 & 13**

12–1:30 p.m.

Maple Leaf School, 251 McIvor Ave.

### Five Steps to Healthier Grocery Shopping

The grocery store is a great place to start when it comes to healthy eating. It's easier to make healthy meals and snacks when your kitchen is stocked with healthy foods. This presentation will share five simple steps to make the most out of grocery shopping by buying healthy, low cost foods.

**Thursday, Nov. 5**

10:30–11:15 a.m.

Maple Leaf School, 251 McIvor Ave.

### VIRTUAL 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. Registered participants will receive a workshop link prior to the session.

**Wednesday, Oct. 28**

6–7:30 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.

### 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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#### Maureen Vaags

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#### Kelly Martino

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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.  
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