



Programming for Preschoolers & Their Parents | December–January 2023–24

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



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

PARENTING SUPPORT WORKSHOPS

Kinder Links is pleased to offer a variety of FREE parenting support workshops this winter, intended for both 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.

Dental Health Workshop

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, signs of tooth decay, the kinds of toothpaste that are best for a young child's teeth, and more!

Thursday, Jan. 11

10–11 a.m.

6–7 p.m.



Eat Well, Live Well Nutrition Workshop

During this informative workshop led by a community nutrition educator from the WRHA, participants will learn more about Canada's Food Guide, eating well, and making healthy choices at the grocery store.

Wednesday, Jan. 10

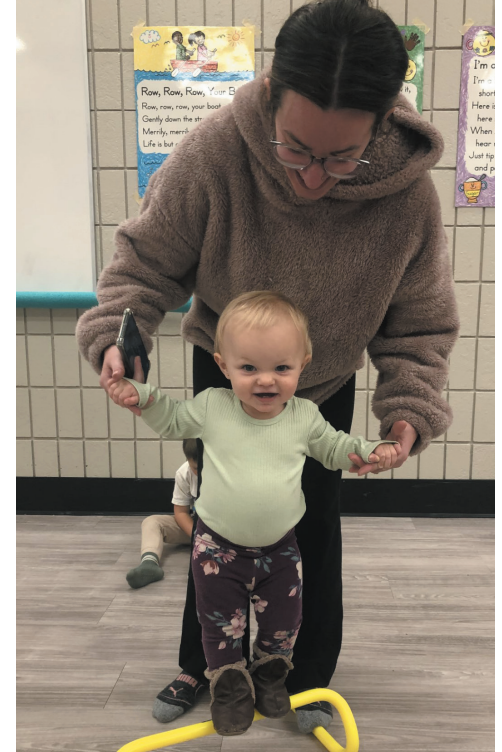
10–11:30 a.m.

Self-Compassion for Parents

Parenting is hard and often we can be our very own harshest critic. Self-compassion leads to better well-being and relationships with others. Join Ashley Ford from Women's Health Clinic to discuss how to recognize our internal critical voice and find a voice of compassion.

Tuesday, Jan. 16

6–7 p.m.



Sleep Through the Night

Sleep difficulties are a common problem—for people at any age or stage of life. Having a new baby in the house can make regular sleep even more difficult. Join Ashley Ford from Women's Health Clinic to discuss common sleep changes parents experience and how to cope with the change to our sleep routine.

Tuesday, Jan. 23

6–7 p.m.

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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 temperament plays 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.

Thursday, Feb. 1
6–7 p.m.

Dealing With Your Child's Separation Anxiety

Change can be tough on everyone. When children are separated from their parents, they can often feel worried or anxious. While this is a normal part of child development, it can also be a difficult time for both children and parents. Led by Marlene Jackson, we will look at the importance of forming secure attachments and share our strategies for dealing with separation anxiety.

Thursday, Feb. 8
6–7 p.m.



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.

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.

Thursday, Feb. 15
6:30–7:30 p.m.

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 or leave a message at 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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