



Support for Parents of Infants (0 – 12 mos)

Infants develop and change very rapidly and there is so much conflicting information about what to do! Join our Parent Educator and guest speakers for up to date information, tips and discussion with other parents.

**Central Library (2331 New Street)
Children's Program Room, 2nd Floor
Tuesday afternoons
1:30**

- March 19th Supporting your baby's microbiome". What is it and why is it so important? Join our guest speakers Dr. Sonya Doherty, ND & Dr. Carissa Doherty, ND. from the Natural Care Clinic <http://naturalcareclinic.ca/>
- March 26th Parenting your high needs baby. A survival guide.
- April 2nd Routines vs. Schedules: what gives?
- April 9th Separation Anxiety
- April 16th CLOSED
- April 23rd Teething, thumb sucking, and other oral concerns in babies. Guest Speaker Kellie Bogle, Halton Dental Educator.
- April 30th I'm concerned! How to know if your baby's development is on track.
- May 7th Healthy Babies, Healthy Brains. Learn what you can do as a parent to ensure proper brain development.
- May 14th Children and technology. Growing up in the digital age.
- May 21st Are you beginning to look for childcare for when your mat. leave is done? You won't want to miss this talk with Saman! She will cover all the important questions you have and ensure you know how to find quality childcare. Guest Speaker: Saman Asif, Childcare Directory and Information Line. <https://thrc.ca/ccdil/>