



## 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, 2<sup>nd</sup> Floor  
Tuesday afternoons: 1:30**

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| Sept 3  | Healthy Brain, Healthy Baby  |
| Sept 10 | Growing up in the digital age. Children & technology   |
| Sept 17 | Guest Speaker, Bibi Mohammed from The Childcare Directory and Information Line. How to find quality childcare. <a href="https://thrc.ca/ccdil/">https://thrc.ca/ccdil/</a> |
| Sept 24 | Starting Solids  |
| Oct 1   | Separation Anxiety   |
| Oct 8   | Guest Speaker, Burlington Librarian. The importance of Early Literacy with babies  |
| Oct 15  | Guest Speaker, Rebecca Hynes, Public Health Nurse and Baby Wearing Educator. How to wear your baby.  |
| Oct 22  | Baby Proofing & Home Safety  |
| Oct 29  | Preparing baby for Halloween Fun! Babies in costume encouraged!  |