



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**

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| Feb 25 | Babies and technology. Growing up in the digital age. |
| March 3 | Babies' Temperament |
| March 10 | Guest Speaker: Burlington Children's Librarian.
"Early Literacy at Home" |
| March 17 | CLOSED |
| March 24 | Routines Vs. Schedules |
| March 31 | Setting the Stage for Positive Discipline |
| April 7 | Guest Speaker: Bibi Mohamed from the Childcare Directory & Information Line https://thrc.ca/ccdil/
"How to find Quality Childcare" |
| April 14 | Guest Speaker: Maggie Duvnjak, Paediatric Physiotherapist www.fundamentalspt.com & Becki Westover, Certified Orthotist.
www.appletreeorthotics.com "What is Infant Flathead? Prevention and Treatment Options" |
| April 21 | Infant Sleep. What's normal? |
| April 28 | Starting solids |