



The first years of a child's life are critical for their future **health, happiness and growth.**

During these years a child is learning much more than how to walk, talk and follow directions. Their brain is growing in very important ways that will help them learn, deal with stress, be healthy, and have close relationships with others in the future.

Parenting Essentials offers parents tools to raise healthy, happy, and cooperative infants, toddlers and preschoolers. Learn parenting strengths and assessments, coping and stress management strategies, activities to promote parent/child bonding, attachment and special day celebrations, critical windows of child's brain development and more.

Parenting Essentials 2017 Class Schedule

MARCH
22
8-11:30am

JUNE
21
8-11:30am

SEPT
20
8-11:30am

DEC
13
8-11:30am

Registration is required, reserve a seat today.

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