



Parenting Classes

Are you concerned about your child's development?



Parents Helping Parents is offering FREE parent/child classes to provide parents with practical information and guidance to enhance their child's development.

BIRTH TO 18 MONTHS

How to choose toys for your baby

Learn to choose age-appropriate toys that promote cognitive, gross/fine motor skills, and communication.

How to play with your baby

Learn developmentally appropriate handling and positioning. Learn developmental milestones and some early warning signs of developmental delay and other common developmental disabilities.

How to help your baby sleep

Learn calming strategies to promote sleep for your baby.

How to feed your baby

Learn positioning and techniques to optimize breast/bottle feeding, as well as solids/cups.

Class taught by Kate Scott, Physical Therapist

Thursday, September 30, 2010, 9:30 – 11:30am
TCRC Atascadero: 7305 Morro Road, Suite 104A, Atascadero
RSVP to Parents Helping Parents, 805.543.3277.
Spanish-language interpreters available upon request.

18 TO 36 MONTHS

How to help your child pay attention & follow directions

Learn to focus your child's attention for responding to commands & questions and extend their attention for play.

How to improve your child's vocabulary & sentence-building

Learn strategies for helping your child understand and use new words. Learn to help your child form sentences.

How to manage communication-related tantrums

Learn methods for preventing or responding to communication breakdowns with your child.

How to help your child socialize

Learn strategies for helping your child notice and interact with peers in social settings.

Class taught by Lesley Goodman, Speech-Language Pathologist

Friday, October 1, 2010, 9:30 – 11:30am
TCRC Atascadero: 7305 Morro Road, Suite 104A, Atascadero
RSVP to Parents Helping Parents, 805.543.3277.
Spanish-language interpreters available upon request.

This program is funded by the Tri-Counties Regional Center Prevention Program.