

TLC Parenting for Toddlers

Free parenting group for parents with toddlers 12 to 36 months of age
at the Okotoks Health and Wellness Centre on Monday morning 10 to 11:30

Drop in on days you can! Please arrive no later than 10:30.

No classes on Stat holidays: Feb 20, Apr 9, May 21

	Public Health Nurse Susan Hass		Literacy for Life; TBD (Food Fun; FF & Book Buddies; BB)
		Jan 16	Welcome and Introductions Very Hungry Caterpillar, Fruit Kabobs (FF)
Jan 23	How to handle tantrums/power struggles	Jan 30	Eye Spy, Search and Find Book (BB)
Feb 6	Taking Care of Yourself-TBD Mental Health	Feb 13	VALENTINE'S DAY- Wear Red or Pink) – Heart Cookie decorating. Bring a nut free topping to share!
Feb 27	Toilet Teaching	Mar 5	Animals – Zebra Pudding (FF)
Mar 12	ST. PATRICKS'S DAY; Promoting Independence - scissors, buttons, zippers and more!; Jennifer Collett – Occupational Therapist	Mar 19	Colors-Rainbow Paper Plate Book (BB)
Mar 26	Positive Discipline	Apr 2	EASTER egg hunt- Friendship Mix (FF) Bring healthy snack to add to the mix, ex. raisins or pretzels
Apr 16	Nutrition Questions (Dietician Greta Kubis)	Apr 23	Bath time book (BB)
Apr 30	Your child's teeth; Bite into the topic of toddler dental care.	May 7	MOTHER'S DAY- Make a Recipe Book of all the recipes we made(BB)
May 14	MAY is Speech and Hearing Month (Speech-Language Pathologist Lori Durand)	May 28	Dinosaurs-Dino Stacks (FF)
Jun 4	Am I ever going to sleep again? Let's talk about sleep and your toddler	June 11	FATHER' S DAY Book – Bring a picture of child(ren) & dad, we will make a book for dad. (BB)
June 18	PARTY FOR ALL		



For more information, contact the Okotoks Healthy Family Resource Centre at 403 995-2626

Food Fun lets parents and children explore snack making while learning how easy it is to have everyone involved.

Book Buddies allows the magic of reading and sharing stories come alive, while making books out of everyday household items.