

Skills for Challenging Behaviors

As young children are just beginning to develop self-control, challenging behavior is common and expected in the years from birth to six. This process leads to some challenging moments for both adults and children. Learn more about how to respond to challenging behaviors, and how to support your child's development of self-control and self-regulation.

Mommy Needs Time Too

Join us for a relaxing morning where we will discuss the importance of self-care, communication and "You Time".

Crockpots and Conversation

Join us for a fun and interactive morning of cooking and preparing recipes for your family's crockpot! We will enjoy conversation and the company of other parents, while we learn how to prepare healthy and simple crockpot meals.

Why won't they just listen? Supporting positive communication with your family

Sometimes it is quite challenging to get your kids to cooperate. How do you get them actually engaging with you? How can you avoid arguing with your children? Join us to learn some quick and positive techniques for effective communication.

Effective Parenting

This workshop is designed to improve parents' toolboxes with positive parenting strategies. During this workshop, we will look at; Effective communication, gentle discipline approaches, building self-confidence, giving choices, being fair and consistent.

Finding and Empowering You!

Join us for an interactive and inspirational morning. EarlyON Dufferin is collaborating with Family Transition Place to offer this facilitated group in support of finding your inner self in the business of being a parent/caregiver! We will focus on personal wellness and encouraging community connections with other women. We will enjoy open dialogue, fun activities and guest speakers.

Starting Solids

Workshop facilitated by Jacalyn Dryland, Registered Dietitian from the Dufferin Area Family Health Team. For Parents and/or caregivers with babies 1 year and younger
Conversation topics will include:

- When to start introducing foods
- What foods to introduce first
- How and when to introduce common allergenic foods
- How to help your baby be an adventurous healthy happy eater!
- Free resources and recipes to get you started

Raising Your Spirited Child

A workshop for parents whose child is more intense, sensitive, perceptive, persistent, and energetic. Raising your spirited child offers ALL parents a glimpse into what makes their children act the way they do. It offers parents support and proven strategies for handling the toughest times and how to: understand your child's and your own temperamental traits, cope with tantrums and blowups when they do occur, and develop strategies for handling mealtimes, bedtimes, and many other situations.

Siblings Without Rivalry

So can I really raise siblings without rivalry? No. However, do not lose hope; hang in there, because there is some good news. Together, let's learn how to teach children how to solve problems and how to adjust accordingly in life. Sibling rivalry can help social and emotional development. So, let's learn how to live together more peacefully!

Parenting On the Same Page

What do you do when your parenting partner doesn't parent the same way you do? Parenting young children is hard. It is even harder if you and your parenting partner are not aligned in your child-rearing strategies. Parenting on the Same Page can go a long way to removing the obstacles that create stress, conflict, and anxiety. It's not our differences that are the culprit, but how we navigate the differences that is the real game changer.

Watch For:

- Dads Matter Too
- Helping our Children Develop Positive Social Skills