

Parent Participation ONLINE!



Parent Participation Teachers and Your Community are Here for You!

Find support and connect with others as you learn about the developmental stage of your child and enhance your parenting skills.

Feb. 22nd - May 28th (Baby&MeYoga: Feb.5th)

Classes are held weekly and require internet connection and the Zoom application. All classes will include parenting resources, ideas for activities to keep little ones

Online Evening Discussion Classes just for Parents!

Gain parenting knowledge and form connections with other families from the comfort and safety of your own home. Join a parenting class specific to your child's age (**Infants, Young Toddlers, Older Toddlers, Preschoolers**) lead by Parent Participation teachers for one hour in the evening, once a week. Teachers provide current information about parenting topics relevant to your child, and then facilitate a discussion so that everyone can learn from each other and share experiences.

Online Classes for New and Expecting Parents

Baby and Me Yoga Online begins Feb. 5th!

Teacher Vanessa Veiock leads a one-hour yoga practice for all levels focusing on building strength and relieving stress. Afterwards, there's time to connect with other parents, and a weekly self-care theme including specialized guest speakers and discussions.

A Peaceful "Fourth Trimester": Preparing for Postpartum

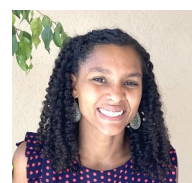
Connect with other expecting mothers and their partners/supporters in preparing for life in the "fourth trimester" and beyond. Explore topics such as adjusting to parenthood, sleep, meals, housework, and "baby blues" and local resources that can ease the transition and provide support. Prepare your own personalized plans for making the fourth trimester smoother for the whole family.

Online Parent Education Class Series

Love & Logic • begins Jan.19th

Active Parenting 1-4 Year Olds • begins Feb.23rd

Active Parenting 5-12 Year Olds • begins April 13th



Our classes are brought to you by a grant from



Enroll today!

ParentParticipation.org

(805)549-1222 • ParentParticipation@slcusd.org

