

Parent Participation Infant Classes ONLINE!



As you begin your parenting journey with your little one...

we encourage you to check out all the different ways you can connect other parents, build valuable parenting skills, learn from guest speakers, and find support to be the best parent you can be. **Classes are held weekly and require internet connection and the Zoom application.**

Baby & Me Yoga Online begins Feb.5th

Connect with yourself and other parents from the comfort of your home. Vanessa Veiock leads a weekly one-hour yoga practice for all levels focusing on building strength and relieving stress. Afterwards, discussion is centered on building community with other parents and exploring different self-care and child-development topics that may include sleep, postpartum mental health and resiliency, nutrition, creative expression, and pelvic floor health.

A Peaceful 4th Trimester: Preparing for Postpartum begins Feb.23rd

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.

Parenting the Infant (0-12 months) begins Feb.25th

Gain parenting knowledge and form connections with other families from the comfort and safety of your own home. Our Infant class is lead by Parent Participation teacher Danielle Snyder for one hour in the evening, once a week. You'll learn 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.

These classes are brought to you by a grant from



Enroll today!

ParentParticipation.org

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adult school
SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT