

Parent Participation SUMMER Infant Classes



As you begin your parenting journey 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. Infant classes are held weekly in person outside on our playground. Online classes are held via Zoom.

Parenting the Infant (0-12 months) Thursdays, June 17th-July 22th

Gain parenting knowledge and form connections with other families. Our Infant class is lead by Parent Participation teacher Danielle Snyder outdoors on the beautiful PPP playground. 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. Expecting parents are welcome.

A Peaceful 4th Trimester: Postpartum (Online) Tuesdays, July 6th-27th

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.

Baby & Me Yoga (Online) Fridays, July 9th-30th

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.

Enroll today! ParentParticipation.org

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