



The Parent Line

Funded by the Hawai'i State Department of Health, Maternal and Child Health Branch

IS OFFERING VIRTUAL WORKSHOPS FOR THE MONTH OF MAY ON

DEALING WITH STRESS

Tuesday, May 3, 2022 @ 11:00 AM - 12:00 PM

Stress is an emotional response to the demands of life. In this workshop we will discuss the meaning of stress, identify some common stressors and offer solutions to help parents and their children reduce stress.

IS MY CHILD ANGRY?

Thursday, May 12, 2022 @ 4:00 PM - 5:00 PM

Anger is a normal, healthy emotion when expressed appropriately. In this workshop we will look at what is behind a child's anger, we will also look at ways to help a child cope with anger and lastly, we will look at the benefits of mindfulness for children.

DEVELOPING EMPATHY IN CHILDREN

Tuesday, May 17, 2022 @ 11:00 AM - 12:00 PM

Empathy is a very complex skill and we will learn more about it and ways you can help build and model empathy for your child.

UNDERSTANDING TODDLER TEMPER TANTRUMS

Thursday, May 26, 2022 @ 4:00 PM - 5:00 PM

Learn more about toddler temperament and ways to prevent and handle their tantrums.

SAFE SLEEP

Tuesday, May 31, 2022 @ 11:00 AM - 12:00 PM

When babies sleep safe, parents rest easier. Learn some tips on how to ensure safe sleep for your baby.



FOR MORE QUESTIONS, WORKSHOPS, OR TO RSVP,
CALL THE PARENT LINE AT (808) 526-1222



RSVP NO LATER THAN 7:00PM THE DAY PRIOR TO WORKSHOP

*The virtual workshops are voluntary and intended for enrichment purposes.
Certifications and/or credits are not offered.*