



# 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 JUNE ON

## SELF-CARE WITH YOUR KEIKI

Tuesday, June 7, 2022 @ 11:00 AM - 12:00 PM

*Learn about the importance of self-care and how to self-care with the whole family.*

## SAFE SLEEP

Tuesday, June 14, 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.*

## NURTURING PARENTING ROUTINES

Thursday, June 16, 2022 @ 4:00 PM - 5:00 PM

*Learn ways to incorporate nurturing parenting techniques into your everyday routines and why they are so important to establish.*

## AGES AND STAGES: INFANTS AND TODDLERS

Tuesday, June 21, 2022 @ 11:00 AM - 12:00 PM

*The goal of this workshop is to increase parent's awareness of appropriate expectations of children.*

## CONCERNED ABOUT YOUR CHILD'S DEVELOPMENT?

Thursday, June 30, 2022 @ 4:00 PM - 5:00 PM

*The goal of this workshop is to discuss when to act if you are concerned about your child's development.*



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.*