



## Contact Us

### Phone:

808-526-1222

1-800-816-1222



The Parent Line



@theparentline

## Scan to Chat:



For more information please  
visit our website at:  
[www.theparentline.org](http://www.theparentline.org)  
Mahalo!



A private nonprofit serving Hawai'i since 1899

# The Parent Line

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

## April Virtual Workshops:

### • **SAFE SLEEP**

**Thursday, April 4, 2024**

**@ 11:00 AM - 12:00 PM**

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

### • **PRAISING CHILDREN AND THEIR BEHAVIOR**

**Tuesday, April 16, 2024**

**@ 4:00 PM - 5:00 PM**

To increase your child's self-worth through praise or positive recognition.

### • **MOTIVATING KEIKI TO KEEP ACTIVE**

**Thursday, April 25, 2024**

**@ 12:00 PM - 1:00 PM**

Learn more about keeping your keiki active and join in on some fun activities.

### • **HELPING CHILDREN EXPRESS THEIR ANGER APPROPRIATELY**

**Tuesday, April 30, 2024**

**@ 11:00 AM - 12:00 PM**

The objective is to increase parents' ability to teach children healthy ways to recognize and express their anger.

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



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Attend our Virtual  
Workshops for a  
chance to win our

# APRIL GIVEAWAY

**A Self-care Kit!** Which includes  
"A Year of Self-Care Journal," face  
masks, and more!



808- 526-1222  
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## Sign Up

Sign up for any  
virtual workshop  
during the month of  
April.

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## Attend

For each workshop you  
attend it will count as an  
entry for the giveaway.  
Mahalo and Good Luck!

**Terms & Conditions:** Must follow all rules. This giveaway is open to NEIGHBOR ISLAND Residents ONLY.  
Winner will be randomly selected and will be notified via phone/email by April 30, 2024.  
Winner must be willing to provide a mailing address and will be shipped to you for free.  
Please contact us if you have any further questions at: (808) 526-1222.