

#### **Contact Us**

#### Phone:

808-526-1222

1-800-816-1222





### **Scan to Chat:**



For more information please visit our website at: **www.theparentline.org** Mahalo!



## 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.



Attend our Virtual Workshops for a chance to win our

# APRIL GIVEAWAY

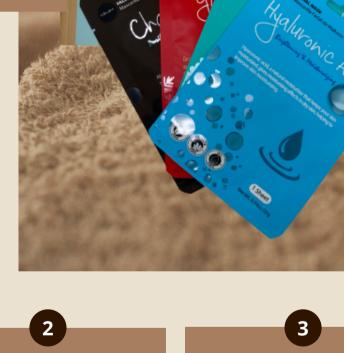
A Self-care Kit! Which includes "A Year of Self-Care Journal," face masks, and more!



808- 526-1222 1-800-816-1222 (Toll-Free)



www.theparentline.org



A YEAR OF

**Self-Care** 

JOURNAL

### Contact Us

Contact The Parent Line (808) 526-1222 or chat on our website www.theparentline.org

### Sign Up

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

### 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.