



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:

SAFE SLEEP

Tuesday, June 6, 2023 @ 4:00 PM - 5:00 PM

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

HELPING CHILDREN MANAGE THEIR BEHAVIOR

Thursday, June 15, 2023 @ 11:00 AM - 12:00 PM

To increase parents' ability to empower children to manage their own behavior.

BUILDING HEALTHY EATING HABITS

Thursday, June 22, 2023 @ 11:00 AM - 12:00 PM

Learn how to build healthy eating habits with your keiki and learn about the importance of having a balanced diet and nutrition.

SELF-CARE FOR PARENTS

Tuesday, June 27, 2023 @ 4:00 PM - 5:00 PM

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

FOR MORE QUESTIONS, WORKSHOPS, OR TO RSVP,

CALL THE PARENT LINE AT (808) 526-1222

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