



## Contact Us

Phone:

808-526-1222

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 The Parent Line

 @theparentline

Scan to Chat:



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

  
Child & Family  
SERVICE  
A Hawai'i-born nonprofit since 1899



# The Parent Line

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

## October Virtual Workshops:

### SELF-CARE FOR PARENTS

Thursday, October 10, 2024

@ 12:00 PM - 1:00 PM

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

### UNDERSTANDING DISCIPLINE

Tuesday, October 15, 2024

@ 12:00 PM - 1:00 PM

To increase parents' understanding of the concept of discipline.

### SAFE SLEEP

Thursday, October 24, 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, October 29, 2024

@ 4:00 PM - 5:00 PM

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

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