



# 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 SEPTEMBER ON:

## DEALING WITH STRESS

Thursday, September 1, 2022 @ 4:00 PM - 5:00 PM

*Goal: To increase parents' ability to recognize and handle stress.*

## SAFE SLEEP

Tuesday, September 6, 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.*

## FAMILY MORALS, VALUES, AND RULES

Tuesday, September 13, 2022 @ 11:00 AM - 12:00 PM

*Goal: To increase parents' skills in developing family morals, values, and rules.*

## NURTURING PARENTING ROUTINES

Thursday, September 22, 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.*

## BUILDING HEALTHY EATING HABITS

Tuesday, September 27, 2022 @ 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.*



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.*