



## 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

## September Virtual Workshops:

### ● **SAFE SLEEP**

**Thursday, September 7, 2023**

**@ 2:00 PM - 3:00 PM**

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

### ● **USING REDIRECTION TO MANAGE CHILDREN'S BEHAVIOR**

**Tuesday, September 19, 2023**

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

The goal is to increase parents' use of verbal and safe and nurturing physical redirection as a behavior management technique for young children.

### ● **MOTIVATING KEIKI TO KEEP ACTIVE**

**Thursday, September 21, 2023**

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

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

### ● **TIME-OUT TECHNIQUE FOR PARENTS**

**Tuesday, September 26, 2023**

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

Learn how to use the technique of a parental time-out to help you relax and relieve some stress.

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