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**Do you have questions about parenting children
from 0-6 in Hamilton?**

Follow Hamilton Public Health Service's
Healthy Families Facebook page for:

- Answers to your questions,
- Information about your families' health,
- Information about parenting resources and programs available to families in Hamilton,
- And more!

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Bernie Morelli EarlyON Child & Family Centre

Address

Bernie Morelli Recreation Centre
876 Cannon St East
Hamilton, ON
L8L 0C6

Phone

905-512-9965

Email

janice.kranyak@bgchh.com

To register for programs, visit keyon.ca

For information on other EarlyON locations and their programs, visit bgchh.com/earlyon/



Niwasa EarlyON Child & Family Centre

Address

Biindigen Well-Being Centre
785 Britannia Ave
Hamilton, ON
L8H 2B6

Phone

905-549-4884

For more information, visit
niwasa.ca/programs/early-years-programs/

To register for programs, visit keyon.ca

Emotion Coaching for Parents & Caregivers

WHAT IS EMOTION COACHING?

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships. Emotion Coaching has two steps:

1. **VALIDATION:** We let someone know we understand why they feel, think or act a certain way.
2. **SUPPORT:** Then, we provide emotional and practical support using strategies like reassurance, limit-setting, redirecting, collaborative problem-solving, teaching skills, etc.

THE EMOTION COACHING WEBINAR WILL:

- Introduce Emotion Coaching and how it can improve relationships with your child
- Help you understand the role of emotions
- Link Emotion Coaching to neuroscience
- Review Emotion Coaching approaches

DATE	TIME	REGISTRATION LINK
April 12, 2023	6:30-8 PM	hwdsb.info/EC-Apr12
May 4, 2023	9:30-11 AM	hwdsb.info/EC-May4
June 6, 2023	6:30-8 PM	hwdsb.info/EC-June6

To register for the six-week parent/caregiver group, please call the Hamilton Family Health Team Mental Health Groups line at **905-667-4852**



HWDSB



McMaster Children's Hospital

Courses for Parents & Caregivers

Course	Location, Date & Time
Understanding the Mysteries of Children's Behaviour Learn how to identify and understand what your child is trying to communicate through their behavior and strategies for establishing boundaries, routines and clear expectations.	Virtual session Tuesday, March 28, 2023 1:30 pm - 3:30 pm
I'm Scared of the Doctor and Dentist Learn coping strategies and practical tips to prepare and educate children for doctor, dentist and hospital visits.	Virtual session Wednesday, March 29, 2023 12:30 pm - 1:30 pm
Practical Parenting Solutions Learn effective everyday practical parenting solutions to reduce conflict, gain compliance and increase your parenting confidence.	Virtual session Thursday, March 30, 2023 10:00 am - 11:00 am
Help Mornings are Chaos!: Managing Routines Learn the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines.	Virtual session Wednesday, April 5, 2023 12:30 pm - 1:30 pm
Why Won't They Listen? Learn why children may be acting out, how to best support them with their strong emotions, and strategies to increase their cooperation.	Virtual session Thursday, April 6, 2023 10:00 am - 11:00 am
Sleep Problems and Developing Healthy Habits Learn how to establish a good bedtime routine and create healthy sleep habits in your home.	Virtual session Thursday, April 6, 2023 1:30 pm - 3:30 pm
Advocating for My Child Learn how to take the positive steps towards communicating your child's needs at school and working as a team with your child's school, daycare, and community supports.	Virtual session Thursday, April 13, 2023 10:00 am - 11:00 am

Listen to Understand: The Power of Validation

Learn how to use validation as a tool to connect with your child and diffuse difficult behavior.

Virtual session

Thursday, April 13, 2023
12:30 pm - 1:30 pm

Why Little Kids Worry (3-10 yrs)

Learn what causes anxiety in your child, how it effects their daily life, and some basic child coping strategies for anxiety.

Virtual session

Thursday, April 13, 2023
10:00 am - 11:00 am

Ready, Set, Smile: Creating Meaningful Social Routines with Your Toddler at Home

Learn the importance of shared smiling between you and your toddler and strategies to increase interaction and promote communication with your toddler.

Virtual session

Tuesday, April 25, 2023
1:00 pm - 2:00 pm

Thursday, May 25, 2023
7:00 pm - 8:00 pm

Circle of Security Parenting

This eight-session workshop for parents and caregiver of children up to 6 years old focuses on strategies to improve the parent-child attachment relationship and child behaviour.

St. Marguerite d'Youville
Childcare Centre
20 Bonaparte Way
Hamilton, ON L9B2E3
Canada

Wednesday, April 26, 2023
5:20-7:30 pm

For information on other courses and to register for courses, visit
<https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/family-resources/course-offerings/>

