






## PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

<b>JUNE 2020</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>1</b> NO GROUPS  	<b>2</b> 9:30am -10:30am <b>Raising Leaders</b>  10:45am -11:30am <b>Parent-Child Mother Goose Program ★ (Week #1 of 6)</b>  <i>Online Groups</i>	<b>3</b> 10:00am -12:00pm <b>Teaching Children About Kindness and Empathy</b>  <b>6:00pm – 7:30pm</b> <b>Understanding Your Child's Temperament</b>  <i>Online Groups</i>	<b>4</b> 9:30am -11:30am <b>Helping Kids Through Transitions</b>  <i>Online Group</i>	<b>5</b> 10:00am -12:00pm <b>Simple and Practical Ways to Deal with Stress and Overwhelm</b>  <i>Online Group</i>
<b>8</b> <b>5:00pm – 6:30pm</b> <b>Creating a Family Routine</b>  <i>Online Group</i>	<b>9</b> 9:30am -10:30am <b>Circle Time: Shapes and Colours ★</b>  10:45am -11:30am <b>Parent-Child Mother Goose Program ★ (Week #2 of 6)</b>  <i>Online Groups</i>	<b>10</b> 10:00am -12:00pm <b>Healthy Eating: How to Get Started Early</b>  <b>6:00pm – 7:30pm</b> <b>Effective Ways of Promoting Mental Health in Young Children</b>  <i>Online Groups</i>	<b>11</b> 9:30am -11:30am <b>Resisting Myths of Motherhood</b>  <i>Online Group</i>	<b>12</b> 10:00am -12:00pm <b>How to Break the Cycle of Negative Parenting Patterns From Our Own Childhood</b>  <i>Online Group</i>
<b>15</b> <b>5:00pm – 6:30pm</b> <b>Sibling Relationships</b>  <i>Online Group</i>	<b>16</b> 9:30am -10:30am <b>Wait, Watch, &amp; Wonder</b>  10:45am -11:30am <b>Parent-Child Mother Goose Program ★ (Week #3 of 6)</b>  <i>Online Groups</i>	<b>17</b> 10:00am -12:00pm <b>Exploring Potty Training Methods</b>  <b>6:00pm – 7:30pm</b> <b>Tips on Helping Your Child Learn to Cooperate</b>  <i>Online Groups</i>	<b>18</b> 9:30am -11:30am <b>Parenting with Emotional Intelligence</b>  <i>Online Group</i>	<b>19</b> 10:00am -12:00pm <b>How to Regulate Our Emotions When Our Children Trigger Us</b>  <i>Online Group</i>
<b>22</b> <b>5:00pm – 6:30pm</b> <b>Mindset: The Psychology of Success</b>  <i>Online Group</i>	<b>23</b> NO GROUPS  	<b>24</b> 10:00am -12:00pm <b>Teaching Children About Their Bodies</b>  <b>6:00pm – 7:30pm</b> <b>Simple Parenting Strategies That Work</b>  <i>Online Groups</i>	<b>25</b> 9:30am -11:30am <b>Your Powerful Parenting Tool Kit</b>  <i>Online Group</i>	<b>26</b> 10:00am -12:00pm <b>How to Develop Our Assertiveness Skills to Make Boundary Setting Easier</b>  <i>Online Group</i>
<b>29</b> <b>5:00pm – 6:30pm</b> <b>Bilingualism in Young Children</b>  <i>Online Group</i>	<b>30</b> 9:30am -10:30am <b>Circle Time: Shaking It Up! ★</b>  10:45am -11:30am <b>Parent-Child Mother Goose Program ★ (Week #4 of 6)</b>  <i>Online Groups</i>			

These groups are for Burnaby and New Westminster residents with one or more children under the age of 5 years old.

Email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups.

Please provide your full name and the specific groups you would like to sign up for.

Please note that no internet-based group is 100% confidential. However, in an effort to keep information private, we will require a meeting password to enter each group and we will not allow any recording of groups. We also ask that any information learned about other participants in group is kept between participants only.

## Parent Support Program: Group Descriptions – June 2020

### Interactive Groups: ★

**Circle Time: Shaking it Up!** – In this group, we will explore the world of homemade instruments, songs and stories. Let's mix it up and have some fun.

**Circle Time: Shapes and Colours** – Entertaining your children at home isn't easy, so let us try to help! Come dressed up in your favourite **COLOUR** and get ready for to listen and learn. We encourage families to participate together and take this time to bond and have fun. ★

**Parent-Child Mother Goose (6 weeks)** – Join us for 45 fun-filled minutes of learning some new (and some old) children's songs where we will keep your children engaged and excited. We encourage families to participate together and take this time to bond and have fun. At the end of the 6 weeks we will email you the lyrics to all of the songs you have learned. ★

### Educational Groups:

**Bilingualism in Young Children** – This group focuses on language development from 0-5 years old, and how the learning of multiple languages affects development. We will also discuss some tips and tricks for helping children learn and absorb multiple languages.

**Creating a Family Routine** - With all of the things parents have to balance in life it can be hard to implement a routine in your child's life. Come and learn about the importance of creating routines and how to start using them in your day-to-day life.

**Effective Ways of Promoting Mental Health in Young Children** - Understanding the factors that influence your child's well being is the first step in promoting your child's mental health. A warm home environment can increase your children's sense of belonging and connection, which can protect children from emotional vulnerabilities. Join us for this informative group to find out ways parents can focus on creating a supportive family environment for their children.

**Exploring Potty Training Methods** – Potty training is a very individual process for both parents and little ones, and there are many approaches you can take. It's a matter of figuring out what works best for you and your child and working together to reach your goals. We will have some group discussion and also explore some evidence-based training methods.

**Healthy Eating, How To Get Started Early** – In this educational group, we will discuss good eating habits and ways to promote it in your home.

**Helping Kids Through Transitions** - Transitions can be difficult for kids. Kids will often respond with tantrums and full on meltdown. Whether your kids are experiencing a major life change (like a new sibling or parental separation) or a small transition (like going back to daycare) we will explore and share strategies that will make the transitions easier.

**How to Break the Cycle of Negative Parenting Patterns From Our Own Childhood** - When we reflect on our own childhoods, many of us notice some things that we liked and also some things that we wish were different. Some of us may even find that we say: "I hope I don't turn out like my mother/father!" As well-meaning as our parents can be, sometimes they parented us in ways that didn't help us thrive or didn't help create a loving and accepting atmosphere in the home. Join us as we learn how to make conscious choices about which values and parenting styles you appreciated from your childhood, which ones you'd like to shift, and how to make those changes with your own children.

**How to Develop Our Assertiveness Skills to Make Boundary Setting Easier** - Setting limits and boundaries with our children and other family members can be challenging for a variety of reasons. Join us as we practice the skills that are involved in being able to set firm limits in a kind and respectful way with our children, partners, etc.

**How to Regulate Our Emotions When Our Children Trigger Us** – Many, if not all, of us have had moments where our children trigger us and leave us responding to them in a way that we feel guilty about. Join us as we discuss why this happens and how to practice tools that help us respond in ways that we feel better about.

**Mindset: The Psychology of Success** – Discover the power of *mindset* and its important influence in the success in every area of life. Using this information, we will explore how parents can foster accomplishment in their children.

**Parenting with Emotional Intelligence** – In this group we will explore the definition of emotional intelligence, learn to become more self aware, make better choices and parent with purpose.

**Raising Leaders** – Our words have a large impact on our child's development and the narrative they will create and carry with them as they grow. In this group, we will explore praise vs encouragement and how they help or hinder leadership. Come learn some phrases that can help develop resiliency, failure tolerance and risk taking.

**Resisting the Myths of Motherhood** – It's difficult to escape the expectations placed on mothers and mothering. In this group we will explore and debunk the myths of motherhood and discuss how to resist these unfair expectations.

**Sibling Relationships** – Siblings will never get along 100% of the time! In this group, we will focus on how to deal with sibling rivalry and other unique sibling dynamics.

**Simple and Practical Ways to Deal With Stress and Overwhelm** – Did you know there are simple, quick, everyday things that you can do to help you stay sane? Often we think that in order to deal with stress, we need time away from our children, 45 minutes for yoga/workout or a spa day. Although those are all lovely ways to unwind, we don't always have the luxury of those things and the positive effects of those things don't typically last and help us get through the everyday grind. Join us as we learn and practice different tools that can help you feel grounded and more a peaceful during the day.

**Simple Parenting Strategies That Work** – Figuring out which parenting strategies are effective can be a challenge. Join us for this group to look at strategies backed by research studies showing their effectiveness in improving behavior, strengthening the bond between parents and children, and reacting to behavioral problems that arise.

**Teaching Children About Kindness and Empathy** – This group will help parents learn how to introduce the concept of kindness and empathy to children and how to encourage children to be kind and empathetic to one another.

**Teaching Children About Their Bodies** – Come and learn about sexual health in children, what your children need to know about their bodies, and how you can approach sexually related topics with your child.

**Tips on Helping Your Child Learn to Cooperate** - We often think of cooperation as children doing what adults want. That is compliance. True cooperation means a joint effort—a give and take that is mutually satisfying. During this group we will explore ways to develop a cooperative spirit in children by helping them understand how our requests and rules are good for everyone.

**Understanding Your Child's Temperament** – Temperament is your child's behavioural style which determines how they react to situations and express and regulate emotions. During this group we'll discuss how understanding your child's temperament can help you choose parenting strategies that nurture your child's development.

**Wait, Watch, & Wonder** - Raising kids who are independent, self-motivated and confident. Based on Janet Lansbury and the RIE parenting approach.

**Your Powerful Parenting Tool Kit** – We will discuss 5 highly effective ways to increase connection and cooperation between and your child.