



Programming for Preschoolers & Their Parents | September–November 2023

204.669.4043 • kinderlinks@retsd.mb.ca • Supported by Child and Youth Services, Department of Families



PARENTING SUPPORT WORKSHOPS

Kinder Links is pleased to offer a variety of **FREE** parenting support workshops this fall. *Registration is required for all workshops.* These free workshops are intended for parents/caregivers. Child care is provided unless otherwise noted. All children requiring care must be registered in advance.

The Magic of Music

Through the magic of music, young children develop new skills, express their creativity, and improve their self-confidence. In this workshop led by Shayla Davidson, participants will learn about the connection between music and brain development, how music supports literacy and numeracy skills, and how it can improve mental health and wellness. Participants will learn easy musical games and activities to try at



home with their children. At the end of this workshop, parents/caregivers and children will unite for circle time featuring songs and instruments.

Monday, Sept. 11

6–7 p.m.

Maple Leaf School
251 McIvor Ave.

Parenting Through Tantrums & Misbehaviour

Led by Marlene Jackson, this interactive workshop looks at some common reasons for tantrums and misbehaviour in young children. Participants will learn helpful, positive strategies to de-escalate challenging situations and allow parents/caregivers to stay calm while helping their child manage their emotions.

Wednesday, Sept. 20

10–11 a.m.

6–7 p.m.

Maple Leaf School
251 McIvor Ave.



Co-parenting Through Separation & Divorce

Co-parenting can be emotionally difficult for so many reasons and even the very best parents can sometimes lose sight of how their child is being affected. In this presentation, we will cover the emotional blockages that often arise, how our children cue or miscue their needs, what is the “right” thing to do or say, and how to manage ourselves so we give our kiddos the very best of us. Joanne Brown is co-chair of the Attachment Network of Manitoba, (www.attachmentnetwork.ca) and has been a clinician for over 30 years, working with families who are in states of struggle and success.

Saturday, Sept. 23

10 a.m.–12 p.m.

Maple Leaf School
251 McIvor Ave.

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The Board of Trustees meets the first and third Tuesday of each month. You are welcome to attend, either in person or online. For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees



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Literacy Workshop: Sing Me a Book, Read Me a Song

Led by Bookmates Inc., this workshop focuses on using songs and rhymes in developing early literacy skills. Through music, rhymes, stories, movement, props, and more, participants will come away with a variety of ideas for books, songs, and literacy-extension activities that nurture healthy child development, including language building, numeracy support, gross- and fine-motor skills, and social-emotional development.

Tuesday, Sept. 26

10–11:30 a.m.

Maple Leaf School
251 Mclvor Ave.

Raising Healthy Eaters

Childcare is not provided for this workshop.

This informative workshop, developed by WRHA public health registered dietitians, will provide parents/caregivers with effective strategies to encourage their children to become competent eaters and develop good feelings about food and eating. Participants will learn about Ellyn Satter's "Division of Responsibility in Feeding" between the parent and the child. Transform family meals into a more joyful experience, free from drama and conflict.

Tuesday, Oct. 17

6–8 p.m.

Maple Leaf School
251 Mclvor Ave.



Registration is required for all parenting support workshops.

To register, complete the [Online Form](#), send an email to kinderlinks@retsd.mb.ca or leave a message at 204.669.4043.

Toilet Training with Confidence

Childcare is not provided for this workshop.

Looking to start toilet training your child? This educational workshop will provide parents/caregivers with the opportunity to learn about the signs of readiness, common challenges you may encounter, and how to start training. The goal is to send caregivers into toilet training with confidence, so they can have fun with their child during this process. Participants will receive a visual schedule and chart to help with the training process. There will be a PowerPoint presentation followed by questions from participants.

Wednesday, Nov. 8

6–7 p.m.

Maple Leaf School
251 Mclvor Ave.

FREE BABY GIFT FOR NEW PARENTS

Did you just have a baby? River East Transcona School Division and the Early Childhood Matters Parent Child Coalitions in River East and Transcona would like to help you celebrate this wonderful event. We have a book, *I Love It When You*, which we'd love to give to you to keep and enjoy. To receive your **FREE** book, contact us at kmartino@retsd.mb.ca or 204.669.4043. Please leave us your mailing address, child's name, and date of birth.



KINDER LINKS ADVISORY GROUP

Are you interested in sharing your ideas to help shape Kinder Links parent-child programming? We are recruiting new members for our Kinder Links Advisory Group, which meets virtually to discuss and provide feedback on our free early-learning programs. Contact Kinder Links at kinderlinks@retsd.mb.ca or 204.669.4043 for more information.

THE EARLY LEARNING TEAM

We are pleased to provide early learning and family support to families living in River East Transcona. Feel free to contact us if you have questions about our preschool initiatives.

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