

A 5 week series to help navigate through the earliest years of parenting.

## Baby and Toddler Basics



*Baby and Toddler Basics is a five week series of workshops designed for parents who want the most out of the earliest years with their child.*

### Topics covered include:

- What to expect the first three years
- Keeping little ones healthy and safe
- Connecting with your child
- Establishing routines and dealing with temper tantrums
- Taking care of yourself

This class will be held at the Youth Alternatives Ingraham Family Center. Onsite childcare will be provided.

Friday Mornings from 10 a.m. - 12:00 p.m.  
Friday, April 23rd through May 21st, 2010  
at The Youth Alternatives Ingraham Family Center, 50 Lydia Lane, South Portland

Cost for the full series is \$85. Scholarships are available. Certificates will be issued upon completion of the series.

Call Central Intake  
(207) 523-5049  
to learn more  
or to register



**youth alternatives ingraham**

Promoting healthier lives, happier families, and stronger communities since 1967

[www.yimaine.org](http://www.yimaine.org)