

# FREE JANUARY PARENTING WORKSHOPS

**FOR PARENTS OF YOUNG CHILDREN • FREE CHILDCARE!**

Please RSVP to [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) or 773.252.3253 x221

## Sleep Strategies for Young Children

The time that young children spend asleep is just as important as the time that they spend awake and interacting with their world! This workshop will not only provide some helpful soothing and sleep strategies, but create a space where parents can support one another and share their own stories about their child's sleep; what has worked, and what they have struggled with. Given that every child is different, we will take a look at what creating a sleep routine can look like, and explore what sleep looks like throughout development. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Thursday, January 11, 2018 from 6:30 – 8:00 pm  
Facilitated by: Hallie Kirkley, Fussy Baby Network  
Location: New Moms, 405 S Euclid Ave., Oak Park

## Parent Creativity + Connection Morning

What could make Parent Creativity Morning even more fun? More options! At this session of Parent Creativity, make new friends while you also make a beautiful wire bracelet! Materials and a demonstration will be provided for those who want to participate. There will also be a separate space for Parent Connection where you can enjoy a supportive discussion around a useful parenting topic. The break-out Connection portion of the workshop happens from 9:30–10:30 am and is led by a New Moms Family Support Specialist. You can choose to participate in one or both programs! This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Tuesday, January 16, 2018 from 9:30 am- 11:30 am  
Facilitated by: Kimm Pilditch, LCSW  
Location: New Moms, 405 S Euclid Ave., Oak Park

## Banish Cabin Fever with Active Games

Is your family having a VERY LONG winter? Come learn how to keep the kids moving and having fun when they can't run and play outdoors. There are lots of fun ways to keep the little ones busy using toys, games and household items like masking tape and water bottles that you probably already have at home. This workshop is led by a pediatric physical therapist who specializes in helping kids learn to play, move, and explore. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Friday, January 26, 2018 from 10:00 am – 11:30 am  
Facilitated by: Meg Bracco Liebreich, PT  
Location: New Moms, 405 S Euclid Ave., Oak Park

## Parent Creativity Morning

Winter is here and the coldest time of year is a great opportunity to connect with old friends, make new ones, and be creative. Grab your knitting, your canvas, or your current project and sip on some coffee or tea while decompressing with other parents and enjoying the meditative process of creating and exploring. If you are an artist or craftsperson, a stay at home professional, or work part-time, this is a great opportunity to network. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Tuesday, January 30, 2018 from 9:30 am – 11:30 am  
Facilitated by: Jessica Brekher, M.Ed., Art Educator  
Location: New Moms, 405 S Euclid Ave., Oak Park

## JANUARY ACTIVITIES

**ENJOY SOME FREE TIME! • FIND A NEW ACTIVITY!**

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### **Morning Parent Meet Up - Kids Have Fun + Parents Get Things Done!**

Join us every Monday and Thursday morning so your children (infant through 6 years old) can learn and play in our developmentally appropriate classrooms while you do the same in our Parent Parlor! Enjoy our Wi-Fi to work, complete online errands, listen to music, or relax and read a book. You can also chat and network with other parents and caregivers and take advantage of our parent programming. Get your FREE first visit and tour by contacting [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) and mentioning this newsletter.

Each session is \$25 per visit for one child or \$30 for two or more children. Scholarship funds are available to those who qualify. A reservation and a non-refundable pre-payment are required so that we can assure adequate staffing.

Mondays and Thursdays, 8:30 am – 11:30 am

Location: New Moms, 405 S Euclid Ave., 2nd Floor, Oak Park

### **Community Connections - Enjoy These Fun, FREE Activities!**

#### **Transportation Works**

Brought to you by Wonder Works, A Children's Museum, 6445 W North Ave., Oak Park

Friday, January 12, 2018 from 10:00am-12:00pm

Let gravity do the work as you race toy cars down ramps. Then let spinning wheels propel toy cars in to loop-de-loops around a battery-powered raceway. There will also be more wooden trains than usual, plus an O-scale model railway where you can take your turn as the engineer. The play-dough table will be set up as a construction site, with diggers, dump trucks, and plastic construction workers. For more information visit <http://www.wonder-works.org>.

#### **Child Care Meet & Greet**

Brought to you by The Collaboration for Early Childhood

Location: Wonder Works, 6445 W North Ave., Oak Park

Sunday, January 28, 2018 from 3:00 pm - 5:00 pm

Would you like to learn more about care options in the Oak Park area for children birth-6 years old (daycare, preschool, etc.)? Come meet the providers and gather information at the Child Care Meet and Greet. There will also be speakers to outline different child care philosophies. For more information visit [www.collab4kids.org](http://www.collab4kids.org).