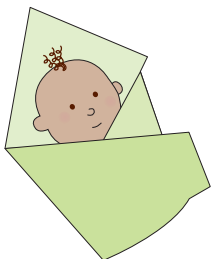
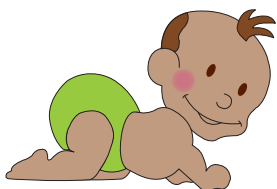


Hey Babies! Hey Toddlers!



Is not sleeping
through the night
making you cranky?

Do seemingly small
things like losing your
pacifier or your mom
leaving the room flip
you out?



Do you crave some
company...a forum for
discussion...and
good snacks?

If you're between the ages of newborn and 18 months, then one of the Adelphi University Institute for Parenting's "Me and My Parent" programs is just right for you. Lots of babies and toddlers bring their moms but some are home with their dads and want to bring them—that's OK too!

Adelphi University
**Institute for
Parenting**
(516) 877-3060



Moms and Dads—learn about key milestones, brain development, secure attachments, and reflective parenting. Strengthen your ability to tune in to your baby's or toddler's thoughts, feelings, and behaviors and to stay reflective when life gets stressful.

Develop essential skills for building secure parent-child bonds and happy confident children! Gain more understanding of your baby's or toddler's communications so you can respond sensitively and effectively. Meet other babies and toddlers close to your child's age. Have fun and learn through discussion, song, and play.

Groups starting soon!

These eight-week programs start throughout the year. Please check our Web site at adelphi.edu/parentinginstitute, email theinstituteforparenting@adelphi.edu, or call (516) 877-3060, for more information, specific start dates, times, location, or to register online.

The fee is \$140 for an eight-week session.

WE'LL SEE YOU THERE!

Institute for Parenting, Adelphi University, Garden City Campus



Please inquire about the availability of scholarships.
Check adelphi.edu/parentinginstitute for more events!