



JANUARY

@ New West Family Place
93 Sixth Street
New Westminster
info@nwfamily.bc.ca
(604) 520-3666

2018

Picky Eaters Solutions | January 11, 2018 | 6:00 - 8:00 pm

Trying to get your toddler or preschooler to eat new foods? Worried that your child isn't getting the nutrition they need? Registered Dietitian Kristen Yarker will share picky eating solutions that actually work (without being forceful or sneaky). Also, discover what common strategies inadvertently undermine kids' well-being. Light refreshments provided + child minding is provided. Register today at info@nwfamily.bc.ca

Baby Food 101 | January 12, 2018 | 1:00 - 3:00 pm

Getting ready to introduce your baby to solid foods? Registered Dietitian Kristen Yarker will share the right age to start solid foods and the best foods to start with. Discover when to start solids (purees and Baby Led Weaning) to prevent choking and meet your baby's nutrition needs and get the latest information on preventing food allergies. This includes baby food demonstration and child minding is provided. Register today at info@nwfamily.bc.ca

Nobody's Perfect Parenting Program | Thursdays, Jan 25 - Mar 2, 2018 | 1:00 - 3:00 pm

The Nobody's Perfect Parenting Program™ is a nationally recognized parenting program that will run a Thursday series for 6 weeks. Light refreshments and child minding is provided. Register today at info@nwfamily.bc.ca

Nobody's Perfect Parenting Program | Saturdays, Jan 27 - Mar 17, 2018 | 12:00 - 2:00 pm

The Nobody's Perfect Parenting Program™ is a nationally recognized parenting program that will run a Saturday series for 8 weeks. Light lunch and child minding is provided. Register today at info@nwfamily.bc.ca

Creative Explorations | Wednesdays, Jan 31 - Feb 28, 2018 | 12:30 - 2:00 pm

Explore the creative self through arts & crafts, songs & stories for parents to participate with their children. We ask that families commit to all 5 sessions. In partnership with Greater Vancouver Family Services. Register today at info@nwfamily.bc.ca

Stay tuned for February 2018 - we will be hosting an Infant Child CPR workshop + more! Keep an eye on our Facebook page for the most up-to-date details www.facebook.com/newwestminsterfamilyplace

