



Free Fall 2022 Parenting Webinar Topics

Understanding Threenagers

Thursday, September 29, 7:00 pm

Presented by Ellie Springer, M.Ed.

Often, around 2 1/2-3, children's behavior becomes newly challenging and parents may wonder, "Who is this child?" Three year olds begin to fiercely assert their independence, while at other times cling to adults and want help with tasks they have been able to do on their own for months. They can have BIG emotions that change all the time, shifting from gleeful to devastated to furious within minutes. If your child is in or approaching this age range, come learn about this stage of development and what is going on with your child, as well as some ways of managing their behavior.

Healthy Sleep for Infants (& Parents!)

Tuesday, October 11, 7:30 pm

Presented by Mary Beilman of Baby Connections

We will discuss realistic expectations and how to support your baby's sleep - and yours too. Learn about what is developmentally appropriate for sleep by age. Be prepared for when and why baby's sleep may change.

Healthy Sleep for Toddlers and Preschoolers

Wednesday, October 12, 8:00 pm

Presented by Emma Jackson of Your Healthy Dreamer Pediatric Sleep Consulting

Learn about how to improve or maximize healthy sleep habits for your toddlers and preschool aged children, including how to manage the upcoming end of Daylight Saving Time with confidence and ease.

Motor Development in Ages 0-12 Months

Wednesday, October 19, 10-11:00

Presented by Melissa Campbell, DPT

Supervisor of Pediatric Rehabilitation, Emerson Hospital

Join Dr. Campbell for a virtual presentation, with time for questions, focused on the motor development of babies during the first year of life. She has special interest in pediatric developmental coordination delay, gross motor delay, toe walking, autism, and cerebral palsy.

Choosing a Preschool or Child Care for your Family

Thursday, December 8, 7:00 pm

Presented by Ellie Springer, M.Ed.

If you are planning to enroll your child in preschool 2023, or are looking for child care, you may have questions about how to find a program that will be a good fit for you and for your child. In this virtual meeting, we will discuss what options are available in the area, and what questions to ask schools when visiting. Handouts and an up-to-date listing of local schools and licensed child care providers will be provided. Ellie's teaching degree is in Early Childhood Education, and she has worked in numerous types of preschools.

To receive the link for any of the above webinars, email Linda, lmattthews@jri.org

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