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!

Institute for Parenting
Adelphi University
(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!