

Time for Toddlers



Parenting a toddler can be a fun, exciting time for both you and your child as you each learn new things and grow together as a family. This month-long series of workshops will help you learn the skills you'll need as you face the challenges of raising your toddler.

Weekly topics include:

- **January 10: Positive Discipline Strategies: How to handle tantrums, biting, hitting and other toddler behaviors**
- **January 17: Fostering Curiosity: Games and activities for toddlers**
- **January 24: Go to Sleep! Sleep issues for toddlers and how to manage them**
- **January 31: Topic to be determined**

**Tuesday Nights:
Beginning January 10, 2012
All sessions run from 6:00pm-7:30pm**

**Facilitated by: Stacey Beeley, LSW
Child and Family Services**

This special "Time for Toddlers" series is part of the Circle of Parents[®] program which teaches parents skills and the opportunity to learn from each other through shared discussion on issues they are facing at home.

Attend any or all sessions.

You receive one chance in a drawing to receive a \$25 Walmart gift card for each session you attend during the month of January.

**Looking for more information about the
Family Resource Center of Greater Nashua?**

Email familyresourcectr.nashua@gmail.com to receive notices when new Family Resource Center programs are offered...or check our website at <https://sites.google.com/site/familyresourcectrnashua>



**Family Resource Center
of Greater Nashua**

The Family Resource Center of Greater Nashua is a collaborative effort of a group of Nashua family-serving organizations led by the Adult Learning Center, Boys & Girls Club of Greater Nashua, Child and Family Services, Greater Nashua Healthy Community Collaborative, Prevention Makes Cents, Southern New Hampshire Services, and the UNH Cooperative Extension-Hillsborough County.

This series is offered

FREE OF CHARGE

**at the Boys & Girls Club
of Greater Nashua
47 Grand Avenue, Nashua**

Complimentary child care for all ages is available. Children age 8 and over are invited to participate in Boys & Girls Club of Greater Nashua programs when parents participate in Family Resource Center of Greater Nashua programs.

**PRE-REGISTRATION
IS STRONGLY SUGGESTED**

Register by calling Lori Fowler at (603) 883-0523, x 215 register by email at FRCNashuaPrograms@gmail.com

Child Care Pre-Registration is Required.
Call (603) 883-0523 x 215 to make arrangements for child care or club usage.