



## **Toileting Learning**

Tried to move on from nappies but were unsuccessful? Not yet started this journey and looking for direction?

This workshop is designed for parents who are looking for ideas and tips to support this transition and journey, in a gentle child-centred approach. If you and your child are ready to move on from nappies, this is the online workshop for you.

## **Baby and You / Thriving in the Newborn Months Birth – 3 months**

Although it may seem like not a lot is happening with a newborn, rapid changes are going on behind the scenes. We will fill you in on all the movement milestones, brain and reflex development, talk about appropriate furniture, books, toys and play to help baby thrive, and answer all your burning questions in a safe and fun environment.

## **Moving and Munching / On the Move 3-6 months**

There are a whole new set of challenges and milestones to enjoy in the 3-6 month stage. With your Teeny Tiny beginning to roll around and sit up, the next stage of development is in full swing.

This workshop provides tips and advice on rolling and sitting, and gives fun ways to develop your baby's balance. We look at some new ideas for interactive playtime to keep stretching your baby's imagination and physicality. Plus, we will also discuss the next stage of baby furniture plenty of opportunities for your individual questions to be answered.

## **Crawling and Crunching / Come Catch Me Crawler 6-10 months**

Having a mobile infant is a whole different ball game! Time has flown by and your baby is starting to explore their environment. This can be a worrying time for parents, as you figure out how to make your house safe while encouraging and supporting this new phase. Together, we will learn about crawling styles - what is important and how to encourage movement. We talk about ACC and SafeKids Aotearoa recommended home safety, as well as an upgrade to books and toys to stimulate a developing mind. It may also be time to start considering Early Childhood Education options too. So, we help you out with priceless advice on how to take the first steps towards this.

## **Tinies to Tots / Toddler Time 10-18m**

Tenacious Toddlers, testing talking, trialling big emotions and taking risks.

It's full steam ahead now as you enter the toddler years! With movement milestones like pulling up, standing, walking and running, this is the time to develop those fine motor skills, spatial awareness and start getting into problem-solving. Behaviour, parenting styles, outdoor play and music all covered too. This is also a crucial period for language development.

Does it all sound a bit daunting?

Our workshop will make it simple, giving you clear ideas to encourage your toddler's language skills and make things like bath time fun and educational. Bring all your burning Toddler questions.