

FAMILY LIFE

PARENTING WORKSHOPS

INFANT & TODDLER YEARS



SAT, 17 OCT & 24 OCT | 2.30PM-6PM
VICTORY CHAPEL, ROOMS 207, 208 & 209

Children are gifts from God. But for new parents and parents of young children, parenting can be a real challenge — from taking care of newborns and toddlers' tantrums to picky eating and sleep problems.

One of the most important fundamentals as parents, is to develop parenting skills on how to bring up your child. These workshops are designed specifically for parents of children at different growth stages with the aim to provide them with resources and equip them with practical skills to handle the first few months of their child's life, as well as to develop a parent-directed biblical approach to bringing up their children.



MAIN FACILITATOR

Dorcas Li is the Asia Pacific Region representative for Growing Families International (GFI), an international organisation involved in training and equipping parents for effective parenting. Dorcas has been a member of Faith Community Baptist Church (FCBC) since 1987 and is in the core leadership team entrusted to anchor the parenting

track of the church's on-going equipping. A key trainer for FCBC's parenting programme since 2000, Dorcas oversees the church's annual Fathers & Children Camp and supervises the Royal Rangers programme. She is also in the core committee for the Family & Home Gate and acti2 different sets of DVDss in collaboration with the church's children ministry, youth ministry, equipping ministry and adult cells.

Parenting Workshop (newborn to 5 months)

Cost: \$122 per couple

Materials: 2 workbooks + 1 set of audio CDs

**Only infants below 3 months are allowed to be with parents in classroom*

Parenting Workshop (5 to 18 months)

Cost: \$122 per couple

Materials: 4 workbooks + 2 different sets of DVDs

**No Pre-toddlers allowed in classroom*

Parenting Workshop (18 to 36 months)

Cost: \$102 per couple

Materials: 2 workbooks + 1 DVD

**No toddlers allowed in classroom*

WORKSHOPS OUTLINE

Parents of Infants (newborn to 5 months)

- Know that your baby needs a family
- Understand feeding philosophies and facts on feeding
- Establish your baby's routine
- Assimilate wake-time and naps
- Incorporate shopping trips

Parents of the Pre-Toddler Years (5-18 months)

- Formulate wake time & nap time transition with transition period
- Lay the foundation for a secure child with right goals-setting
- Establish mealtimes with basics baby food to table food & food challenges
- Understand sleep boundaries
- Know the preventative side of correction

Parents of Toddlers (18 to 36 months)

- Learn the Biblical foundation of a family
- Explore the journey of fatherhood & motherhood
- Identify the structure & routine, and the nature of toddler conflict
- Understand the purpose of obedience with sending right and wrong messages
- Know what are instruction, encouragement and correction

Register at the Information Counter after services by Sun, 11 Oct. For more information, please contact Christine Tan at 65114145, or email her at christinetan@riverlife.org.sg.