You're invited!

Brazelton Touchpoints Center

COMOX VALLEY
Child Development Association
237 3RD STREET, COURTENAY, BC V9N 1E1
TEL 250·338·4288 • FAX 250·338·9326
WEBSITE www.cvcda.ca

Please join us for the TOUCHPOINTS PARENTING GROUP

VIA Zoom

Please Register at childcare@cvcda.ca

The Touchpoints Parenting Program is a sequential six week, practical and preventative program designed to meet the needs of
today's families. The goal of the program is to support positive parent-child relationships.

In the six weeks we will look at strategies for engaging parents in conversations about their children's development. We will work on strategies to support parent mastery as we practice new skills within the group.

Email childcare@cvcda.ca to RSVP

Session 1: Parenting Our Unique Child: Joys and Challenges

Share the joys and challenges of parenting. Learn "What is a Touchpoint?" Discover its impact on your child's development. Develop strategies to navigate developmental and relational Touchpoints periods.

Session 2: Understanding Your Child's Development

Continue to enhance your observational skills by identifying your child's temperament and your individual parenting style. Reflect on the relationship between personality, temperament and development.

Session 3: Exploring Our Family's Culture and Language

Furthering our conversations on the uniqueness of our families, this session's focus is on culture. Discuss "What is culture?" Explore the relationship between language, communication and your child's emerging social skills.

Session 4: Nurturing and Caring for Our Children: Keeping Our Children Safe and Healthy Using the foundation of your personal experiences, cultural exploration and developmental knowledge shared in sessions 1-3, this session focuses on children's behavior as it relates to the Touchpoints that they are in. Reflect on how to keep our children safe and healthy.

Session 5: Discipline: Our Role as Parents over Time – Teachers and Guides

This session incorporates all previous developmental concepts and relational strategies from sessions 1-4. Explore discipline, self-regulation and limit-setting. Learn effective strategies to guide your children and help your child learn and practice self-regulation.

Session 6: Wrap up: the opportunity to reflect and celebrate the last 5 weeks.

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