



Winona ECFE **VIRTUAL PARENT ED**

Join a licensed Parent Educator online for topic-specific information based on research and reflective dialogue with other parents. These pop-up, virtual classes are designed for parents of infants ages Birth to 12 months. You will leave with take-away tips to add to your parenting toolbox.



Tues
8:30 am
Oct 21

Sleep Strategies

Bedtime doesn't have to be a nightly challenge. Join us to explore gentle, parent-friendly strategies that help your child (and you!) get more restful sleep and enjoy brighter, more peaceful days together.



Tues
8:30 am
Oct 28

Decoding Baby's Cues

Gain confidence in understanding what your baby is trying to tell you. Join other parents and caregivers to share experiences, ask questions, and support each other during this incredible first year.



Thurs
12 pm
Nov 13
Nov 20
Dec 4

The Family Shift: How a baby's first year transforms parents and siblings

Welcoming a new baby brings big changes—for the whole family. In this three-part series, we'll explore how a baby's first year impacts family dynamics, relationships, and routines. From shifting roles between partners to helping older siblings adjust, we'll talk about the joys and challenges of growing a family. Come connect with other parents, reflect on your own experience, and gain practical ideas to support smoother transitions and stronger family bonds.



These virtual classes are FREE but require registration, please visit our website <https://ec.winonaschools.org/ecfe> or use the QR code to register.