

Lunch & Learn with



- ❖ **4-8-19: The ABC's of Safe Sleep for Your Baby or Grandbaby**
Come and learn ways to create a safe sleep environment for your infant. This is part of the George Safe to Sleep Initiative and we'll share guidelines that can help reduce the risk of sleep-related fatalities.

- ❖ **4-15-19: What is Your Parenting Style?**
There are different styles of parenting....which style do you practice? Come to learn more about your particular style...and some ways to grow stronger.

- ❖ **4-22-19: Access your Parent SuperPOWER!**
Superman doesn't have anything on parents. Come to learn more about the super POWER you possess to help children grow and thrive.

- ❖ **4-29-19: Problem-Solving & Decision Making the Nurturing Way**
When there are too many things coming at you, it can feel difficult to make a decision. We'll share some useful tips for problem-solving.

Visit www.exchangeclubfrc.org to learn more about the Family Resource Center or call us at 706-290-0764

Meets at the YMCA, 810 E 2nd Ave, Rome, GA 30161 at 12 noon

Please let the YMCA know if you plan to attend by calling 706-232-2468.

