



THE
PACELLA
PARENT
CHILD
CENTER

PARENTS *with* INFANTS & TODDLERS

Side by Side Parent Child Groups

Do you have questions about your child?

- About his or her sleep?
- Is my toddler too active?
- How can I keep my baby safe?
- Is his or her development on track?

Are you wondering about changes in your and your family's life?

- About working outside the home?
- About your relationship with your spouse?
- About communication with your parents, inlaws or caregiver?
- About sibling issues?
- About the blues?

Are you interested in meeting other moms with similar questions?

Learn about our *Side by Side Parent Child Groups* where you can discuss these issues with other mothers and a professional, while your child plays under the supervision of child development specialists.

See other side for developmental challenges of each age

PACELLA PARENT CHILD CENTER
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For further information, please call
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Visit our website at www.TheParentChildCenter.org

Do you have questions about you and your child?

Newborn to six months

- How much should I feed him/her? Nursing and/or bottle feeding?
- Understanding her sleep cycles.
- Am I giving my baby what he needs? Am I reading his cues accurately?
- Do I have a strong bond with my baby?

Six months to one year

- How do I keep my baby safe as she begins to explore?
- Am I spending enough time playing with him? What activities foster his development?
- How can I help my baby sleep better? Should I sleep train? If so, how?

One year to eighteen months

- When and how do I begin to set limits on my exploring toddler?
- Why does my child play with his food and drop it on the floor?
- How do I help my toddler with separations?
- What if my child has night terrors and other sleep related difficulties?

Eighteen months to three years

- Is my child too aggressive? Is my child too passive? What can I do to help him/her?
- How do I set limits for my toddler without engaging in power struggles?
- How do I help my toddler with separations? At home? At school?
- What is the best way to manage my child's sleep related difficulties?
- Is my child's language development on track?

