

THE INCREDIBLE YEARS® PARENTS & BABIES PROGRAMME (IYBB ONLINE)



Do you want to attend a parenting workshop, but are unable to take yourself away from home? Through The Incredible Years® Parents & Babies (Online) Programme, you will be able to improve confidence, and support your baby's developmental milestones and safety needs without stepping out the door. The programme uses video clips of real-life situations to stimulate group discussion and shared learning. Skills learnt would offer optimal emotional, physical, tactile, visual and language stimulation for your baby. Best of all, you get to practise these skills with your baby right from the comfort of your home, helping your baby to feel loved, safe and secure.

Session	Topic	Duration
1	Getting to Know Your Babies	2h
2	Babies as Intelligent Learners	2h
3	Providing Physical, Tactile and Visual Stimulation	2.5h
4		
5	Parents Learning to Read Babies' Minds	2h
6	Gaining Support	
7	Babies' Emerging Self (6-12 months)	2h
8		
9	Putting It Altogether	2h

How you will benefit

- Enhance secure attachments with baby
- Understand baby's developmental and safety needs
- Improve interactions and relationship with baby

This programme is tailored for
 First-time parents & caregivers
 of babies aged 0 - 10 months

Programme details

Price	Duration
S\$300/couple (incl. GST)	20 hours

Register www.morningstar.org.sg/workshops

For enquiries, please contact our Training Officers at training@morningstar.org.sg