

La Leche League Canada AB/NWT and Jasper Place Family Resource Centre
Present a Full-Day FREE Parenting Workshop with

Deborah MacNamara, PhD

Eat, Sleep, Connect: Helping Kids Thrive

September 28, 2024 | 8:45 am – 4 pm

Cabrini Centre Gymnasium | 16811– 88 Avenue, Edmonton

This all-day workshop consists of four sessions aimed at helping us “make sense” of the preschoolers we live with or care for. Dr. MacNamara will speak about connecting with these little ones through food, bridging separation and nurturing deep relationships. She will address the challenges of sleep and the wisdom of lullabies, as well touch on loving guidance. By tapping into a child’s inherent desire to be good for those who care for them, parents and caregivers will see ways to reduce the natural resistance and coercion that come with budding independence.



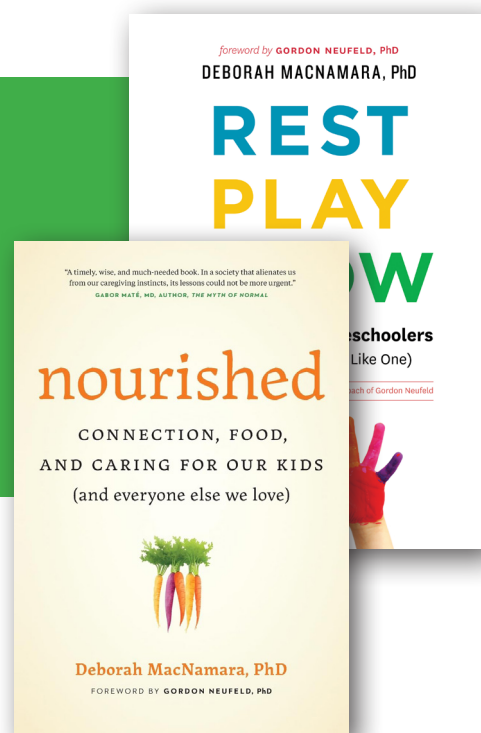
Register to join us in-person, watch the livestream and/or to receive access to the video recording. *(Available for one month after the conference.)*

[**Eat, Sleep, Connect: Helping Kids Thrive**](#)

There is no charge to attend.

Lunch and free childcare (ages 1-6) provided by JPFRC. There will also be a quiet play area in the auditorium for very young children who would prefer to be with their parents.

For information, contact:
jpfrnhub@jasperplace-crfc.com



Deborah MacNamara, PhD is the author of the best selling book, *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)* and the children’s picture book, *The Sorry Plane*. Her latest book *Nourished: Connection, Food, and Caring for our Kids (and everyone else we love)*, was released in September 2023.

Visit: www.macnamara.ca

