



Parents Again

Our mission is to strengthen families and promote the well being of children through parent education and support.

Birth To Three's *Parents Again* group will help you receive the support and practical information you'll need to feel confident as a parent of siblings.

"Oh, I absolutely love Birth To Three! Without this opportunity to hear others, I'd be a sinking boat." –Parents Again mother

Adding a new baby to your family can be both exciting and stressful. How will my older child react to the new baby? If the older child acts jealous, what should I do? How will I be able to give attention to each child when I'm so busy and tired?

In each *Parents Again* parenting group, families with an infant (ages birth to 12 months) and older siblings meet for 10 two-hour sessions under the guidance of a professional Parent Educator. Childcare for older siblings (8 years and younger) is provided. *Parents Again* groups discuss a variety of topics related to having an infant and older siblings, including:

- **Adjusting to a new baby**
- **Being responsive to each child**
- **Learning about temperament and relationships**
- **Creating effective daily routines**
- **Taking care of yourself as a parent**
- **Nurturing adult relationships**
- **Balancing family time, one-on-one time, and alone time**
- **Building sibling bonds**
- **Using positive parenting strategies**

Included in each session is time for parent sharing. Many families form life-long friendships and play groups for their children!

Call 541-434-4343 to enroll

Birth To Three
86 Centennial Loop Eugene, OR 97401
541.484.5316
enroll@birthto3.org parenthelpline@birthto3.org