

# Join Early CHOICES for a series for families with children birth to 5: Everyday Learning Activities

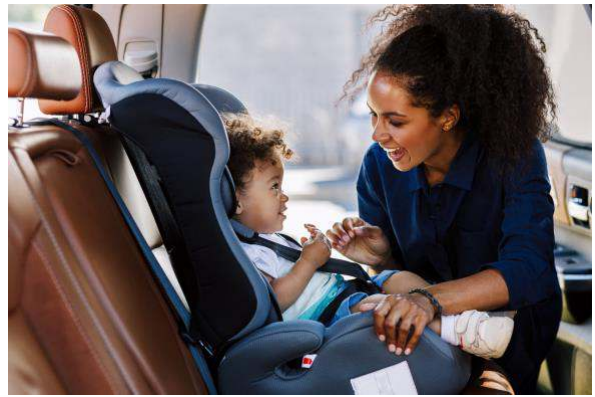
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1 hour virtual events to learn ideas, tips and strategies to support learning throughout the day for your young children. Open to all. *Please register using the links in each date.*

[www.eclre.org](http://www.eclre.org)

## Transitions: October 29, 7 pm

How do we make transitions go smoothly and help our children gain independence?



## Mealtimes: November 18, 7pm

Let's talk about what our family believes is important about sharing food and meals.



## Play: December 10, 7 pm

Playing is serious work for our children. What can we learn together as we join them?



## Outings: January 28, 7 pm

Every walk or trip to the store is a big adventure with a young child. Here we go!

## Sleep: February 27, 9 am

Sleep is the foundation for a happy and healthy family life. Learn some strategies for self-care and rest.