**Register for Free Parent Enrichment Classes.**

***Sleeping Safely***

Sudden Infant Death Syndrome (SIDS) is a term used when an infant dies suddenly and unexpectedly. Sudden Infant Death Syndrome is a type of death which occurs with no other identifiable reason. The American Academy of Pediatrics has recommended since 1992 that infants be placed to sleep on their backs to reduce the risk of sudden infant death syndrome.

***Preventing Shaken Baby***

All babies cry. However, we know that crying can trigger a caregiver to become extremely frustrated and lose control. Shaken Baby Syndrome (SBS) occurs when a baby is violently shaken or thrown. Shaken Baby Syndrome causes severe head trauma, which can lead to death or life long disabilities. By planning ahead is key on how you and other caregivers will cope with a baby’s crying to prevent this tragedy from occurring.

**When: Every Tuesday from 10:00 AM ~ 11:00 AM**

**Location: Metropolitan Ministries, Family Support Center**

 **2301 N. Tampa St., Tampa, FL 33602**

**ADULTS Only Please**

Circle of Security*-* This class is designed to enhance the bond and sense of security for both parent and child. Parents will receive a roadmap to understanding and meet the needs of their children. Class will meet for 8 sessions. Beneficial to parents with children 0-5 yrs. old.

Class Dates:  8 Tuesdays, April 2nd – May 21st. 2019

Time:               3:00 pm – 4:00 pm

Location:   Metropolitan Ministries Family Support Center

2301 North Tampa St. Tampa Fl. 33602

 **(Next class begins May 11th. – June 30th. 2019)**

Emotion Coaching - Parents will acquire parenting techniques that help children understand their feelings. When parents Emotion Coach, their children learn how emotions work and how to react to feelings in healthy ways. Recommended for children ages 5 and up.

Class Dates:  6 Thursdays, April 4-May 9, 2019 Time:               2:30pm -3:30 pm

Location:    Metropolitan Ministries Family Support Center

2301 North Tampa St. Tampa Fl. 33602

 **(Next class begins May 30th. – July 11th. 2019)**