



## What have other parents said about "Right From The Start"?

- "I found the group informative."
- "I was pleasantly surprised. (Someone) told me I didn't need the program because I have other children. But I persisted and found the group very helpful."
- "I never thought about how important it was to talk to my baby during meals or while driving in the car."
- "I find it helpful to know that what my husband and I are doing really helps our child."
- "It was great to meet other parents... I didn't feel so alone."
- "This program really improved the way I interact with my son."



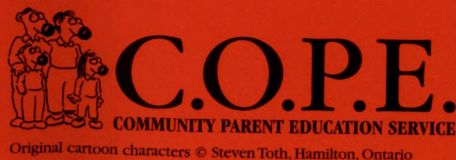
## Right From The Start

An Attachment Course for Parents of Babies under 2

### General information about C.O.P.E.

C.O.P.E. courses have been developed as part of the Community Education Service at Chedoke Child and Family Center, McMaster Children's Hospital. The Community Education Service provides training and information to communities and organizations that are interested in offering evidence-based parenting courses. For more information about the C.O.P.E. program, including our research bibliography, visit our web site at [www.communityed.ca](http://www.communityed.ca).

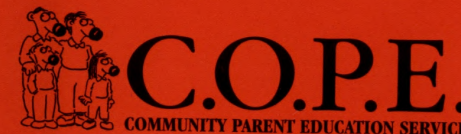
For more information, please call  
(905) 521-2100 ext. 77418



Original cartoon characters © Steven Toth, Hamilton, Ontario

## Right From The Start

An Attachment Course for Parents of Babies under 2



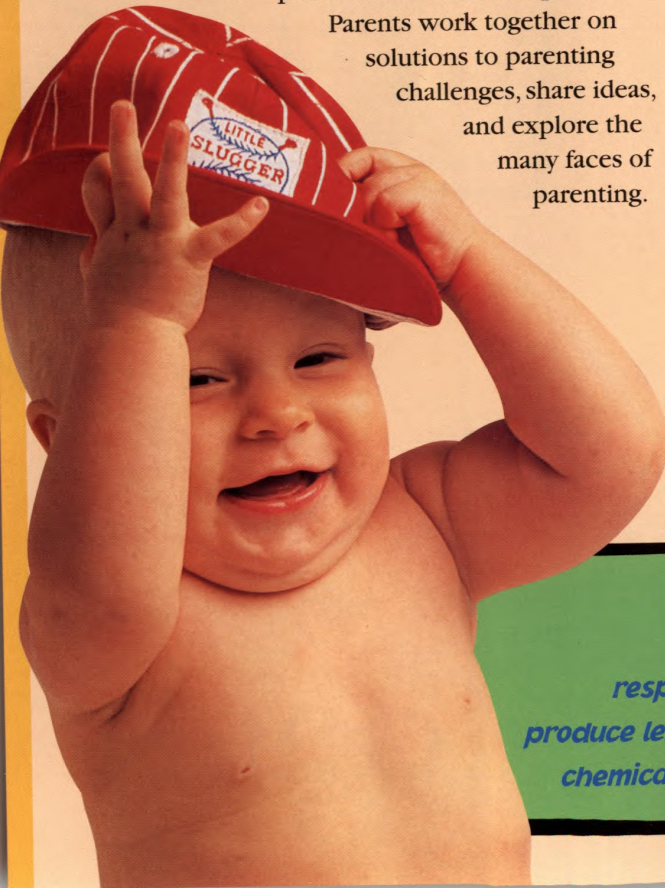
## ***Right From The Start***

Parenting can be hard! You want to make sure your new baby is healthy and happy. "Right From The Start" can put you on the right path. Designed using attachment principles, this course helps parents connect with their babies. A healthy parent-child relationship promotes infant attachment security, mental development, and well-being.

### ***About the Course:***

Right From The Start is an 8-session course that uses video clips, problem solving discussions and skill-building exercises. Group leaders, who are child development professionals, guide parents using methods shown to be effective in reducing parenting stress, and improving parent-child relationships.

Parents work together on solutions to parenting challenges, share ideas, and explore the many faces of parenting.



*Did you know?...  
Babies who are  
responded to quickly  
produce less harmful stress  
chemicals in their brains.*

## ***Is "Right From The Start" right for me?***

Great question to start with! Here are some more! Are you unsure of your parenting skills? Does parenting make you feel anxious? Would you like to avoid or change parenting styles that were practiced when you were a child? Does your child have special medical or developmental needs? Is your child fussy? Do you want to feel more comfortable with your baby? If you answered 'yes' to any of these questions and you have a baby under 2, then "Right From The Start" is right for you.

## ***What will "Right From The Start" teach me about parenting?***

Group sessions focus on parenting skills shown to promote infant attachment security. At the end of the course you'll be able to better understand, interpret, and respond with sensitivity to your baby's signals.

### ***You will know:***

- What attachment is and why it is so important
- How you can show your child that you love him/her and help him/her become secure
- That you and your child are both unique
- When and how to give your child "some space"
- How to approach your playing child

*Our research shows that "Right From The Start" can help you improve your relationship with your child and reduce the stress you feel as a parent.*

- How to approach your distressed child
- How to follow your child's lead during playtime
- How to build a healthy relationship

## ***What else should I know about "Right From The Start"?***

### ***Baby-sitting services:***

Although we prefer that parents arrange for a family member or trusted friend to care for their children during the course, this may be hard for some people. We are able to provide free baby-sitting services on site.

### ***Transportation:***

Parents are expected to arrange their own transportation to the course sessions. Please let us know if you have difficulty getting to the sessions.

### ***Cost:***

"Right From The Start" is completely free of charge.

### ***How to register:***

To register call  
(905) 521-2100  
ext. 77418

