

# JOIN US VIRTUALLY OR IN-PERSON!

Now Offering Telehealth Parenting  
Groups for Families with Young Children



Families First offers FREE parenting groups for parents of children ages birth through 3 years throughout Miami-Dade County in both English and Spanish.



**Families First**



Funded by The Children's Trust, our program enables you to learn more about child development and positive discipline from experts at the University of Miami.

## BABY & ME

For parents and babies birth to 6 months  
Classes meet once a week for 10 weeks

### DISCUSS & LEARN WAYS TO:

- Understand your baby's language
- Help your baby grow and develop

Take home FREE baby items!  
Meet other parents!



For parents of children 1-3 years  
Classes meet once a week for 12 weeks

### DISCUSS & LEARN WAYS TO:

- Build a positive relationship with your child
- Promote your child's social-emotional development
- Use positive discipline to set limits effectively
- Manage separations and reunions

Receive FREE items related to course material!



@umfamiliesfirst



SCAN TO  
REGISTER!



To register, please call 305.243.8425  
or e-mail us at [FamiliesFirst@miami.edu](mailto:FamiliesFirst@miami.edu)