



Helping children thrive with routines

Does your child struggle to complete everyday activities like getting ready for bed, shifting from playtime to another activity, or leaving the house? Do you want to create an environment that helps them build new skills and grow their independence?

If so, join this session to learn:

- why routines are good for your child and the whole family
- how to create routines
- ideas to handle common challenges

We will be joining AHS to offer this webinar intended for parents and caregivers who have children 1 to 10 years old. It's also suitable for parents and caregivers of children with developmental delays and autistic or neurodivergent children. Snacks will be provided.

- ▶ **Date:** Wednesday, Apr. 29, 2026
- ▶ **Time:** 6:30 to 8:30 p.m.
- ▶ **Location:** Calmar Public Library, 4750 50 Ave., Calmar
- ▶ **Registration:** [Online, Leduc-County.com/helping-children-thrive](https://Leduc-County.com/helping-children-thrive) or email Loretta@Leduc-County.com

