



First Three Years – Parenting Resources & Training

Helping parents optimize healthy child development in infancy (birth to 3)

First Three Years is a charitable organization located in Toronto, focused on developing parenting programs that optimize healthy child development during infancy (0-3), a critical period in a child's life. The programs are delivered to parents through agencies that provide parenting support to families such as Toronto Public Health, Ontario Early Years and Community Health Centres.

Currently the organization offers 2 parenting programs “Make the Connection 0-1” and “Make the Connection 1-2”. A third and final program for 2-3 year olds is in development. The programs are founded on current attachment and communication theory. The 9 week programs, each thematically linked, are typically attended by 8-10 families at a time or delivered one-on-one in a home-visit. The programs use parent-baby activities, videotaping, and discussion to help parents learn how to establish securely attached relationships with their infants. This healthy beginning is the basis for a child's future social and academic success and ultimately caring, thriving, communities.

Over 1000 front-line staff have been trained to deliver “Make the Connection” to families throughout Ontario and Canada. Significantly, First Three Years was selected to partner with Toronto Public Health who now deliver “Make the Connection” parenting programs throughout the city. This partnership ensures that every new parent in Toronto has access to information on how to create a secure, nurturing relationship with their baby. In addition to Toronto Public Health, First Three Years partners with provincial networks in B.C. and Saskatchewan.

First Three Years is not government-funded and relies on donations to support program expansion and development.

First Three Years – Parenting Resources & Training

310 Danforth Ave. Toronto ON M4K 1N6

Tel. 416-972-9622 Fax 416 972-9623

Email: info@firstthreeyears.org Website: www.firstthreeyears.org

Charitable tax number 863446167 RR0001

