

# Navigating Parenthood? You're Not Alone.



the parent line

Parenting is the toughest job you'll ever love, but you don't have to do it without a map. The Parent Line, administered by Healthy Mothers Healthy Babies, is Hawai'i's premier resource for everything from toddler tantrums to teenage transitions.

One call to our team connects you to a network of support, including healthcare, nutrition assistance, social services, and mental health counseling. We're here to help you lower the stress and "level up" your parenting game.

## How We Support You

**Expert Phone Support:** Real-time help from experienced staff for behavior challenges or development questions.

**Free Workshops:** Join our interactive parenting sessions in person or via Zoom.

**Counseling & Groups:** A safe space to talk through the highs and lows of family life.

**Resource Library:** Instant access to easy-to-read digital handouts and community guides—all just a click away.



## Who Can Call?

The Parent Line is a "warm line" for **anyone** invested in a child's well-being.

- **Family Members:** Parents, expectant parents, grandparents, or ohana caregivers.
- **Professionals:** Teachers, childcare providers, healthcare workers, or social workers.

## No Question is Too Small

Reach out to us for guidance on:

- **Behavior & Development:** From newborns to adolescents.
- **Family Concerns:** Navigating transitions and daily stress.
- **Education:** Understanding school or learning issues.

## PARENT WORKSHOPS

- **Family Strengthening:** Join Piko Pals to learn communication strategies, cultural practices for family bonding, and navigating challenges together
- **Parent Education:** child development, positive discipline techniques, and early literacy
- **Parent Support:** mental health awareness, stress management, and building social support network
- **Childbirth Education:** Connecting the Expecting pairs traditional childbirth education with honest, vulnerable discussions about the emotional shifts, relationship changes, and practical strategies needed to navigate the real-life joys and struggles of welcoming a new baby.
- **Breastfeeding Education:** support, guidance, and resources for breastfeeding and lactation concerns from trained IBCLCs and Certified Lactation Counselors (virtual and in-person)
- **Safe Sleep Education:** using the Cribs for Kids safe sleep education program
- **Doula Support:** doula can help you have a more positive birth experience and transition into parenthood.

Contact Us

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[www.parentlinehawaii.org](http://www.parentlinehawaii.org)

Mon-Fri 9am-7pm

Sat-Sun 9am-2pm

