

API of Peoria

Our mission:

The mission of Attachment Parenting International (API) is to promote parenting practices that create strong, healthy emotional bonds between children and their parents. These practices nurture and fulfill a child's need for trust, empathy, and affection, providing a lifelong foundation for healthy, enduring relationships.

What we offer:

- Monthly Meetings
- Moms' Night Out
- API of Peoria Website
- Playdates
- Catch Up Day
- Yoga Night
- Parenting Workshop
- Childbirth Classes
- Monthly Newsletters

Attachment Parenting International of Peoria

Peaceful parenting for a peaceful world



API OF PEORIA
www.apipeoria.org

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What Is Attachment Parenting?

Attachment parenting is a philosophy based in the practice of nurturing parenting methods that create strong emotional bonds, also known as secure attachment, between the infant and parent. This style of parenting encourages responsiveness to the infant or child's emotional needs, and develops trust that their emotional needs will be met. As a result, this strong attachment helps the child develop secure, empathic, peaceful, and enduring relationships. Learn more at: www.apipeoria.org

What is Attachment Parenting International of Peoria?

Attachment Parenting International of Peoria (API of Peoria) is a nonprofit affiliate of Attachment Parenting International. We are a group of moms and dads from the Peoria area who identify with some aspect of the attachment parenting philosophy. We support one another in our parenting struggles and successes as we strive to lovingly guide our children through this very special time in their (and our) lives toward a secure and successful independence.

Monthly Meetings

Attachment Parenting International of Peoria holds monthly meetings open and free to the public, with different topics related to attachment parenting. We meet at 10:00 a.m. on the second Saturday of each month at the Universalist Unitarian Church, which is located at 3000 W. Richwoods Blvd, Peoria, IL 61604. Please bring your spouse, children, friends, parents, or anyone else who might benefit from this organization.

Moms' Night Out

Moms, do you need a night out with friends? Why not join us for Moms' Night Out? This is an opportunity for you to talk with other moms about anything and everything while enjoying a fabulous dinner! We gather at local restaurants. Lap babies are welcome.

API of Peoria Website

Please visit www.apipeoria.org for archived newsletters, a listing of Attachment Parenting Ideals, useful links, meeting location information, meeting topic pages, calendar of events, and learn more about your new API of Peoria friends at the Message Forums.

Playdates

Would you like to come play? Do you need time with other parents? While the kids play, we talk parenting and other miscellaneous things!

Catch Up Day

Do you like to scrapbook or knit? Do you need to clean your purse, paint your nails, or pay some bills? Bring your children, your crafting supplies, and anything else that you need to get done. We'll sit and talk while our children play around us. Bring your own lunch, or we can order in.

Yoga Night

Join us for a refreshing, relaxing, low stress work out that centers your mind and body. Our instructor specializes in yoga for pregnant women as well.

Parenting Workshop

Every other occupation, from driving a truck to performing surgery, requires months or years of training. Only for the job of raising children do we expect that love will be enough. But, sometimes it isn't. Parents also need skills. Here is the program that gives parents the know-how they need to be helpful to their children and helpful to themselves. Based on the book and video: "How To Talk So Kids Will Listen & Listen So Kids Will Talk" by Faber & Mazlish.

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