



Raising a baby is a wonderful experience, but it can also be a challenge... Our unique approach in supportive, multilingual group environment help new parents overcome some of the challenges so that they can enjoy their new baby and maintain a happy, healthy family dynamic.

## The LWAB system

### What is Life With A Baby (LWAB)

Life With A Baby (LWAB) is a three tiered support system offering online support, multi-week parenting programs with a focus on peer support, open discussion through blog/forum and local community based events. The program offers continuous support throughout the first five years. The program includes five steps.

1. local community based events to build relationships and offer peer support
2. Two part Infant Stage program (two 6 week programs)
3. Building strong families ( 3 part program)
4. Toddler stage programs
5. Continuous peer support for different life stages, up to five years.

### Why is LWAB Unique

1. Based on a peer support model
2. Programs and events are organized by life stage
3. Multi-lingual parenting programs, currently Russian, Mandarin, Cantonese and English
4. Moms helping moms, dads helping dads... community approach

### Bring LWAB programs to your community

We believe every community should have a LWAB program. So we make it very easy to implement LWAB in your current programs. Visit our website at [www.lifewithababy.com](http://www.lifewithababy.com) to learn more.

To learn how you can bring LWAB programs to your community send us an email at [info@lifewithababy.com](mailto:info@lifewithababy.com) or call us at 416-833-3860