

Parents and Baby Group

2020 Schedule

The Family Center's Parent and Baby Group meet every Wednesday from 11:00 AM – 12:15 PM in the Family Center Conference Room.

The groups are **FREE**. No registration is necessary. Babies from birth to 12 months are welcome to attend.

For more information please call the Information & Referral Line at 580-6668.



Parenting a baby can be a wonderful time in your life! However, many parents have questions and may experience some isolation during that first year. Information is helpful but also important is getting together with others who are going through the same experience. The Family Center offers this opportunity with the Parent and Baby Groups. Parents can share experiences and have their questions answered by each other and by our group leader who is a Family Center Registered Nurse and experienced parent.

Winter/Spring 2020

- Jan 8: Topics of Your Choice and Let's Share Some Holiday Stories
- Jan 15: Choking in Babies: Prevention and Intervention
- Jan 22: Healthy Diets During Postpartum/Nursing and Introducing Solids
- Jan 29: "Get Your Body Back"
- Feb 5: Strategies to Chase the Winter Blues Away
- Feb 12: Keeping the Romance Alive and the Importance of Couple Time
- Feb 19: Introducing Babies to Music
- Feb 26: The Period of Purple Crying
- Mar 4: Sleep Q & A
- Mar 11: Grandparents: What to Do When Their Parenting Philosophy Differs From Yours
- Mar 18: All You Need to Know About Baby Wearing
- Mar 25: Postpartum Depression and Maternal Self-Care
- Apr 1: Infant Developmental Milestones by a Pedi OT
- Apr 8: Language Development in Babies and How to Promote It by Speech Therapist
- Apr 15: The Importance of Tummy Time by Pedi Physical Therapist
- Apr 22: Safe Sleep Recommendations and Baby Equipment
- Apr 29: Nutrition for Mom and Baby and When, How and What Solid Foods Do I Introduce
- May 6: Teething and Caring for Baby's Teeth by Pedi Dental Hygienist
- May 13: Summer Safety: Sun Screens, Bug Repellents, and Babies Around Water
- May 20: Fun, Interactive Reading Session
- May 27: Maternity Leave: Tips for Returning to Work

**In case of inclement weather, groups will be cancelled if school is cancelled for SAU 16 or 2-hour delay. When in doubt, please call 580-6668.*