

Parents and Baby Group

2018 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 . 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.

Jan 10 th	The Stress of Becoming a New Parent and Postpartum Depression
Jan 17 th	Movement and Play for Babies
Jan 24 th	Teething and Caring for Baby's Teeth
Jan 31 st	Miss Terry Music Class for Babies!
Feb 7 th	And Baby Makes "3" – Importance of Rediscovering Couple Time
Feb 14 th	"Get Your Body Back" by Nancy Potter, PT
Feb 21 st	Strategies To Chase the Winter Blues Away
Feb 28 th	Reading to Baby!
Mar 7 th	The Importance of Tummy Time
Mar 14 th	Period of Purple Crying – Normal part of Infant's Development
Mar 21 st	Language Development in Babies
Mar 28 th	Power of Hindsight and Experience: What Would You Do Differently
Apr 4 th	When, How and What Solid Foods Do I Introduce to Baby
Apr 11 th	Discussion About Infant Developmental Milestones
Apr 18 th	AAP Recommendations Regarding Safe Sleep and Swaddling
Apr 25 th	The Gatekeeper Mom Trap
May 2 nd	Maternity Leave: Tips for Returning to Work
May 9 th	Car Seat Safety for Your Little Ones
May 16 th	Summer Safety: Sun Screens, Bug Repellents, and Babies Around Water
May 23 rd	"Get Your Body Back" by Nancy Potter, PT
May 30 th	Want Healthier Kids? Get a Pet! (and Keeping Baby Safe Around Pets)

**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.*