

Parents and Baby Group

2019 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.

Fall / Winter 2019

- Sep 4: Safe Sleep Recommendations and Baby Equipment
- Sep 11: 7 Tips For Better Sleep by Alison Milam, Pedi Sleep Consultant
- Sep 18: The Importance of Tummy Time by Pedi Physical Therapist
- Sep 25: "Get Your Body Back" by Nancy Potter, PT
- Oct 2: Language Development in Babies and How to Promote It by Speech Therapist
- Oct 9: Teething and Caring for Baby's Teeth by Pedi Dental Hygienist
- Oct 16: Infant Developmental Milestones by a Pedi OT
- Oct 23: "What Happens When You're Gone?" Candice O'Neil, Esq. at Hudkins and O'Neil
- Oct 30: Nutrition for Mom and Baby and When, How and What Solid Foods Do I Introduce by Eileen Behan, Registered Dietician
- Nov 6: All You Need to Know About Baby Wearing
- Nov 13: Sick Baby: When to Call the Doctor
- Nov 20: Postpartum Depression and Maternal Self-Care by Susie Moffitt Curtis, Maternal Health Therapist
- Dec 4: "Keeping Your Baby Safe in the Car" by Officer Dave Clark of the Amesbury Police Department
- Dec 11: Making the Holidays Safe for Baby and Creating Your Own Holiday Traditions
- Dec 18: Reading to baby by Miss Courtney, Wiggig Memorial Children's Librarian

**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.*