

# Parents and Crawler/Toddler Group

## 2019 Schedule

The Family Center's Parent and Crawler/Toddler Group meets every Monday of every month from 9:30 AM – 10:45 AM in the Family Center Conference Room located on the 3<sup>rd</sup> floor of the hospital.

The groups are FREE and no registration is necessary. Children from 9 months to 30 months are welcome to attend.

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



Are you finding your crawler and/or toddler endearing, yet very challenging to parent? Would you like to survive and enjoy this special stage of childhood? If so, come join the Parent and Crawler/Toddler Group that meets on Mondays from 9:30-10:45am in the Family Center Conference room. Led by a Family Center nurse, who is also an experienced parent, the session includes a scheduled topic with time for discussion, questions, and socialization for both you and your crawler/toddler (ages 9 months through 30 months).

### Fall / Winter 2019

- Sep 9: Shaping Young Tastes by Misa Brautigam Pignataro, Life Coach
- Sep 16: How to Promote Fine Motor Development and Sensory Issues by a Pedi OT
- Sep 23: 7 Tips for Better Sleep by Alison Milam, Pedi Sleep Consultant
- Sep 30: Gross Motor Development in Toddlers by Pedi PT
- Oct 7: Promoting Language Development in Toddlers by Pedi Speech Therapist
- Oct 21: What Happens When You're Gone? By Candice O'Neil, Esq. at Hudkins and O'Neil
- Oct 28: Is My Toddler Ready to Use the Potty? By Terry Reardon-Pollini, PNP
- Nov 4: Expectations vs. Realities: Balancing Motherhood and Self by Susie Moffit, Maternal Health Therapist
- Nov 18: Caring for Your Toddler's Teeth b Dr. Lindsay Decker, Core Pedi Dentistry
- Nov 25: Interactive Reading Session with Miss Courtney, Wiggin Memorial Child Librarian
- Dec 2: Introduction to Positive Parenting by Lisa Jacobus, LICSW
- Dec 9: The Picky Eater and Other Toddler Nutrition Issues by Eileen Behan, Registered Dietician
- Dec 16: Holiday Safety and Favorite Toys and Books

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