

Capital Health's Childbirth & Parent Education Program presents

NEW PARENT ACTIVITIES

1st QUARTER 2014



NEW PARENT MORNINGS

Held in the conference room of Capital Health - Hamilton (1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619 – for directions call the site – 609.588.5050). Discussion group for new parents and their babies (birth to eight months) facilitated by a Capital Health nurse/lactation consultant. Feel free to come when you can. Tuesdays, 10:30 am – noon (*ending promptly*). Expectant parents are also welcome. Fee \$5 per session, payable at the door. No pre-registration required. For further information, call the Childbirth and Parent Education Program at 609.303.4140.

Jan 7-	Babysitter Basics	Feb 18-	Working and Breastfeeding
Jan 14-	Sleeping, Crying, Comforting	Feb 25-	<i>Musical Babies - Music Together Mini Class</i> Guest musician – A trained teacher from Music Together Princeton Lab School
Jan 21-	Overcoming Breastfeeding Problems	Mar 4-	Best Resources for Parenting Advice
Jan 28-	<i>Bounce Back Into Shape After Birth</i> Guest speaker – Kristin Menapace, Baby Boot Camp®. Bring your baby in the stroller.	Mar 11-	Games Babies Play Bring your baby's favorite toy or play idea.
Feb 4-	Mommy Challenges and Rewards	Mar 18-	Breastfeeding – Dealing With Advice
Feb 11-	Staying Two When Baby Makes Three – Nurturing Your Couple Relationship	Mar 25	Child Care Choices Guest speaker – Mary Innocenzi, Owner, Village Learning Center

BREASTFEEDING MOMS GROUP – Held in the conference room of Capital Health – Hamilton (1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619 – for directions call the site – 609.588.5050). A breastfeeding discussion group facilitated by a Capital Health nurse/lactation specialist. Expectant women interested in breastfeeding, mothers and their nursing babies welcome. Feel free to come when you can. *Third* Tuesday of the month (except December), 10:30 am – noon (*ending promptly*). Fee \$5 per session, payable at the door. No pre-registration required. For further information, call the Childbirth and Parent Education Program at 609.303.4140.

January 21 – Overcoming Breastfeeding Problems
February 18 – Working and Breastfeeding
March 18 – Breastfeeding – Dealing With Advice

HAPPIEST BABY ON THE BLOCK CLASS™ – Wednesday, January 15, 2014, 6:30 – 8 pm. For expectant and new parents with babies up to three months. Learn pediatrician Dr. Harvey Karp's innovative approach to baby calming. The class will include Dr. Karp's four principles of soothing babies – the missing 4th trimester, the calming reflex, the five S's, and the cuddle cure. Taught by Capital Health's Donna Hlubik, Certified Happiest Baby Educator. Held in the conference room of Capital Health - Hamilton (1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619 – for directions call the site – 609.588.5050). Class fee is \$40 (includes swaddling blanket, instructional DVD and soothing sounds CD valued at \$40). To register, visit www.capitalhealth.org/childbirth.

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