

Capital Health's Childbirth & Parent Education Program presents

# NEW PARENT ACTIVITIES

2nd 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.

April 1	Adjusting to Parenthood	May 13	Fun Places to Take Your Baby
April 8	"Mommyese" – What new mothers need to learn to say	May 20	Breastfeeding in Public
April 15	Breastfeeding in a Bottle Feeding Culture	May 27	<b><i>Babywearing 101</i></b> Guest speaker – Rachel Ullman, Quirkybaby baby slings & carriers
April 22	How to Run a Playgroup	June 3	Read to Me – Bring your baby's favorite book
April 29	<b><i>Massage for Mommy</i></b> Guest Speakers – Staff members from Oasis Spa at Hopewell	June 10	Every Baby Has a Story – Birth Memories
May 6	Starting "Solid" Foods	June 17	Working and Breastfeeding
		June 24	<b><i>Nutrition Tips When Feeding Young Children – How to Start Healthy Eating Habits That Will Last a Lifetime</i></b> Guest speaker – Mindy Komosinsky, RD, CDE, Capital Health Nutritionist

**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 each month, 10:30 am – noon (*ending promptly*). Fee \$5 per session, payable at the door. No pre-registration required.

April 15 – Breastfeeding in a Bottle Feeding Culture

May 20 – Breastfeeding in Public

June 17 – Working and Breastfeeding

**FAMILY & FRIENDS CPR TRAINING** – Monday, March 31, 2014, 6 – 8 pm Capital Health Medical Center – Hopewell. Sign up for this free class being offered by Capital Health Community Health Education/Emergency Medical Services departments. Participants will be taught how to perform CPR on adults, children, and infants, and how to help people who are choking. The course is designed for family members, friends, and members of the general community who want to learn CPR, but do not need a completion card. Register by calling 609.394.4153 or register online at [www.capitalhealth.org/events](http://www.capitalhealth.org/events)

**HAPPIEST BABY ON THE BLOCK CLASS™** – Thursday, April 3, 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 4<sup>th</sup> trimester, the calming reflex, the 5 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](http://www.capitalhealth.org/childbirth).

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