

NEW PARENT ACTIVITIES

3rd 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.

July 1	Summering with Baby	Aug 19	Working and Breastfeeding
July 8	Babyproofing – Making Your Home Safe for Baby	Aug 26	<i>Musical Babies - Music Together Mini Class</i> Guest musician – trained teacher from Music Together Princeton Lab School
July 15	Overcoming Breastfeeding Challenges	Sept 2	Used Worth Using – Exploring Area Consignment & Thrift Stores
July 22	Sleeping, Crying, Comforting	Sept 9	Games Babies Play – Bring your baby's favorite toy
July 29	<i>Sex After Baby</i> Guest speaker – Sarah Wistreich, DO, Capital Health Center for Women's Health	Sept 16	Breastfeeding – Dealing With Advice
Aug 5	Best Resources for Parenting Advice	Sept 23	Mommy Challenges and Rewards
Aug 12	Babysitter Basics	Sept 30	<i>Are We There Yet? – Proper Use of Child Safety Seats</i> Guest speaker – Nancy Distelcamp, RNC, CEN, Capital Health Injury Prevention Coordinator

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.

July 15 – Overcoming Breastfeeding Challenges
August 19 – Working and Breastfeeding
September 16- Breastfeeding – Dealing With Advice

FAMILY & FRIENDS CPR TRAINING – Monday, September 29, 2014, 5 – 7 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.

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