

Capital Health's Childbirth & Parent Education Program presents

NEW PARENT ACTIVITIES

4th QUARTER 2013



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.

Oct 1	Birth Memories – Telling Birth Stories	Nov 12	How to Run a Playgroup
Oct 8	Read to Me – Bring your baby's favorite book	Nov 19	Fathers and Breastfeeding
Oct 15	Working and Breastfeeding	Nov 26	Babywearing 101 – Guest speaker – Rachel Ullman, Quirkybaby baby slings & carriers
Oct 22	How to Run a Playgroup	Dec 3	Sleeping, Crying, Comforting
Oct 29	Massage for Mommy – Guest Speakers – Staff members from Oasis Spa at Hopewell	Dec 10	Holiday Party – Have a relaxed visit with Santa. Bring your camera and a wrapped gift (\$5–7 value) for infant birth to one year for gift exchange.
Nov 5	Holidays with Baby-Creating New Traditions		

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.

October 15 – Working and Breastfeeding
November 19 – Fathers and Breastfeeding

HAPPIEST BABY ON THE BLOCK CLASS™ – Wednesday, October 2, 2013, 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). For more information and to register, call 609.303.4140 or visit www.capitalhealth.org/childbirth.

Capital Health Medical Center - Hopewell
Childbirth and Parent Education
One Capital Way
Pennington, New Jersey 08534
www.capitalhealth.org/childbirth
(609) 303-4140

