

Capital Health's Childbirth & Parent Education Program presents

NEW PARENT ACTIVITIES

1st 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 8 months) facilitated by a Capital Health nurse/lactation consultant. Feel free to come when you can. Tuesdays, 10:30 am – 12 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) 394-4140.

Jan 1	Happy New Year! No meeting	Feb 19	Working and Breastfeeding
Jan 8	"Mommyese" – What new mothers need to learn to say	Feb 26	Bounce Back into Shape After Birth Guest speaker – Kristin Menapace, Baby Boot Camp®. Bring your baby in the stroller.
Jan 15	Fathers and Breastfeeding	Mar 5	Best Resources for Parenting Advice
Jan 22	Used Worth Using – Exploring local thrift and consignment shops	Mar 12	Babysitter Basics
Jan 29	Superbaby – Keeping Your Baby Well this Winter Guest Speaker Lou Tesoro, MD The Pediatric Group	Mar 19	Overcoming Breastfeeding Challenges
Feb 5	Every Baby has a Story – Birth Memories	Mar 26	Musical Babies - Music Together Mini Class Guest musician – trained teacher from Music Together Princeton Lab School
Feb 12	Read to Me – Bring Your baby's favorite book		

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. For further information, call the Childbirth and Parent Education Program at (609) 394-4140.

January 15 – Fathers and Breastfeeding
February 19 – Working and Breastfeeding
March 19 – Overcoming Breastfeeding Challenges

HAPPIEST BABY ON THE BLOCK CLASS™ – Tuesday, January 8, 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 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). For more information and to register, call (609) 394-4140 or visit www.capitalhealth.org/childbirth.

FAMILY & FRIENDS CPR TRAINING - Wednesday, February 20, 2013, 9-11 AM, 1-3 PM or 5-7 PM. Sign up for one of these FREE Family and Friends CPR classes being offered by Capital Health Community Education/ Emergency Medical Services (EMS). Participants will be taught how to perform CPR on adults, children, and infants, and how to help people that are choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. . Held in the conference room of Capital Health - Hamilton (1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619. Call the EMS Education Department at 609-815-7291 to reserve a space.

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