

Capital Health's Childbirth & Parent Education Program presents

NEW PARENT ACTIVITIES

1st QUARTER 2012



NEW PARENT MORNINGS

Held in the conference room of Capital Health in 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 3	Talking About Vaccines	Feb 21	Working and Breastfeeding
Jan 10	Best Toys for Babies	Feb 28	Child Care Choices Guest speaker – Mary Innocenzi, Owner, Village Learning Center
Jan 17	Fathers and Breastfeeding	Mar 6	Getting Your Baby to Sleep
Jan 24	Best Resources for Parent Advice	Mar 13	Babysitter Basics
Jan 31	A Healthy Start for Baby – Why Organic Foods Are Best For Baby & How To Prepare Homemade Baby Food Guest speaker – Nicole Koroghlian Auker, MSW HAPPYFAMILY	Mar 20	Nursing Your Baby Anywhere
Feb 7	Every Baby Has a Story – Birth Memories	Mar 27	Nutrition Tips When Feeding Young Children – How to start healthy eating habits that will last a lifetime Guest speaker – Mindy Komosinsky, RD, CDE, Capital Health Nutritionist
Feb 14	Baby Proofing – Making Your Home Safer for Baby		

BREASTFEEDING MOMS GROUP

Held in the conference room of Capital Health in 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, 10:30 am – 12 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 17 – Fathers and Breastfeeding
February 21 – Working and Breastfeeding
March 20 – Nursing Your Baby Anywhere

HAPPIEST BABY ON THE BLOCK CLASS™ – Thursday, January 26, 2012, 7 – 8:30 pm. For expectant and new parents with babies up to 3 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 in 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.

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