

NEW PARENT ACTIVITIES

1st QUARTER 2019



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 six months) facilitated by a Capital Health nurse/lactation consultant. Feel free to come when you can. Tuesdays, 10 – 11:30 am (*ending promptly*). Expectant parents are also welcome. No charge. No pre-registration required.

Jan 1	No meeting	Feb 19	Breastfeeding Friendly Pediatric Care
Jan 8	Winter with Baby – Avoiding “Cabin Fever”	Feb 26	<i>Read to Me</i> Guest speaker – Briana Cahill, Youth Services Librarian Mercer County Library System
Jan 15	Breastfeeding - Advocating for Yourself	Mar 5	Making Your Home Safer for Baby
Jan 22	Is it the Baby Blues or Something Else?	Mar 12	Baby Signs – Pre-verbal Baby Communication
Jan 29	<i>Mom & Baby Yoga Demo Class</i> Guest speaker - Leslie Hadley, ERYT, RPYT, CHHC, yoga instructor. <i>Please be sure to bring your mat and wear comfortable clothes</i>	Mar 19	Working and Breastfeeding
Feb 5	Every Baby Has a Story – Telling Birth Stories	Mar 26	<i>Musical Babies – Music Together Mini Class</i> Guest musician – Music Together lead teacher
Feb 12	Staying Two When Baby Makes Three – Nurturing Your Couple Relationship		

BREASTFEEDING MOMS GROUP

Held in the conference room of Capital Health - Hamilton at 1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619 (for directions, call 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 – 11:30 am (*ending promptly*). No charge. No pre-registration required.

January 15 – Breastfeeding – Advocating for Yourself
February 19 – Breastfeeding Friendly Pediatric Care
March 19 – Working and Breastfeeding

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Minds Advancing Medicine