

NEW PARENT ACTIVITIES

4th QUARTER 2018



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.

Oct 2	Family Size – Is it time for Another Child?	Nov 20	Dealing With Breastfeeding Challenges
Oct 9	Baby Sitter Basics	Nov 27	<i>Keeping Your Baby Healthy/Coping With a Sick Baby</i> Guest speaker-Eugene Shapiro, MD, Delaware Valley Pediatric Associates
Oct 16	Working and Breastfeeding	Dec 4	Baby-Led Weaning
Oct 23	Making Your Own Baby Food	Dec 11	<i>Holiday Party</i> – Have a relaxed visit with Santa. Bring your camera and a wrapped gift (\$7–10 value) for infant 6 months to one year if you wish to participate in gift exchange
Oct 30	<i>Musical Babies – Music Together Mini Class</i> Guest musician – Music Together lead teacher	Dec 18	No meeting
Nov 6	Mommy Challenges – Making Time for Yourself	Dec 25	No meeting
Nov 13	Holidays with Baby – New Traditions		

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.

October 16 – Working and Breastfeeding
November 20 – Dealing With Breastfeeding Challenges

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