

NEW PARENT ACTIVITIES

2nd 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.

April 2	Making Your Own Baby Food	May 21	Working and Breastfeeding
April 9	Mommy Challenges – Making Time for Yourself	May 28	<i>Baby Genius – Learn How Babies Learn!</i> Guest speakers – Researchers from Princeton University's Baby Lab
April 16	Dealing With Breastfeeding Challenges	June 4	Baby-Led Weaning
April 23	Fun Places to Take Your Baby	June 11	Getting Ready for Summer
April 30	<i>Massage for Mommy</i> – Guest speakers – Staff members from Oasis Salon & Wellness Spa in Hopewell	June 18	Breastfeeding in Public
May 7	Every Day is Mother's Day – Affirming Yourself	June 25	<i>Choosing Child Care</i> Guest speaker – Angela Gering, Director, The Village Learning Center in Pennington
May 14	Baby Sitter Basics This session <i>only</i> will be held in the conference room of 1401 Whitehorse-Mercerville Road		

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.

April 16 – Dealing With Breastfeeding Challenges

May 21 – Working and Breastfeeding

June 18 – Breastfeeding in Public

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