

NEW PARENT ACTIVITIES

3rd 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.

July 2	Every Baby Has a Story – Telling Birth Stories	Aug 20	Breastfeeding – Nurturing Your Support System
July 9	Fun Places to Take Your Baby	Aug 27	<i>Musical Babies – Music Together Mini Class</i> Guest musician – Music Together lead teacher
July 16	Working and Breastfeeding	Sept 3	Autumn With Baby
July 23	Baby Signs – Preverbal Baby Communication	Sept 10	Is it the Baby Blues or Something Else?
July 30	<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>	Sept 17	Breastfeeding Friendly Pediatric Care
Aug 6	Making Your Home Safer for Baby	Sept 24	<i>Infant Massage Demo Class</i> Guest speaker – Nancy McCormack, Licensed Massage Therapist
Aug 13	Starting a Playgroup		

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.

July 16 – Working and Breastfeeding
August 20 – Nurturing Your Support System
September 17 – Breastfeeding Friendly Pediatric Care

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