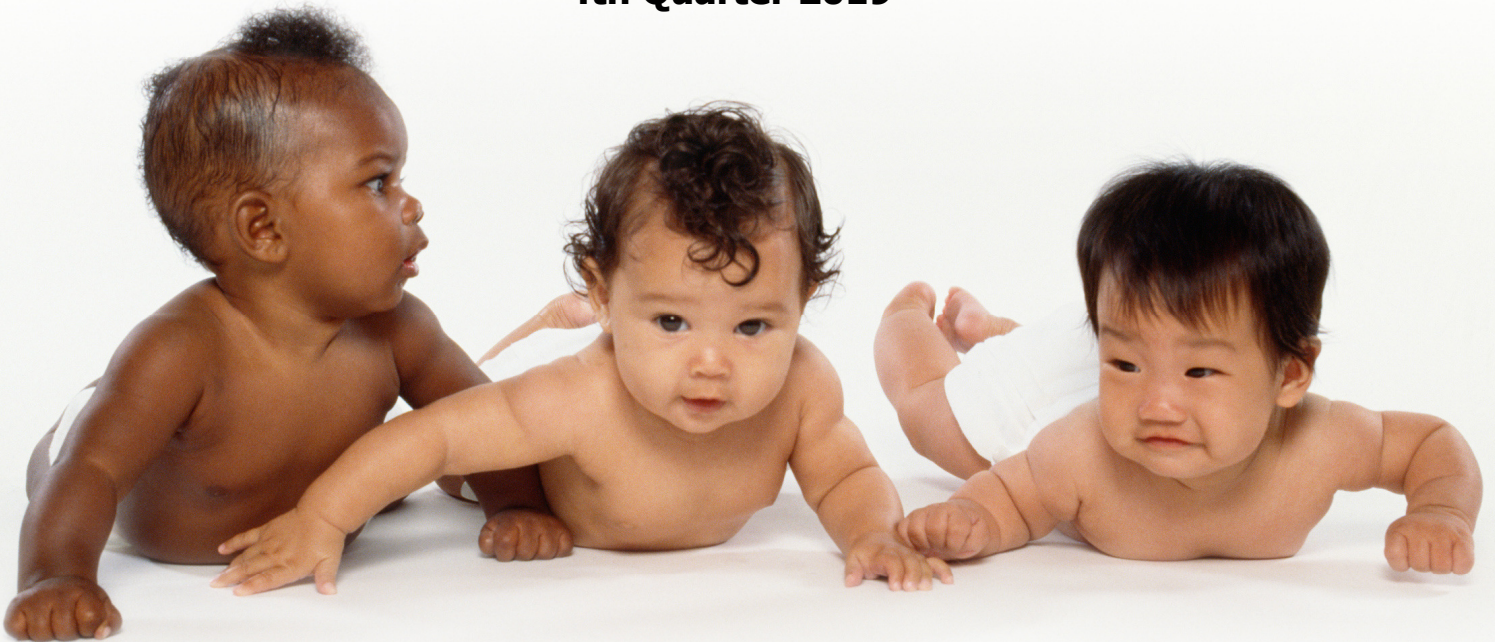


NEW PARENT ACTIVITIES

4th 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.

Oct 1	Making Your Own Baby Food	Nov 12	Holidays with Baby – Creating new traditions
Oct 8	Is it the Baby Blues or Something else?	Nov 19	Breastfeeding Challenges
Oct 15	Working and Breastfeeding	Nov 26	<i>Read to Me</i> Guest speaker – Briana Cahill, Youth Services Librarian Mercer County Library System
Oct 22	Starting a Playgroup	Dec 3	Winter with Baby – Avoiding “cabin fever”
Oct 29	<i>Musical Babies</i> Guest musician - Barbara Lysenko, co-author Kids’ MusicRound	Dec 10	<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
Nov 5	Mommy Time – Making time for yourself		
		Dec 17	No meeting
		Dec 24	No meeting
		Dec 31	No meeting

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 15 – Working and Breastfeeding
November 19 – Breastfeeding Challenges

Capital Health Medical Center - Hopewell
Childbirth and Parent Education
One Capital Way
Pennington, New Jersey 08534
www.capitalhealth.org/childbirth
(609) 303-4140



capitalhealth

Minds Advancing Medicine