

NEW PARENT ACTIVITIES

1st Quarter 2020



NEW PARENT MORNINGS

Held in the conference room of Capital Health - Hamilton (1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619 – for directions call the site at 609-588-5050 or [click here](#)). 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.

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| Jan 7 | Every Baby Has a Story – Telling Birth Stories | Feb 25 | <i>Baby Wearing 101</i> Guest speaker – Lucy Fronheiser, Central NJ Baby Wearing group. Bring your carriers |
| Jan 14 | Making Your Home Safer for Baby | Mar 3 | Baby Signs – Preverbal Baby Communication |
| Jan 21 | Breastfeeding Moms - Working and Breastfeeding | Mar 10 | Baby Sitter Basics |
| Jan 28 | <i>Baby Genius—Learn How Babies Learn!</i> Guest speakers – Researchers from Princeton University’s Baby Lab | Mar 17 | Breastfeeding Moms – Breastfeeding Friendly Pediatric Care |
| Feb 4 | Nurturing Your Support System | Mar 24 | Making Time for Yourself |
| Feb 11 | Staying Two When Baby Makes Three – Nurturing Your Couple Relationship | Mar 31 | <i>My Gym Moving Together Demo Class</i> New moms ease back into a workout with their babies. Guest Speaker – Instructor from My Gym Princeton. Bring a baby blanket and a wearable baby carrier. |
| Feb 18 | Breastfeeding Moms – Coping With Negativity | | |

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 or [click here](#)). 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 21 – Working and Breastfeeding
February 18 – Coping with Negativity
March 17 – Breastfeeding-Friendly Pediatric Care

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