

NEW PARENT ACTIVITIES

2nd 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). Discussion group for new parents and their babies (birth to six months) facilitated by a Capital Health 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.

Apr 7	Welcome Spring! – Getting Outside with Your Baby	May 26	<i>Massage for Mommy</i> Guest speakers – Staff members from Oasis Salon & Wellness Spa
Apr 14	Is it the Baby Blues or Something Else?	June 2	Fun Places to Take Your Baby
Apr 21	Breastfeeding Moms – Advocating for Yourself	June 9	Making Your Home Safer for Baby
Apr 28	<i>Financial Planning for Growing Families</i> Guest speaker - John Sarbello, Empower Financial Counselor	June 16	Breastfeeding Moms –Working and Breastfeeding
May 5	Making Your Own Baby Food	June 23	Summer with Baby
May 12	Every Baby Has a Story – Telling Birth Stories	June 30	<i>Postpartum Pelvic Wellness</i> Guest Speakers - Shanna Gunter and Felicia Taveira, physical therapists specialty trained in pelvic floor dysfunction, Capital Health Rehabilitation Services
May 19	Breastfeeding Moms – Time to Wean?		

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 lactation consultant. 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 21 – Advocating for Yourself
May 19 – Time to Wean?
June 16 – Working and Breastfeeding

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