

### **Baby Village - Baby and Me Support Group** (Fridays 11:30am-12:30am \* \$5/person)

Parents, Grandparents, Caregivers & Children (ages 0-12 months & siblings) are welcome to give and get support, socialize, network and learn. Topics include; Motherhood, Fatherhood, Baby, Pregnancy and Postpartum.

-Every Friday

### **Baby Village - Working Parent Support Group** (Wednesdays 7:30pm-8:30pm \* \$5/person)

Are you a working Parent? Come join us in this facilitated support group to give and get support, socialize, network and learn from other working parents. Discussions include; “juggling it all” and “making it a successful journey”.

-2nd Wednesday of every month beginning April 8, 2009

### **Baby Signs® Parent Workshop** (Wednesdays 7:30pm-9:00pm \* \$40/family)

In this workshop, you will receive your “Parent Kit” introducing you to the history of the Baby Signs® movement and research. Learn the benefits of incorporating sign language into your family life before your child(ren) are verbal.

-Last Wednesday of every month beginning March 25, 2009

### **Breastfeeding** (Thursdays 6:30pm-8:30pm \* \$35/person)

Gain a valuable understanding of breastfeeding techniques and benefits. Learn simple ways to avoid common problems. Understand effective positioning of the baby at the breast and easy ways to know if your baby is getting enough milk. With doll demonstrations, you will learn the best way to hold your baby to ensure your comfort and successful breastfeeding.

-April 2, 2009 \* May 7, 2009 \* June 11, 2009

### **Caring for Your Newborn** (Tuesdays 7:00pm-9:00pm \* \$35/couple)

This class covers newborn hygiene, dressing, swaddling, and bathing. We cover many basics and often misunderstood aspects of caring for your new bundle of joy. This class also offers a full baby items list of necessary items and an overview of what products are really practical before delivery through the first three months.

-March 24, 2009 \* April 28, 2009 \* June 2, 2009

### **Infant/Child CPR & First Aid** (Mondays 7:00pm-9:00pm \* \$45/person)

This class provides expectant parents and old timers with a clear understanding of how to administer infant and child CPR. We also cover choking, first aid, and health issues that pertain to children newborn thru one year.

-March 30, 2009 \* May 11, 2009 \* June 22, 2009

### **Journey to Parenthood** (Wednesdays 6:30pm-9:30pm \* \$50/couple)

In preparing for your new baby, attention during the pregnancy and postpartum period is generally focused on the baby. This class is not about your child, but it is about you as individuals and as a couple. This is the time to express concerns, anxieties, and fears about becoming a parent for the first time. Our goal in this course is to help you prepare yourselves for this amazing, challenging, and exciting transition to parenthood.

May 13, 2009 \* June 7, 2009

### **Prepared Childbirth Education** (Mondays 7:00pm-9:00pm \* \$100/couple)

Learn how to prepare for your labor and delivery, be an involved participant in your birth, and use informed consent decisions (know what to ask) as you bring your baby into the world! We will offer you the opportunity to not only be better prepared for the birth, but also educate you on the possibilities of the birth you didn't expect and how to manage that with peace and understanding. *5 week series.*

-April 6, 2009 \* May 18, 2009

\*dates and times subject to change

### **HypnoBirthing®** (Tuesdays 7:00pm-9:30pm)

This powerful four week course teaches parents how to use hypnosis, breathing and visualization techniques to ease pain and discomfort during pregnancy and labor. Program highlights include; the stages of labor, how fear affects pain in labor, how to prepare the birth plan, how to prevent tearing and episiotomy. *4 class series.*

-March 31, 2009 \* May 5, 2009 \* June 9, 2009