

the childbearing society

POSTPARTUM CIRCLES: for parents and babies

Mt Pleasant Neighbourhood House, 800 East Broadway

September 2011: Wednesdays 1:00pm – 2:30pm

October & November 2011: Tuesdays 12:30pm – 2pm

September Topics, 2011, Wednesdays 1pm – 2:30pm

Sept 7	Adjusting to Parenthood (instructor: Stephanie) Baby Blues, Finding time, Settling into being a mother
Sept 14	Childcare Choices (instructor: Melina) Guest Speaker: Westcoast Childcare Resource Centre How to choose, What are the options
Sept 21	Play (instructor: Molly) Guest Speaker: Gymboree The importance of play, How to play with baby, Games
Sept 28	Attachment & Discipline (instructor: Stephanie) Guest Speaker: Dr Susie Lang-Gould (The Neufeld Group) Attachment & Bonding, What about discipline

October Topics, 2011, Tuesdays 12:30 – 2pm

October 4	Nutrition (instructor: Melina) Guest Speaker: Kerry Longia, Baby Led Feeding Breastfeeding, Introducing solids
October 11	Infant Development (instructor: Molly) Guest Speaker: DJ McKinnon, Elimination Communication Cognitive, Sensory, Emotional, & Physical Development
October 18	Sleep (instructor: Stephanie) What is normal, Solutions for tired parents
October 25	Health & Safety (instructor: Melina) Guest Speaker: Dr Mia Kalef, Emerging Families Keeping baby well, Warning signs, Home remedies

November Topics, 2011, Tuesdays 12:30 – 2pm

Nov 1	Baby Gear (instructor: Molly) Guest Speaker: Tanis Frame, Mamamaven The good, the bad, the unnecessary
Nov 8	Touch & Massage (instructor: Stephanie) Guest Speaker: Silke Fraser RMT The importance of touch, infant massage
Nov15	Crying & Colic (instructor: Melina) Guest Speaker: Dr Stephanie Bonn, DC What is colic, Why babies cry, Soothing the sad baby
Nov 22	Communication (instructor: Molly) Guest Speaker: Gymboree, Baby Sign Language Baby's cues, Listening to baby

*NOTE THERE IS NO CLASS ON 29 NOVEMBER

THERE ARE NO CLASSES IN DECEMBER

All classes are for parents and their babies. Note that each class will also include time for open questions and networking.

If possible, please bring a snack to share during the class.

Instructors

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Please feel free to call at any time, for any reason.