

2017 - 2018

The Childbearing Society

POSTPARTUM CIRCLES for parents and babies

3569 Commercial Street (south of 18th)

12:30pm - 2pm, Mondays

2017 Come early for Breastfeeding Clinics: 11am - 12:30pm

09-Oct-17 **No Class**

16-Oct-17 **Infant Massage**

Guest Speaker: Amy Newel, RMT
Massage Techniques; The importance of touch

Aleks

23-Oct-17 **Sleep**

Is baby getting enough sleep? Are you?

Stephanie

30-Oct-17 **Infant Health, Infant treatments**

Guest Speaker: Dr Vajeh Dasht-Laali
Needle-free acupuncture and other options for baby

Debra

06-Nov-17 **Yoga for Moms & Babies**

Guest Speaker: Lori Lucas, Prenatal/Postpartum Yogini
Postpartum yoga for you and your little one(s)

Shahrzad

13-Nov-17 **No class**

20-Nov-17 **Babywearing**

Guest Speaker: Megan Taylor
Kangaroo secrets: slings, back packs and carriers

Aleks

27-Nov-17 **Play**

Guest Speaker: Cherrie Tam, NuBaby
How to play with your baby; Why it's important

Debra

04-Dec-17 **Understanding Baby's Thoughts & Feelings**

Guest Speaker: Laura Mayne, Heartswell Parents Counseling
What is your baby really thinking, and why is it important?

Melina

11-Dec-17 **Baby Sign Language**

Guest Speaker: Lee Ann Steyns, Babysigning
Is s/he trying to tell me something? Decoding baby's language

Aleks

POSTPARTUM CLASSES COST \$5, or 5 classes for \$20.

All classes are for parents AND their babies.

WE HAVE NO ROOM FOR STROLLERS OR CARSEATS. Please leave them at home or in the car. These are baby friendly classes, and all feeding methods are welcome with NO need to use a tent or cover (unless you genuinely prefer to do so).

Instructors

Stephanie Ondrack

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Melina Auerbach

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Please feel free to contact us at any time, for any reason.

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| 08-Jan-18 | Infant Massage | Aleksandra |
| | Guest Speaker:
Massage Techniques; The importance of touch | |
| 15-Jan-18 | Attachment & Discipline | Stephanie |
| | What's this attachment hype all about; how does it relate to discipline? | |
| 22-Jan-18 | Diaper Choices and Diaper Free | Shahzad |
| | Guest Speaker:
Cloth, Paper, Starkers! Can babies really skip the diapers? | |
| 29-Jan-18 | Postpartum Fitness | Debra |
| | Guest Speaker:
Easing back into fitness the right way | |
| 05-Feb-18 | Baby Safety & Emergencies | Aleksandra |
| | Guest Speaker:
Are you prepared? Would you know what to do if? | |