

2019

The Childbearing Society

POSTPARTUM CIRCLES for parents and babies

3569 Commercial Street (south of 18th)

12:30pm - 2pm, Mondays

2019 Come early for Breastfeeding Clinics: 11am - 12:30pm

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|-----------|--|------------|
| 07-Jan-19 | Infant Massage
Guest Speaker: Annie Clarke, RMT
How to massage baby; Importance of touch | Aleksandra |
| 14-Jan-19 | Infant Health Options
Guest Speaker: Shahrzad Tayebi, Craniosacral Therapist
Craniosacral Care for Infants | Shahrzad |
| 21-Jan-19 | Sleep
Is baby getting enough? Are you? | Stephanie |
| 28-Jan-18 | Postpartum Fitness
Guest Speaker: Janet Kimmel, Physiotherapist
Easing back into fitness the right way | Shahrzad |
| 04-Feb-19 | Breastfeeding, Pumping, Milk Storage
Troubleshooting, tips, and secrets you probably didn't know | Shahrzad |
| 11-Feb-19 | Adjusting to Parenthood
Guest Speaker: Stephanie Jhala, All The Mama Feels
Mothers empowered! Finding your centre, finding your feet. | Melina |
| 18-Feb-19 | No Class | |
| 25-Feb-19 | Infant Development
Guest Speaker: Dr Deborah Bell, Psychologist
Tracking baby's milestones, seeing baby's progress | Debra |
| 04-Mar-19 | Babywearing
Guest Speaker: Dr Stephanie Bonn DC
The 4th trimester; kangaroo care, babywearing, skin contact | Shahrzad |
| 11-Mar-19 | Introducing Solids
Guest Speaker:
So long spoons; bye bye mush! | Stephanie |
| 18-Mar-19 | Play
Guest Speaker:
How to play with baby; Why it's important | Debra |

25-Mar-19 **Infant Health & Wellness**

Shahrzad

Guest Speaker:

Keeping baby healthy; Dealing with common illnesses

BREASTFEEDING CLINIC: \$20

POSTPARTUM CLASSES: \$5 per class, 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.