

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 Anna Khaylis, Sandstory Psychology
Baby's Emotional Development Into Full Personhood | 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: Andrea Potter, Nutritionist
So long spoons; bye bye mush! | Stephanie |
| 18-Mar-19 | Play
Guest Speaker: Cherrie Tam, NuBaby
How to play with baby; Why it's important | Debra |

25-Mar-19	Marriage after Baby Guest Speaker: Alison Holland, counsellor Navigating a shifting relationship with your partner	Shahrzad
01-Apr-19	Infant Health & Wellness Guest Speaker: Dr Stephanie Peltz, ND Keeping baby healthy; Dealing with common illnesses	Debra
08-Apr-19	Sleep Is baby getting enough? Are you?	Stephanie
15-Apr-19	Childcare Choices Guest Speaker: Westcoast Childcare Resource Ctr What are the options. How to find the right fit.	Melina
22-Apr-19	No Class	
29-Apr-19	Infant Massage Guest Speaker: Annie Clarke RMT How to massage baby; Importance of touch	Shahrzad
06-May	Baby Signing Guest Speaker: Lee Ann Steyns, Signing with Baby Communicate with your baby! Learn some easy signs.	Debra
13-May-19	Infant Health Options Guest Speaker: Dr Vajeh Dasht Laali Needle-Free Acupuncture for Babies	Aleksandra
20-May-19	No Class	
27-May-19	Attachment & Discipline From clinginess to independence: developmental theory made simple	Stephanie

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

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