

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** Shahrzad
Guest Speaker: Alison Holland, counsellor
Navigating a shifting relationship with your partner
- 01-Apr-19 **Infant Health & Wellness** Debra
Guest Speaker: Dr Stephanie Peltz, ND
Keeping baby healthy; Dealing with common illnesses
- 08-Apr-19 **Sleep** Stephanie
Is baby getting enough? Are you?
- 15-Apr-19 **Childcare Choices** Melina
Guest Speaker: Westcoast Childcare Resource Ctr
What are the options. How to find the right fit.
- 22-Apr-19 **No Class**
- 29-Apr-19 **Infant Massage** Shahrzad
Guest Speaker: Annie Clarke RMT
How to massage baby; Importance of touch
- 06-May **Baby Signing** Debra
Guest Speaker: Lee Ann Steyns, Signing with Baby
Communicate with your baby! Learn some easy signs.
- 13-May-19 **Infant Health Options** Aleksandra
Guest Speaker: Dr Vajeh Dasht Laali
Needle-Free Acupuncture for Babies
- 20-May-19 **No Class**
- 27-May-19 **Attachment & Discipline** Stephanie
From clinginess to independence: developmental theory made simple
- 03-Jun-19 **Recovering from Birth** Debra
Guest Speaker: Dr Katya Sivak, Psychologist
Difficult, traumatic, unexpected: emotions from birth
- 10-Jun-19 **Postpartum Fitness** Shahrzad
Guest Speaker: Janet Kimmel, Physiotherapist
Easing back into fitness the right way
- 17-Jun-19 **Diapering Options and Diaper Free** Stephanie
Guest Speaker: Charlotte Watson, EC
Diaper free? Are you kidding?
- 24-Jun-19 **Adjusting to Parenthood** Shahrzad
Guest Speaker: Steph Jhala, All the Mama Feels

Navigating this huge shift in identity and lifestyle

01-Jul-19 **No Class**

08-Jul-19 **Introducing Solids**

Guest Speaker:
So long spoons; bye bye mush!

Debra

15-Jul-19 **Communicating with Baby**

Guest Speaker:
Baby's emotions, feelings, and expressions

Shahrzad

22-Jul-19 **No Class**

29-Jul-19 **Infant Health Options**

Guest Speaker: Shahrzad Tayebi, Craniosacral Therapist
Craniosacral Care for Infants

Shahrzad

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