

Valley Hospital's Center for Women, Children and Family

PRESENTS BIRTH, BABY & BEYOND — NETWORKING AND SOCIALIZING

BABY ER

Learn what to do in case of an emergency with your baby. This is not a certification class.

January 28, 7 – 8:30 p.m.

April 7, 10-11:30 a.m.

September 30, 7-8:30 p.m.

BABY MASSAGE

Learn techniques to soothe your baby. As a bonus, just in time for Valentine's day, learn some simple massage techniques to soothe your partner.

Also, receive a complimentary chair massage.

February 10, 10-11:30am

BABY PHOTOGRAPHY

New, expectant & seasoned moms welcome.

Learn to take fabulous photos of your baby.

February 25, 7 – 8:30 p.m.

October 28, 7-8:30 p.m.

SLEEP TRAINING

Learn how to get more sleep. Fail safe techniques to master getting your baby/toddler sleeping through the night or on a regular nap.

If you need more sleep, chances are so does your baby. With more sleep you'll be ready for our summer

fitness & nutrition challenge.

March 10, 10-11:30am

RAISING A "GREEN" BABY

Know exactly what is going in & on your baby.

Learn simple ways to use the most natural foods, lotions, cleaning products, and more.

March 25, 7 – 8:30 p.m.

DEVELOPMENTAL STAGES & BABY SIGN LANGUAGE

Learn the development stages of your baby from birth through toddler years & the benefits of communicating with baby before they can use words.

April 22, 7 – 8:30 p.m.

October 13, 10-11:30 a.m.

MOM & BABY NUTRITION 101

Learn about the impact of poor nutrition on learning capacity, cognitive function, social adaptability, behavior issues, diabetes, obesity, and general health for you & your baby.

Start eating right & have more energy and receive a complimentary chair massage for Mother's Day.

May 5, 10-11:30am

COOKING FOR BABY

Presentation on the health benefits of choosing organic ingredients/foods, why children are at a greater risk to pesticide exposure and tips for going organic at home without breaking the bank.

Includes a yogurt parfait tasting!

July 7, 10-11:30am

BEST TOYS FOR THE HOLIDAYS

Learn about the best toys out there and what to get as gifts for the most special children in your life.

November 3, 10-11:30am

KNITTING FOR BABY

Make something warm as the weather gets cooler. Learn the benefits of knitting for you and your child.

November 18, 7-8:30 p.m.

BABY PROOFING YOUR MARRIAGE

Learn how to laugh more, argue less and communicate better as your family grows.

December 2, 7-8:30 p.m.

Please note:

Fee: \$20.00 per class

Pre-registration is required for all classes above.

To register, please call The Valley Hospital at 201-291-6151.

