

Birth, Baby & Beyond –

Network, socialize, and learn with other moms!

Enjoy a variety of hot topics, demonstrations and educational activities to help you have fun, stay calm, and interact with other moms, whatever stage of motherhood you are in. Refreshments included.

Classes are held at

Whole Foods, 300 Bergen Towne Center, Paramus unless otherwise noted.

(Fee: \$20 per person, unless otherwise noted)

Create Wellness –

It's More Than Genetics

Are you pro-active or reactive? Are you crisis motivated or quality-of-life motivated? New studies are coming out every day in the field of epigenetics, showing that genetic predisposition is not our destiny. In this workshop you will learn steps to improve your family's life to *create the wellness* you were all born to express!

Friday, January 14 (10:30 a.m.-noon)

Babyfest at Whole Foods, Paramus

This free event is open to all expectant moms. Enjoy a day of learning, presentations, pampering, socializing, and discount shopping. Enjoy refreshments, mingle with other moms, win awesome prizes, and more.

Saturday, January 15 (10 a.m.-1 p.m.)

Sunday, August 21 (10 a.m.-1 p.m.)

Baby Steps to Re-enter the Work Force

Learn the steps to take to position yourself and prospective employers to optimize your return to work. Learn how being a mom helps you to be a productive employee as you discuss the challenges and learn how and if you are ready to get back into the swing of things in professional employment.

Friday, January 28 (10:30 a.m.-noon)

Breast Health and Your Bra – You Can't Have One Without the Other

Learn about breast health. Topics include why underwires are bad for you, how some bras may discourage milk leakage when breast feeding, and what are breast cysts and how our bras may be encouraging them.

Friday, February 11 (10:30 a.m.-noon)

Baby ER

Learn what to do in case of an emergency (CPR, first aid, sickness, allergies, and more).

Wednesday, February 23 (7-8:30 p.m.)

Wednesday, June 22 (7-8:30 p.m.)

Wednesday, October 26 (7-8:30 p.m.)

Raising A Green Baby Through Essential Oils and Massage for Mom and Baby

Topics include use of oils for baby care, common childhood ailments, fat loss for moms, and baby blues. A demonstration of baby massage will be given.

Friday, March 11 (10:30 a.m.-noon)

To Immunize or Not to Immunize – Get Informed and Educated

Learn the facts about the benefits and risks of vaccinations. Answers to questions such as are vaccinated kids healthier?

Wednesday, March 23 (7-8:30 p.m.)

Baby Sign Language and Developmental Stages

Learn how to communicate with your baby before your baby can talk.

Friday, April 8 (10:30 a.m.-noon)

Baby Proofing Your Marriage

Learn how to keep a happy and healthy marriage once the baby arrives.

Wednesday, April 27 (7-8:30 p.m.)

Baby Photography and Modeling

Learn how to take the best picture of baby and steps on how to get your children into modeling.

Friday, May 13 (10:30 a.m.-noon)

Picky Eaters – Promoting Healthy Eating Habits In Infants/Toddlers

Friday, June 10 (10:30 a.m.-noon)





Positive Parenting

Using positive psychology as its foundation, we can raise our children to be more optimistic and happier. What traits can be learned? What should you be teaching your child? What types of environment nurtures a child towards a positive life style? What does a positive

childhood develop into? Is it possible for a child to have an optimistic outlook on life? Are you a positive role model?

Wednesday, May 25 (7-8:30 p.m.)

Prenatal Yoga On the Beach

Saturday, June 11 (10-11 a.m.)

(Fee: Free) Crystal Lake Beach Club, Oakland

Financial Planning for Parents

Everything you need to know to get you on track from college savings, to budgeting, to where to put your money and more.

Friday, July 15 (10:30 a.m.-noon)

Health and Delicious Real Food Snacks

Wednesday, July 27 (7-8:30 p.m.)

One Pot Healthy Meals

Wednesday, August 3 (7-8:30pm)

Sleep Training - Best Strategies and Tips to Get Your Baby to Sleep

Wednesday, September 21 (10:30 a.m.-noon)

Two Angry Moms Screening

Join the movement. Watch a movie that will change our school food environment and insure a healthier, sustainable future for our kids. Refreshments will be served.

Wednesday, September 14 (7-9 p.m.)

(Fee: \$5 per person)

The Ridgewood Library

Growing Healthy Kids

Parents need to know that ear infections, stomach virus, etc., do not need to be part of growing up and that the choices they make for their children now will affect their future.

Friday, October 14 (10:30 a.m.-noon)

Stimulating Your Baby's Brain Through Music and Foreign Language

Wednesday, November 2 (7-8:30 p.m.)

Shopping for the Holidays

Learn about the best toys for the holidays, plus receive a shopping coupon for the day for the Bergen Towne Center.

Friday, November 18 (10:30 a.m.-noon)

New Beginnings

Learn what the doctors do not tell us about various stages of your pregnancy when becoming a new mom, and the normal parts of new mothering.

Wednesday, December 7 (7-8:30 p.m.)

Healthy Eating Over the Holidays

Friday, December 16 (10:30 a.m.-noon)

eLearning Childbirth Education

The Gift of Motherhood eLearning Childbirth Education Program is a convenient alternative for expectant parents who cannot attend a conventional prepared childbirth class due to bed rest, scheduling conflicts, or time constraints. It is also useful as a refresher tool along with a conventional class or as a course for repeat parents.

The program is an interactive, web-based tool that contains animated illustrations, videos, voice-overs, and games.

The eLearning program includes:

Access for a 12-week period, beginning from the date of your initial use. You will receive an access code after you register and pay for the class. An accompanying parent's handbook will be available after registration.

Topics include:

Childbirth education and labor support
Discomforts of pregnancy
Understanding labor and birth
Labor guide
Caring for yourself postpartum
Feeding your newborn
Caring for your newborn

The fee for eLearning is \$200 if taken as a stand-alone, or \$50 if taken in conjunction with *The Ultimate Birthing Experience*.

A complimentary tour of the Center for Childbirth is available. To register for a tour call 201-291-6151. Also available is the opportunity to contact one of our nurse educators by e-mail for answers to brief questions at familyeducation@valleyhealth.com.