



Support for Parents of Infants (0 – 12 mos)

Infants develop and change very rapidly and there is so much conflicting information about what to do! Join our Parent Educator and guest speakers for up to date information, tips and discussion with other parents.

**Central Library (2331 New Street)
Children's Program Room, 2nd Floor
Tuesday afternoons
1:30**

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| Sept 18 | Separation Anxiety |
| Sept 25 | What to Do When Baby Becomes Ill & Vaccinations |
| Oct 2 | Infant Development |
| Oct 9 | Attachment. Why is it Important? |
| Oct 16 | Decision Making as a Mom" Guest speaker Megan Day, Certified Life Coach and Meditation Instructor, owner of Rooted & Vibrant https://www.rootedandvibrant.com/ |
| Oct 23 | Starting Solids |
| Oct 30 | Halloween Fun. Open Forum. |
| Nov 6 | Baby Proofing and Home Safety |
| Nov 13 | How Does Growing Up in the Digital Age Affect Baby's Development |
| Nov 20 | Baby Story Time and Fun! Guest Speaker Librarian at the Central Public Library Branch will talk about the importance of early literacy and services available for ALL ages at your local library. |
| Nov 27 | Setting the Stage for Positive Discipline |
| Dec 4 | Fun Mom: 5 Simple strategies to becoming a more joyful parent. Join Guest speaker Megan Day, Certified Life Coach, meditation instructor and owner of "Rooted & Vibrant" https://www.rootedandvibrant.com/ |
| Dec 11 | Creating a Healthy Home Environment in a World Full of Plastic |
| Dec 18 | Finding Balance During the Holidays |