



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**

- Jan 8 Infant Sleep: What's Normal?
- Jan 15 It's Cold Outside Baby! How to Survive the Cold Weather with a Little One
- Jan 22 Cold and Flu Season: What to do When Baby is Ill
- Jan 29 Parenting Your High Needs Baby: A Survival Guide
- Feb 5 Tummy Time and Play
- Feb 12 Routines vs Schedules
- Feb 19 What is Infant Flathead: Prevention and Treatment Options. Guest Speaker, Becki Westover, Certified Orthotist www.appletreeorthotics.com
- Feb 26 Putting the oxygen mask on first! Why self-care is a MUST! Guest Speaker, Eleni Opperwall, ROCK Parent/Child Therapist
- March 5 Starting Solids
- March 12 Closed