

TUESDAY NEW PARENTS GROUP

September – December 2018

All classes meet Tuesdays from 11:30 till 1 at

1949 North Wilton Place, Hollywood 90068

Cost of the class is \$20 and includes lunch

September 11

Sleep – Discovering what works for your family

September 18

Infant Massage with Emily Herkovich

Learn how to calm and connect with your baby through touch

September 25

Dealing with Colds and Fevers/Natural Ways to Keep Children Healthy – know when you need to take that trip to the doctor or ER

October 2

Managing Anxiety as a New Parent with Therapist Zoya Hynes

October 9

Alyssa Berlin on How Relationships Change When we Have a Baby

October 16

Promoting Healthy Attachment – the Basis of Self Esteem

October 23rd

How Not to Talk to Your Child – understanding the ways that the language we use impacts children

October 30th

Halloween Party

Helping children deal with their fears

November 6

Ruth Beaglehole Founder of The Echo Center shares decades of experience in non-violent parenting

November 13

The Self Disciplined Child

Moving beyond punishment

November 20

Aromatherapy

November 27

Simple Meals for Busy Moms

December 4th

Tempering Tantrums, why they happen and what to do

December 11th
Traveling with Babies

December 18th
Dealing with Advice