

INFANT PROGRAMS: January to June 2012





Early Years Centre - Pembroke






464 Isabella Street, Pembroke

613-735-7575

www.earlyyearsrenfrew.ca



<p>Under One Club</p> 	<p>Every Tuesday 1:30-3:00 pm</p>	<p>Come out with your baby to play and meet other parents. Facilitated by Registered Nurse and Lactation Consultant. Scale available and parenting info, too. Celebrations added!</p>
<p>Baby and Me Yoga</p> 	<p>Wednesdays Feb 1, 8, 15, 22 10:00-11:00 am Thursdays May 3, 10, 17, 24 1:30-2:30 pm</p>	<p>Bring your baby for a relaxing and enjoyable yoga class. Open program – Come whenever you can; once, twice or all sessions.</p>
<p>Baby Goose</p> 	<p>Wednesdays Apr 11, 18, 25 1:30-2:30 pm</p>	<p>Come and learn songs, rhymes and stories to enjoy with your young child, newborn to 2 years old. You will receive a song book and CD to practice with at home, too!</p>
<p>Infant Massage</p> 	<p>Wednesdays Mar 21, 28 10:00-11:00 am Thursdays Jun 7, 14 1:30-2:30 pm</p>	<p>Learn how to massage your baby from head to toe. Health benefits will be discussed:</p> <ul style="list-style-type: none"> • comfort for teething & colds • relief from gas, colic and constipation • enhances physical & neurological development
<p>Baby Food Workshop</p> 	<p>Monday, January 23 6:00-8:00 pm Monday, May 7 10:00 am -12:00 pm</p>	<p>Learn about feeding your baby and making nutritious, homemade baby food.</p> <ul style="list-style-type: none"> ❖ First part - Information ❖ Second part - Preparing baby food

<p>Parent-Baby Reading Program</p> 	<p>Thursdays Jan 12, 19, 26 1:30-2:30 pm</p>	<p>Come out and explore how to choose and share books with your baby. Help baby learn to enjoy books as an important part of his or her development. Reading routines and different authors will also be discussed over this 3 week program.</p>
<p>Baby Signs & Communication Workshop</p> 	<p>Tuesday April 24 10:00-11:00 am</p>	<p>Come out and learn about the benefits of baby signs and some common signs to use with your baby. Also, there will be discussion on how to encourage communication development in infants from newborn to 18 months. An Infant Development Worker will facilitate this workshop.</p>
<p>1, 2, 3, 4 Parents! Program</p> 	<p>Wednesdays May 9, 16, 23 10:00-11:30 am</p>	<p>Is parenting your little one tougher than you thought it would be? Then please join us for 4 fantastic sessions! Find out about discipline methods that work, how to prevent tantrums, routines that make life easier and great ways to take care of you! Limited childcare spaces available. Pre-registration is required.</p>
<p>Prenatal Yoga</p> 	<p>Wednesdays Feb 1, 8, 15, 22 Apr 4, 11, 18, 25 Jun 6, 13, 20 6:30-7:30 pm</p>	<p>Gentle and restorative yoga with a focus on stretching and relaxation for prenatal discomforts.</p>
<p>Car Seat Inspections & Installations</p> 	<p>Wednesdays 1:00-3:00 pm</p>	<p>Two trained car seat inspectors will check and install your car seat. Book your appointment!</p>

All programs are FREE!

Call 613-735-7575 to register for any of the above programs!