



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Parenting Center Closed for Mardi Gras</b>	2 <b>Birthday Party</b> 11:30 a.m.	3 <b>Open Free Play</b> 9a.m.-1p.m.	4 <b>Safe Sitter</b> 9:00 a.m.-3:30 p.m. <b>Family Breastfeeding Support</b> 10:00 a.m.	5
6	7 <b>Funky Flow Family Yoga</b> 10:00 a.m. <b>Active Parenting Class</b> 6-8 p.m.	8 <b>Ballet</b> 9:30 a.m. <b>Play and Learn</b> 10:30 a.m.	9 <b>Play and Learn</b> 10:30 a.m.	10 <b>Cuddle Buddies</b> 10:30 a.m.	11 <b>Test Your Taste Buds – Can You Taste the Difference?</b> 10a.m.	12
13	14 <b>Funky Flow Family Yoga</b> 10:00 a.m. <b>Active Parenting Class</b> 6-8 p.m.	15 <b>Ballet</b> 9:30 a.m. <b>Play and Learn</b> 10:30 a.m. <b>Infant/Child CPR</b> 6:00 p.m.	16 <b>Play and Learn</b> 10:30 a.m.	17 <b>Cuddle Buddies</b> 10:30 a.m. <b>St. Patrick's Day Party</b> 11:30 a.m.	18 <b>Open Free Play</b> 9a.m.-1p.m.	19 <b>Heartsaver FA CPR AED</b> 9:00 a.m. – 12:00 p.m. <b>Baby Chat for Siblings</b> By Appt.
20	21 <b>Funky Flow Family Yoga</b> 10:00 a.m. <b>Active Parenting Class</b> 6-8 p.m.	22 <b>Ballet</b> 9:30 <b>Play and Learn</b> 10:30 a.m.	23 <b>Play and Learn</b> 10:30 a.m.	24 <b>Cuddle Buddies</b> 10:30 a.m.	25 <b>Frolicking Outdoors Friday</b> 10a.m.	26
27	28 <b>Open Free Play</b> 9a.m.-1p.m.	29 <b>Open Free Play</b> 9a.m.-1p.m.	30 <b>Open Free Play</b> 9a.m.-1p.m.	31 <b>Open Free Play</b> 9a.m.-1p.m.		

\*\*\*Please register for any of the classes or activities that you want to participate in at [StTammany.Health](https://StTammany.Health).

### Baby Chat for Siblings - By Appointment Only

This is a fun class for siblings of newborns to help them understand the changes that occur when mom and dad bring home a new baby. A parent or caregiver must be present. Ages 4 and older. **COST: \$10/family**

### Active Parenting

Monday, March 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup>; 6:00-8:00 p.m.

This three-week course is designed to aid parents in becoming active parents in their child's life using active communication. This class encourages parents to build on their child's strengths, avoid power struggles and learn effective discipline skills. Parents' will use role play, complete assignments as a group and learn skills to achieve a fuller, more satisfying family life. A certificate of attendance along with snacks is provided. Partial scholarship are available as needed. Space is limited. Price includes class book & workbook. **COST: \$80/person**

### Ballet (ages 3 and older) Christina Connell, Owner of the Conservatory of Ballet Aviv- Instructor

Tuesday, March 8, 15, & 22; 9:30-10:15 a.m.

Our exciting and educational Ballet class will be filled with a combination of the best practices of Ballet techniques along with rhythmic movement to help with the development of understanding Ballet. Our little ballerinas will gain motor, cognitive, and social skills that will be beneficial for life. Come experience a fun and great time of dance! **COST: \$30/Child**

### Family Breastfeeding Support –Instructors: Kristian Billiot, IBCLC, RLC

Friday, March 4<sup>th</sup>, 10 a.m.-11 a.m.

Are you breastfeeding your baby? Are you pregnant and thinking about breastfeeding? Join our Family Breastfeeding Support class where our primary goal is Family Support. All family members are welcome to come learn tips and tricks for the breastfeeding process.

### Funky Flow Family Yoga- Instructor: B.B. Bailey

Monday, March 7<sup>th</sup>, 14<sup>th</sup>, & 21<sup>st</sup>, 10:00 a.m.

This yoga class is designed for toddlers and children up to 5 years and their parents ready to tap into their inner child. Have fun learning, building strength, and finding flexibility in poses by allowing for exploration and imagination. This 30 minute flow will include movement and vocalization in traditional yoga postures followed by a short meditation. Come find your funky flow! **FREE**

### American Heart Association Family and Friends Infant/Child CPR

Tuesday, March 15<sup>th</sup>, 6:00-8:00 p.m.

This course is designed for new parents, caregivers and family members who want to gain the knowledge and skills needed for choking and breathing emergencies that may arise with infants and children. You will practice your new skills on manikins with feedback from the certified BLS Instructors on correct techniques. FYI- you will not receive a CPR certificate; however, the skills and knowledge that you gain can save lives. **COST: \$30/person.**

### American Heart Association Heartsaver FA CPR AED

Saturday, March 19<sup>th</sup>, 9 a.m.-12:00 p.m.

This course is geared towards anyone with little or no medical training who needs a course completion card for their job OR anyone who wants to be prepared for an emergency in any setting. This course teaches First aid basics; Adult, Child, and Infant CPR, how to relieve choking, and AED use. *(If you work for a daycare and are in need of this class, call 985-898-4435 BEFORE you register).* **COST: \$95/person.**

## MEMBERS ONLY ACTIVITIES ~ MUSIC, CRAFTS & FUN

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### Chick Fil A Sponsored Birthday Party

Wednesday, March 2; 11:30 a.m.-12:30 p.m.

For children celebrating birthday's this month, come join us at the Parenting Center for cupcakes and a special birthday lunch!

### Cuddle Buddies (ages 8 months-2 years)

Thursday, March 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>; 10:30-11:30 a.m.

This monthly play group is a learning and support opportunity with music, bubbles, and fun.

### Play and Learn (ages 3-5 yrs.)

Tues., March 8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>nd</sup> and Wed., March 9<sup>th</sup>, 16<sup>th</sup>, & 23<sup>rd</sup>, 10:30-11:30 a.m.

Parents and children come shake and groove through music along with plenty of playing, learning and movement! These popular classes are full of arts and crafts, a colorful tunnel crawl, the rainbow parachute and creative story time.

### St. Patty's Party

Wednesday, March 17<sup>th</sup>; 11:30 a.m.

Celebrate St. Patrick's Day by wearing "Green". We will have a craft, a mystery green snack, and dancing & movement to Irish songs.

### Test Your Taste Buds – Can You Taste the Difference?

Friday, March 11<sup>th</sup>; 10a.m.

March is National Nutrition Month – Celebrate a World of Flavors. Come test your taste buds and see if you can tell the difference between the healthy options and the regular ones. Nutrition information will be shared by our own Ms. Marla.

### Frolicking Outdoors Friday

Friday, March 25<sup>th</sup>; 10 a.m.

Come join us as we spend some time playing outside at the Parenting Center (weather permitting) with bubbles, parachute and much more.