

To pay for Membership
& Register for Classes



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To Volunteer



Address: 21404 Koop Dr., Mandeville LA

Phone: 985-898-4435

Email: parentingcenter@stph.org

Website:

sttammany.health/parentingcenter

Sunday	Monday	Tuesday		Thursday	Friday	Saturday
						1
2	3 Open Play 9a.m.-1p.m. ♥ Infant/Child CPR – 6p	4 Open Play 9a.m.-1p.m.	5 🎂 Birthday Party 11a Open Play 9a.m.-1p.m.	6 Open Play 9a.m.-1p.m.	7 Open Play 9a.m.-1p.m.	8 ♥ Heartsaver 9a-12:30p
9	10 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	11 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	12 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	13 Open Play 9a.m.-1p.m.	14 Field trip- Abita Springs Splashpad – 10a 🦋 Open Play 9a.m.-1p.m.	15 Baby Chat for Siblings By Appt
16	17 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Breastfeeding Support 11:30a Open Play 9a.m.-1p.m.	18 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. 📖 10:30 a.m. Open Play 9a-1p	19 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	20 👠 Ballet 10 am Open Play 9a.m.-1p.m.	21 Open Play 9a.m.-1p.m.	22
23	24 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. 📖 10:30 a.m. Open Play 9a.m.-1p.m.	25 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	26 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	27 👠 Ballet 10 am Open Play 9a.m.-1p.m.	28 Open Play 9a.m.-1p.m.	29
30	31 Open Play 9a.m.-1p.m.	To pay your membership fees or to register for classes online – please click on the QR code on the front of the calendar or go to www.sttammany.health				Look on back



American Heart Association Family and Friends Infant/Child CPR

Monday, August 3rd; 6-8 p.m.

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. FYI - no CPR certificate is given. **Please register online.**

COST: \$30/person.



Monthly Birthday Party Sponsored by Chick Fil A

Wednesday, August 5th; 11:00 a.m.

Open to all members – come help us celebrate our children who are celebrating their birthdays this month by joining us for cupcakes and chicken nuggets donated by the Hwy 21 Chick Fil A!



American Heart Association Heartsaver FA CPR AED

Saturday, August 8th; 9 a.m.-12:30 p.m.

This course teaches First aid basics; Adult, Child, and Infant CPR, how to relieve choking, and AED use. Will receive a course completion card. (Daycare workers please call 985-898-4435 BEFORE you register). **Please register for this class online.**

COST: \$95/person

Little Learners

Mondays, Tuesdays & Wednesdays, August 10-12,17-19& 24-26; 10:00 a.m.

This interactive class is for children and their adults to join in singing songs, exploring with movement, bubbles, and playing musical instruments. Children will gain and practice social skills, transitioning, and more. Adults will learn ways to engage and play with their children in a supportive environment.



Craft & Bond

Mondays, Tuesdays & Wednesdays, August 10-12,17-19& 24-26; 10:00 a.m.

Join us for an art and craft activity that will allow children to create, develop fine motor skills, and practice independence with their adult's support and encouragement.



Field Trip – Splash Pad Day

Friday, August 14th; 10:00 a.m. – 12 p.m.

Come cool off and play at the Abita Springs Park Splash Pad (22161 Level St., Abita Trailhead, Abita Springs, LA 70420). Bring towels, sunscreen, water and snacks. **Please register online. COST: Free**

Baby Chat for Siblings - By Appointment Only

Saturday, August 15th; By Appointment

This is 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**

Family Breastfeeding Support

Monday, August 17th; 11:30 a.m.

This family breastfeeding support group is a peer-led forum designed to allow new parents to share experiences, support and encouragement while receiving lactation support from a professional facilitator. **PLEASE NOTE - this group meets at the St. Tammany Hospital.** **Please register for this class online.** **COST: Free**



Love on Leash

Tuesday, August 18th; 10:30 a.m.

A couple of dogs will be available for our members to interact, pet, hug and play with and learn safe behaviors.



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

Thursday, August 20th & 27th at 10:00 a.m. (**PLEASE NOTE – if the class fills, we will add another one**)

Our exciting and educational class is filled with a combination of the best practices of Ballet techniques that help our little ballerinas to gain motor, cognitive, and social skills that will be beneficial for life. **COST: \$40/child**



Story Time

Monday August 24th; 10:30 a.m.

Come join us as we listen to the St. Tammany Parish Library lady as she shares fun and interactive stories



School is starting again, so please slow down, watch for children crossing the street and always stop when the school bus has it's stop sign out!

