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Website:

[sttammany.health/parentingcenter](http://sttammany.health/parentingcenter)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Nurturing Self-Motivated Children</b> 6-8p Open Play 9a.m.-1p.m.	2  9a-3:30p Open Play 9a.m.-1p.m.	3  <b>Birthday Party 11a</b> Open Play 9a.m.-1p.m.	4 Open Play 9a.m.-1p.m.	5 Open Play 9a.m.-1p.m.	6
7	8 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m. <b>Active Parenting</b> Night 1 - 6-8p	9 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	10 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m.  10:30 a.m. Open Play 9a.m.-1p.m.	11  Field trip <b>Blueberry Picking</b> Ridemore Farm 9:30a.m. Open Play 9a.m.-1p.m.	12  <b>Pet CPR</b> 10-11a.m. Open Play 9a.m.-1p.m.	13 <b>Baby Chat for Siblings</b> 9-11 a.m. <b>Heartsaver</b> 9a-12:30p 
14	15 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m. <b>Active Parenting</b> Night 1 - 6-8p	16 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.  <b>Infant/Child CPR</b> – 6p	17 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	18 Open Play 9a.m.-1p.m.	19 Open Play 9a.m.-1p.m.	20
21	22 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m. <b>Active Parenting</b> Night 1 - 6-8p	23 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	24 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	25 <b>Guest Speaker- Pregnancy, Postpartum and Good Mental Health</b> 10a.m. Open Play 9a.m.-1p.m.	26 Open Play 9a.m.-1p.m.	27
28	29 Open Play 9a.m.-1p.m.	30 Open Play 9a.m.-1p.m.	<div style="border: 1px solid black; padding: 5px; background-color: #fff9c4;"> <p>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 <a href="http://www.sttammany.health">www.sttammany.health</a></p> </div>			

## Nurturing Self-Motivated Children

Monday, June 1<sup>st</sup>; 6-8p.m.

Children who are self-motivated typically have higher dedication, improved learning, better emotional well-being and so much more. Please join Parenting Center Educator Kayli Coleman as she shares techniques parents can use to increase their children's internal motivation with long lasting effects. This class can be attended virtually or in person. **Please sign-up online** **Cost: Free**



## Safe Sitter

Tuesday, June 2<sup>nd</sup>; 9:00 a.m.-3:30 p.m.

This program offers CPR, choking rescue, and safety in an online world, childcare, life and business skills along with behavior management and much more. Class fee is non-refundable. Bring a bag lunch. Ages 11-16 years old. **COST: \$75/person**



## Monthly Birthday Party Sponsored by Chick Fil A

Wednesday, June 3<sup>rd</sup>; 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!

## Little Learners

Mondays, Tuesdays & Wednesdays, June 8-10, 15-17, 22-24; 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, June 8-10, 15-17, 22-24; 10:30 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.

## Active Parenting

Mondays, June 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>; 6:00-8:00 p.m.

This three-week course is designed to aid parents in using active communication in their child's life. **COST: \$80/per person**



## Love on Leash

Wednesday, June 10<sup>th</sup>; 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.



## Field Trip – Ridemore Farm (Horse Boarding and Berry Picking)

Thursday, June 11<sup>th</sup>; 9:30 a.m.

Join the Parenting Center Staff as we meet at Ridemore Farm (22154 John T Prats Rd, Covington, LA 70435) to pick blueberries, feed treats to the farm animals which consist of horses, donkeys and goats and tour the beautiful, spacious farm.

**Cost:** \$5/child and adults pay per lbs of berries picked. They will take credit and cash payments at the farm. **Please register online so we get a headcount!**



## Pet CPR

Friday, June 12<sup>th</sup>; 10:00 a.m.

Please join the Parenting Center for a fun, educational opportunity to learn the life skills of Pet CPR for Dogs and Cats at the St. Tammany Hospital. **To attend, please go to our website – [www.sttammany.health](http://www.sttammany.health)** **Cost: Free**

## Baby Chat for Siblings

Saturday, June 13<sup>th</sup>; 9-11 a.m.

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** **Please register for this class online.**



## American Heart Association Heartsaver FA CPR AED

Saturday, June 13<sup>th</sup>; 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**



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

Wednesday, June 16<sup>th</sup>; 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.**

## Guest Speaker- Pregnancy, Postpartum and Good Mental Health

Thursday, June 25<sup>th</sup>; 10a.m.

Please join Psychiatric NP Kelsey Sticker, MSN, APRN, PMHNP-BC at the Parenting Center as she provides information regarding mental health during pregnancy and the postpartum period. This class will review common mental health struggles many parents experience, as well as available resources for needed support. **Please register online.** **COST: Free**

## Summer Safety Tips:

**\*Hydrate** **\*Apply Sunscreen** **\*ALWAYS supervise children in water** **\*Never leave child/pets in a hot car**