

To pay for Membership  
& Register for Classes



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Address: 21404 Koop Dr., Mandeville LA

Phone: 985-898-4435

Email: [parentingcenter@stph.org](mailto:parentingcenter@stph.org)

Website:

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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.sttammanv.health">www.sttammanv.health</a></p>			 <p><b>Birthday Party 11a</b></p> <p>Open Play 9a.m.-1p.m</p>	<p>Open Play 9a.m.-1p.m.</p>	 <p>Happy 4th of July</p> <p>Parenting Center Closed</p>	
5	6	7	8	9	10	11
	<p>Little Learners 10a Craft &amp; Bond 10:30 a.m. Open Play 9a-1p <b>Managing Emotions &amp; Tantrums in Children – 6-8p</b></p>	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. Open Play 9a.m.-1p.m.</p>	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m.  10:30 a.m. Open Play 9a.m.-1p.m</p>	<p>Open Play 9a.m.-1p.m.</p>	<p>Open Play 9a.m.-1p.m.</p>	<p>New Daddy &amp; New Mommy Boot Camp 9a.m.-12 p.m. Heartsaver 9a-12:30p </p>
12	13	14	15	16	17	18
	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. Open Play 9a.m.-1p.m.</p>	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. Open Play 9a.m.-1p.m.  Infant/Child CPR – 6p</p>	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. Open Play 9a.m.-1p.m.</p>	<p>Open Play 9a.m.-1p.m.</p>	 <p>Field Trip-Mandeville Lakefront Splashpad – 10a Open Play 9a.m.-1p.m.</p>	
19	20	21	22	23	24	25
	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. <b>Breastfeeding Support 11:30a</b> Open Play 9a.m.-1p.m.</p>	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. Open Play 9a.m.-1p.m.</p>	<p>Little Learners 10:00 a.m. Craft &amp; Bond 10:30 a.m. Open Play 9a.m.-1p.m.  <b>Pet CPR</b> 6-7 p.m</p>	<p>Open Play 9a.m.-1p.m.</p>	<p>Open Play 9a.m.-1p.m.</p>	
26	27	28	29	30	31	
	<p><b>Special Guests – Dr. Sunny McDaniel &amp; Dana Garrett presenting new book – 10:30 am</b> Open Play 9a-1p.</p>	<p>Open Play 9a.m.-1p.m.</p>	<p>Open Play 9a.m.-1p.m.</p>	<p>Open Play 9a.m.-1p.m.</p>	<p><b>Safe@Home</b> 10a-12p <b>Birds, Bees</b> 1-3p Open Play 9a.m.-1p.m.</p>	



### Monthly Birthday Party Sponsored by Chick Fil A

Wednesday, July 1<sup>st</sup>; 11:00 a.m.

Come help us celebrate monthly birthdays with chicken nuggets donated by the Hwy 21 Chick Fil A and a sweet dessert.

### Little Learners

Mondays, Tuesdays & Wednesdays, July 6-8, 13-15, 20-22; 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, July 6-8, 13-15, 20-22; 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.

### Managing Emotions and Tantrums in Children

Monday, July 6<sup>th</sup>; 6-8 p.m.

Children often feel many emotions: the good, the bad, and the ugly. While emotional outbursts and tantrums are considered typical in child development, they can also be distressing to parents and their children. Please join Parenting Center Educator Kayli Coleman as she discusses why children experience big feelings and shares different ways parents and caregivers can help young children develop the skills to regulate their own emotions. This class can be attended virtually or in person. **Please sign-up online** **Cost: Free**

### Love on Leash

Wednesday, July 8<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.

### New Daddy Boot Camp & New Mommy Boot Camp

Saturday, July 11<sup>th</sup>; 9 a.m.-12:00 p.m.

This class is for new dads and new moms and is taught by veteran dads and moms with each class meeting separately. New dads will discuss the realities of fatherhood, including caring for baby and mom AND the new moms will candidly discuss the best practices, products that work, and so much more. These are held at St. Tammany Parish Hospital. **COST: \$15/mom/dad**

### American Heart Association Heartsaver FA CPR AED

Saturday, July 11<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

Tuesday, July 14<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.**

### Family Breastfeeding Support

Monday, September 14<sup>th</sup>; 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**

### Splash Pad Day

Friday, July 21<sup>st</sup>; 10:30 a.m.

Come cool off and play at the Mandeville Beach Splash Pad (located on the lakefront just west of the Pontchartrain Yacht Club) with parking on Lakeshore Drive. Bring towels, sunscreen and snacks. **Please register online.** **COST: Free**

### Pet CPR

Friday, July 22<sup>nd</sup>; 6 p.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**

### Guest Speakers – Dr. Sunny McDaniel & Dana Garrett

Monday, July 27<sup>th</sup>; 10:30 a.m.

Please join us as we hear an excerpt from the new book, Alana & Wyatt's Adventures: The Sully Backpack Surprise, by Dana Garrett and Dr. Sunny McDaniel. It's about a young girl's trip to the doctor, supported by the calming tools in their backpack. **Please register online.**

### Safe Sitter – Safe @ Home

Friday, July 31<sup>st</sup>; 10:00 a.m. – 12:00 p.m.

This program is designed to prepare students entering grades 4-6 to be safe when they are home alone. **COST: \$25/person**

### Birds & Bees and Me – A Talk for Girls

Friday, July 31<sup>st</sup>; 10:00 a.m. – 12:00 p.m.

This class is for girls ages 8-13 years (and their parents if they want) to talk frankly about puberty, having your monthly period, body changes, emotional mood swings and social/relations changes. **COST: Free**



# Happy 250<sup>th</sup> Birthday

