

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Safe Sitter/CHOP Safe At Home Summer Camp 9:00 a.m.-2:30 p.m. Day 4/4	2	3
4	5	6	7 YMCA 11:00 a.m. Birthday Party 11:30 a.m.	8	9 Family Breastfeeding Support 10:00 a.m.	10
11	12	13 Play and Learn 10:30 a.m.	14 Play and Learn 10:30 a.m.	15 Cuddle Buddies 10:30 a.m. Field Trip Fountainbleau State Park Time TBD	16	17 Baby Chat for Siblings
18	19	20 Play and Learn 10:30 a.m.	21 Play and Learn 10:30 a.m. YMCA 11:00 a.m.	22 Cuddle Buddies 10:30 a.m.	23	24
25	26	27 Play and Learn 10:30 a.m.	28 Play and Learn 10:30 a.m. Infant/Child CPR 6:00 p.m.	29 Cuddle Buddies 10:30 a.m. Safe Sitter 9:00a.m.-3:30 p.m.	30	31

Baby Chat For Siblings By Appointment

This class is 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. Children will learn safe and proper ways to handle newborns by using our life-like dolls. We will teach diaper changing and other baby care needs. Parents will receive educational and fun tips on parenting. A parent or caregiver must be present
COST: \$10/per family; Ages 4 and older.

Family Breastfeeding Support –Instructors: Kristian Billiot, IBCLC, RLC and Nicole Sonier, RN, CBS Friday July 9th, 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.

Infant/Child CPR (Heart Saver Family and Friends CPR) Tuesday, July 28th, 6-8 p.m.

Come out and join the Parenting Center's BLS instructors as they do hands-on CPR training. You will gain great knowledge and skills needed for choking and breathing emergencies that may arise with your child, family member or anyone in your presence. FYI- This is not a CPR certified class; however, the skills and knowledge that you gain can save lives. COST: \$30/per person.

Safe Sitter Thursday, July 29nd; 9 a.m.-3:30 p.m.

This program offers CPR, choking rescue, child safety and safety in an online world, child care, life and business skills along with behavior management and much more. Class fee is nonrefundable. Bring a bag lunch, snacks included. Ages 11-16 years old. COST: \$75 per student.

YMCA Parenting Education 1st & 3rd Wednesday at 11 a.m.

We are partnering with the Covington YMCA to offer parenting classes at the YMCA. The classes will be free and open to the public. Childcare will be provided by the YMCA. Register at ymcaneworlans.org, click on programs, then Learning Opportunities. Follow us on Facebook and Instagram for topics.

MEMBERS ONLY ACTIVITIES ~ MUSIC, CRAFTS & FUN

Pizza Hut Sponsored Birthday Party Wednesday July 7th; 11:30 a.m.-12:30 p.m.

Children celebrating birthday's this month are invited to join us at the Parenting Center. Enjoy cupcakes, and a special birthday lunch!

Field Trip at Fountainbleau State Park Splash Pad Thursday July 15th, Time TBD

Join PC members and staff for a fun play date. Admission to the park is \$3 per person, children under 3 years old are free.

Cuddle Buddies (ages 8 months-2 years) Thursday June 10th, 17th, & 24th; 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 years) Tuesday June 8th, 15th, & 22nd or Wednesday June 9th, 18th, & 23rd; 10:30 a.m.-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. While there will be plenty movement, be prepared to blow bubbles and make new friends!

Register at
StTammany.health

