

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 YMCA 11:00 a.m. Birthday Party 11:30 a.m.	3	4 Family Breastfeeding Support 10:00 a.m.	5
6	7 Ballet 9:30 a.m. Active Parenting 6:00 p.m. (1/3)	8 Ballet 9:30 a.m. Play and Learn 10:30 a.m.	9 Ballet 9:30 a.m. Play and Learn 10:30 a.m.	10 Cuddle Buddies 10:30 a.m.	11	12 Boot Camp for New Dads 9 a.m.
13	14 Ballet 9:30 a.m. Active Parenting 6:00 p.m. (2/3)	15 Ballet 9:30 a.m. Play and Learn 10:30 a.m. Father's Day Craft 11:00 a.m.	16 Ballet 9:30 a.m. Play and Learn 10:30 a.m. Father's Day Craft 11:00 a.m. YMCA 11:00 a.m.	17 Cuddle Buddies 10:30 a.m. Safe Sitter 9:00a.m.-3:30 p.m.	18	19 Baby Chat for Siblings
20 Father's Day	21 Ballet 9:30 a.m. Active Parenting 6:00 p.m. (3/3)	22 Ballet 9:30 a.m. Play and Learn 10:30 a.m. Infant/Child CPR 6:00 p.m.	23 Ballet 9:30 a.m. Play and Learn 10:30 a.m. Hollywood Theater Movie Time TBD	24 Cuddle Buddies 10:30 a.m.	25	26
27	28 Safe Sitter/CHOP Safe At Home Summer Camp 9:00 a.m.-2:30 p.m. Day 1/4	29 Safe Sitter/CHOP Safe At Home Summer Camp 9:00 a.m.-2:30 p.m. Day 2/4	30 Safe Sitter/CHOP Safe At Home Summer Camp 9:00 a.m.-2:30 p.m. Day 3/4	Safe Sitter/CHOP Safe At Home Summer Camp 9:00 a.m.-2:30 p.m. Day 4/4		

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.

Active Parenting Mon. June 7th, 14th, & 21st; 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 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. COST: \$80/per person (Price includes class book & workbook)

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

Monday, June 7th, 14th, & 21st; Tuesday, June 8th, 15th, & 22nd, or Wednesday June 9th, 16th, & 23rd; 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 (per month, per child): COST: \$30

Boot Camp for New Dads Saturday June 12th; 9 a.m.-12 p.m.

This class is for new dads and is taught by veteran dads who orient rookies on the realities of fatherhood, including caring for baby and mom. Light refreshments will be served. COST: \$15/dad

Family Breastfeeding Support –Instructors: Kristian Billiot, IBCLC, RLC and Nicole Sonier, RN, CBS Friday June 4th, 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, June 22nd, 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, June 17th ; 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.

Safe Sitter, CHOP, and Safe at Home Summer Camp Mon.-Thurs. June 28th-July 1st; 9 a.m.-2:30 p.m.

This four-day summer camp is a combination of three of our popular programs. The first half of the day will focus on Safe @Home course which will teach those who are home alone how to handle emergencies, make a 911 call and safe habits. Then we will move into the Safe Sitter course which offers CPR, choking rescue, safety and safety in an online world, child care, and life and business skills along with behavior management. The second half of the day will be Cooking Healthy Options and Portions (CHOP) teaching valuable cooking skills, knife skills and safety, food safety, proper measuring and calculations, meal planning, boiling, simmering, sautéing and baking. Children will also learn useful nutritional information such as the importance of consuming enough fruits and vegetables, how to lower intakes of fat, sugar and sodium, and proper portion control! Everything will be hands on from chopping to cooking. COST: \$215/per student

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

We are partnering with the YMCA in Covington 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 June 2nd; 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 – Hollywood Theater Movie June 23rd Time TBD

Join PC members for Cloudy with a Chance of Meatballs at Hollywood Theater in Covington for just \$1.

Father's Day Craft Tuesday, June 15th or Wednesday, June 16th; 11 a.m.

Come in and enjoy all the fun making a special gift for Dad. All supplies will be provided. COST: A snack to share

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, 16th, & 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

