



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|---|--|---|
| | | 1 Open Free Play 9a.m.-1p.m. | 2 Birthday Party 11:30 a.m. | 3 Open Free Play 9a.m.-1p.m. | 4 Family Breastfeeding Support 10:00 a.m. | 5 |
| 6 | 7 Funky Flow Family Yoga 10:00 a.m. | 8 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 Mardi Gras King Cake Contest 10:30 am | 12 Boot Camp for New Dads 9 a.m.-12 p.m. New Mommy Boot Camp 9 a.m.-12 p.m. |
| 13 | 14 Funky Flow Family Yoga 10:00 a.m. Valentine's Day Party 11:00 a.m. | 15 Play and Learn 10:30 a.m. Infant/Child CPR 6:00 p.m. | 16 Ballet 9:30 a.m. Play and Learn 10:30 a.m. | 17 Cuddle Buddies 10:30 a.m. Dental Hygiene w/Dr. Vo 11:00 a.m. | 18 Open Free Play 9a.m.-1p.m. | 19 Heartsaver FA CPR AED 9:00 a.m. – 12:00 p.m. Baby Chat for Siblings By Appt. |
| 20 | 21 Funky Flow Family Yoga 10:00 a.m. | 22 Play and Learn 10:30 a.m. Nutrition – The First 1000 Days 6:00 p.m. | 23 Ballet 9:30 a.m. Play and Learn 10:30 a.m. Dental Hygiene w/Dr. Vo 11:00 a.m. | 24 Cuddle Buddies 10:30 a.m. | 25 Mardi Gras Float Contest 10:30 am | 26 |
| 27 | 28 Parenting Center Closed for Lundi Gras | | | | | |

Open Daily 9am-1pm!! Location – 1505 N. Florida, Covington, LA 70435.
For more information – call us at 985-898-4435 or email at parentingcenter@stph.org !

Baby Chat for Siblings - 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. A parent or caregiver must be present. Ages 4 and older. **COST: \$10/family**

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

Wednesday, February 9th, 16th & 23rd; 9:30-10:15 a.m.

Our exciting and educational Ballet class will allow our little ballerinas to gain motor, cognitive, and social skills that will be beneficial for life. Come experience a fun and great time of dance! **COST: \$30/month/child**

Family Breastfeeding Support –Instructors: Kristian Billiot, IBCLC, RLC

Friday, February 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.

Funky Flow Family Yoga- Instructor: B.B. Bailey

Monday, February 7th, 14th, & 21st, 10:00 a.m.

This yoga class is designed for toddlers and children up to 5 years and their parents ready to tap into their inner child. Have fun learning, building strength, and finding flexibility in poses by allowing for exploration and imagination. This 30 minute flow will include movement and vocalization in traditional yoga postures followed by a short meditation. Come find your funky flow! **FREE**

Boot Camp for New Dads

Saturday, February 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. Held at St. Tammany Parish Hospital **COST: \$15/dad**

New Mommy Boot Camp

Saturday, February 12th; 9 a.m.-12 p.m.

This class is for new moms. Light refreshments will be served. Held at St. Tammany Parish Hospital **COST: \$15/mom**

Nutrition: The First 1000 Days

Tuesday, February 22nd; 6-7:30 p.m.

Join Marla Rabalais as she discusses the first 1000 days of life-the period between conception and a child's 2nd birthday-are a unique window of opportunity to support child development and long term health.

Dental Hygiene

Thursday, February 17th; 11 a.m. & Wednesday, February 23rd; 11:00 a.m.

Pediatric Dentist Dr. Katherine Vo will discuss when to first visit a dentist, oral habits and hygiene, preventative measures and so much more. This will be an interactive discussion for both parent and child utilizing teddy bears and toothbrushes. Each family will leave with a goodie bag and a handout with important dental information!

American Heart Association Family and Friends Infant/Child CPR

Tuesday, February 15th, 6:00-8:00 p.m.

You will gain great knowledge and skills needed for choking and breathing emergencies that may arise with your infant, child, or family member through use of video, lecture and practice on manikins. FYI - This is not a CPR certified class. **COST: \$30/person.**

American Heart Association Heartsaver FA CPR AED

Saturday, February 19th, 9 a.m.-12:00 p.m.

This course is geared towards anyone with little or no medical training who needs a course completion card for their job OR anyone who wants to be prepared for an emergency in any setting. This course teaches First aid basics; Medical emergencies; Injury emergencies; Environmental emergencies; Preventing illness and injury; Adult, Child, and Infant CPR, how to relieve choking, and AED use. *(If you work for a daycare and are in need of this class, call 985-898-4435 BEFORE you register).* **COST: \$95/person.**

MEMBERS ONLY ACTIVITIES ~ MUSIC, CRAFTS & FUN

Chick Fil A Sponsored Birthday Party

Wednesday, February 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!

Cuddle Buddies (ages 8 months-2 years)

Thursday, February 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 yrs)

Tuesday, February 8th, 15th, 22nd and Wednesday, January 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.

Mardi Gras Activities

Friday, February 11th & 25th, 10:30 a.m.

On Friday, Feb. 11th we will have a King Cake tasting contest and on Friday, Feb. 25th we will have a shoe box float decorating competition. Wear your favorite Mardi Gras costumes each day and come sing & second line dance to our favorite Mardi Gras music.

Valentine's Day Party

Monday, February 14th, 11:00 a.m.

Please join us for a special Valentine's Day craft to swap cards and create something special to give to your loved ones on Valentine's Day.