


# Women's Care Center Parenting Class Schedule

January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>New Years Day Center Closed</i>	2	3 ESL 4:00PM	4 Bedtime Routines 2:00PM	5
6	7 Potty Training 11:00AM	8	9 Circle Time (Spanish) 4:00PM	10 10 Habits of Happy Moms, part 1 11:00AM	11	12
13	14	15 Intro to Breastfeeding 4:00PM	16	17 Basic Needs of the Heart 1:00PM	18 ESL 1:00PM	19
20	21 Circle Time (English) 2:00PM	22	23 Toddler Storytime 11:30AM	24	25	26
27	28	29 Car Seat Safety (English) 9:30AM	30	31 What to Expect Postpartum 4:00PM	1 Car Seat Safety (Spanish) 1:30PM	
				<p><b>Located at:</b> 3711 Orin Rd Madison WI 53704 (608)241-8100 <a href="http://www.womenscarecenter.org">www.womenscarecenter.org</a></p>		

**Parenting Class Guidelines -**  
By attending a parenting class, a client may earn two coupons for herself and two for a support person. In addition, at this time a pack of 12 diapers will also be included. Please note, there are no exchanges or returns of diapers. Children are welcome but childcare may not be available. Registration is required. Please call to cancel by 3pm the day before class if you cannot attend. Please note, after three unexcused absences, there will be a three month suspension of taking group classes. \*\*\*If more than 15 minutes late to class, no coupons will be signed.\*\*\*

## Upcoming Classes...

**ESL (for Spanish Speakers):**  
This class will introduce how to communicate in English in everyday life.

**Bedtime Routines:**  
Gain an understanding about the importance of bedtime and sleep at key developmental stages. A discussion of how sleep routines and needs change in the first years of life will also be included.

**Potty Training:**  
There is no one age or way to potty train your child. Come to this class for ideas on how to make this process more manageable!

**Circle Time (Spanish/English):**  
For new and experienced Moms, this casual group covers a topic of the day and is designed for Mom to Mom support and sharing.

**10 Habits of Happy Moms, part 1:**  
Based on Meg Meeker's best selling book, this class will focus on the habits (1-5) of how you can be a peace and joy filled Mom!

**Intro to Breastfeeding:**  
Learn about the healthiest way to feed your baby. There are numerous benefits to both baby and Mom you may not have known.

**Basic Needs of the Heart:**  
Do you know that your heart has basic needs? Come learn about your emotional needs and how to fulfill them!

**Toddler Storytime:**  
Designed for toddlers ages one to three years, come to this storytime for stories, songs and a chance to interact with each other.

**Car Seat Safety:**  
A specialist from the American Family Children's Hospital will present important information on car seat safety. In addition, families who attend this class will receive a voucher for a free car seat through the Safe Kids program!

**What to Expect Postpartum**  
This class will focus on the changes women experience physically and emotionally after birth.