

# May 2023

## Parenting Class Schedule



136 N. La Grange Road, La Grange IL 60525

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <b>11am Zoom:</b> Positive Parenting <b>1pm Nutrition, In person:</b> Back to the Basics	4 <b>11am: In person</b> Positive Parenting	5 <b>10 AM: First Time Mom's Class</b> 6-9 Month Milestones
8	9	10 <b>11am Zoom:</b> Handling Tantrums <b>1pm Nutrition, In person:</b> Cooking with Kids	11 <b>11 AM: In person</b> Handling Tantrums	12 <b>10 AM: First Time Mom's Class</b> 12 Month Milestones
15	16	17 <b>11am Zoom:</b> Sleep Routines <b>1pm Nutrition, In person:</b> Organic Foods	18 <b>11 AM: In person</b> Sleep Routines	19 <b>10 AM: First Time Mom's Class</b> The First Trimester
22	23	24 11am Zoom: Building Your Child's Self-Esteem <b>1pm Nutrition, In person:</b> Recipe: Mississippi Chicken	25 <b>11 AM: In person</b> Building Your Child's Self-Esteem	26 <b>10 AM: First Time Mom's Class</b> Understanding Medical Care
29	30	31 11am Zoom: Time Management <b>1pm Nutrition, In person:</b> Using Left Overs		



### Parenting Class Guidelines

- ♥ Be on time (and not more than 15 minutes early)
- ♥ Clients who are more than 10 minutes late may receive reduced incentives
- ♥ We ask that all cell phones be silenced and put aside during class
- ♥ Free childcare will be provided during each Thursday class

**Upon completion of each class, you will receive 10 FREE diapers and 1 Crib Club coupon for use in our baby store!**