



## BONDING WITH BABY

**Plan to attend these four 1.5 hour classes and learn infant massage and baby sign language.**

The first half of class will be spent demonstrating and practicing the simple techniques of *Infant Massage* to help babies with gas, colic, constipation, teething and soothing those "fussies".

The second part of class will be a combination of *Baby Sign* and *Parents as Teachers (PAT)*, focusing on child development.

Registration required.

- Thursdays 1:30-3:00pm **Cost: \$60.00**
- Dates: Jan. 19-Feb. 9, 2012

**FREE**

## PRENATAL PLUS



Ongoing series of workshops for parents-to-be  
Topics will include presentations from:

- Public Health
  - Nutrition for pregnant mom
  - Birthing companions/doulas/midwives
  - Breastfeeding/bottle feeding/nutrition for baby
  - Infant massage/baby sign/PAT program
  - Child birth/postpartum
  - \*Healthy Babies/Healthy Children
  - \*Yoga/Exercise/Dance
  - \*Market place of products
- Tuesdays 5:30-7:30pm
  - Jan. 31-Mar. 6, 2012

### **Live and Learn Resource Centre**

8243 Victoria St., Metcalfe, Lower Level

For Questions or to register, please call 613 821-2899.

