

# COMMUNITY FORUM Birth to Pre-School 2019 Schedule

Classes held Wednesdays from 1:00 p.m. - 2:00 p.m.

## JANUARY

- 9 Teething & Dental Care
- 16 Car Seat Safety
- 23 Infant Development
- 30 Postpartum Nutrition

## FEBRUARY

- 6 Infant Sleep
- 13 Baby Wearing
- 20 Postpartum Back Care
- 27 Postpartum Body Strengthening

## MARCH

- 6 Importance of Music
- 13 Estate Planning for Parents with Minor Children
- 20 Feeding Solids
- 27 Teething & Dental Care

## APRIL

- 3 Car Seat Safety
- 10 Postpartum Nutrition
- 17 Infant Development
- 24 Infant Sleep

## MAY

- 1 Baby Wearing
- 8 Postpartum Back Care
- 15 Postpartum Body Strengthening
- 22 Importance of Music
- 29 Estate Planning for Parents with Minor Children

## JUNE

- 5 Feeding Solids
- 12 Teething & Dental Care
- 19 Car Seat Safety
- 26 Postpartum Nutrition

## JULY

- 3 No Class
- 10 Infant Sleep
- 17 Baby Wearing
- 24 Postpartum Back Care
- 31 Postpartum Body Strengthening

## AUGUST

- 7 Importance of Music
- 14 Estate Planning for Parents with Minor Children
- 21 Feeding Solids
- 28 Teething & Dental Care

## SEPTEMBER

- 4 Car Seat Safety
- 11 Postpartum Nutrition
- 18 Infant Sleep
- 25 Baby Wearing

## OCTOBER

- 2 Postpartum Back Care
- 9 Postpartum Body Strengthening
- 16 Importance of Music
- 23 Estate Planning for Parents with Minor Children
- 30 Feeding Solids

## NOVEMBER

- 6 Teething & Dental Care
- 13 Car Seat Safety
- 20 Postpartum Nutrition
- 27 No Class

## DECEMBER

- 4 Infant Sleep
- 11 No Class
- 18 No Class
- 25 No Class