

Infant & Child CPR & First Aid Class

\$65 per person, Non-Certification

\$75 per person, Certification

Sunday, December 2nd at 10am



This 2 ½ hour course designed for parents and caregivers will cover prevention, recognition, and treatment for respiratory and cardiac emergencies (CPR), choking emergencies and Pediatric First Aid for infants (0-12 months) and Children/Adults (age 1 and up). There will be plenty of hands on practice with use of mannequins and literature for the participants to take home. Also covers childproofing tips, car seat safety, what medicines to have at home and on-the-go, and much more.

Nutrition Workshop

Sunday, December 9th at 10am

“Healthy Habits for the Holidays!”



Worrying about the holidays and all your good intentions going out the window? Join us to learn how to negotiate best practice at holidays and how to have guilt free celebration!

Lactation Workshop

Sunday, December 9th at 10am



The Lactation class focuses on: *Breastfeeding as part of normal infant nutrition and development * Reading and understanding infant’s feeding cues* Attachment and latch-on positions * Pain free breastfeeding* Establishing and maintaining adequate milk supply* Weight gain and growth patterns of breastfed infants* Milk expression and return to employment* Introduction of solid foods* Maternal diet during breastfeeding

Picky Eaters Class

Sunday, December 23rd at 10am



The Picky Eaters Workshop is for families who are having difficulties during mealtimes for a variety of reasons. Caregivers will learn powerful ways to: - Alleviate food aversions to taste- Alleviate food aversions to texture- Avoid or eliminate tube feedings- Increase the variety of foods your child will eat- Decrease mealtime stressors such as dawdling and trouble sitting at the table- Improve self- feeding skills to foster independence during meals- Identify oral motor delays inhibiting safe and efficient feedings