



Baby and You

A course for new parents and babies

Learn key tips to develop and care for your baby and yourself during the first 4 months

Feeding and Sleeping

A speaker from Plunket will teach you how to determine your baby's 'tired signs' and other useful feeding and sleeping tips for surviving and enjoying the first months.

Infant Health

A family doctor will cover common infant health complaints including nappy rash, fevers, cradle cap, ear infections, thrush and answer your questions.

Postnatal Exercises

A specialist in Women's Health will presents a motivational demonstration of essential postnatal exercises and gives you tips on improving your Pelvic Floor muscles.

Postnatal Depression

A psychotherapist will facilitate a group discussion on the challenges of motherhood, and will develop strategies with you for an enjoyable and satisfying mothering experience

CPR and First Aid

Learn how to execute CPR and choking procedures for babies. General first aid, issues such as poisons, burns and accidents will also be discussed.

Child Development

Learn major developmental stages for your baby and ideas to stimulate their mind. In this fun session you will learn to craft inexpensive toys for your baby's enjoyment.

Venue: Tuesday Class

Athol Syms Community Centre
11 Griffin Ave, Epsom, Auckland

Thursday Class

Onehunga Community Centre
83 Church St, Onehunga, Auckland

Time: 9.45am (for 10.00am start) -
11.30/12.00pm

Day: Tuesday or Thursday Morning
(Morning tea included)
Over 5 weeks

Cost: \$50 Parents Centre Member
\$70 Non Member

BOOKINGS:

Caroline Alswailer Phone 845 0020

Email: ak.central@parentscentre.co.nz

Complete the form below and post to:
Central Auckland Parents Centre
Baby & You Course, PO Box 24-520,
Royal Oak 1345, Auckland

START DATES 2010

Tuesday Class – Athol Symes

5 January 29 June
9 February 3 August
16 March 7 September
20 April 12 October
25 May 16 November

Thursday Class – Onehunga

7 January
4 March
9 September
4 November



PARENTS CENTRE



Please register me for the next Central Auckland Parents Centre *Baby and You Course*

Complete this section.

Send with your cheque to Central Auckland Parents Centre, Baby & You Course, PO Box 24-520, Royal Oak 1345, Auckland

Your Full Name: _____ Baby's Name: _____

Your Baby's D.O.B./Due Date: _____ Your Baby's NH Number: (required by Plunket) _____

Address: _____

Phone No. _____ Email Address: _____

\$50 Parents Centre Member Your Membership No.: _____ \$70 Non Member

Alternatively you can pay by Internet banking: ASB Bank Royal Oak 12 3029 0310911 000 Reference: Surname and B&Y