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## SLEEPING AND CRYING

- \* Sleeping and crying behaviours in infants
- \* Strategies for solving sleeping and crying problems
- \* Meeting the physical, mental and emotional needs of babies
- \* Recommended sleeping positions
- \* Coping on less sleep

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## FEEDING

- \* Mothers diet and health care needs
- \* Successful infant feeding practises
- \* Emotional issues surrounding infant feeding
- \* Handling other peoples advice
- \* Strategies for solving feeding problems

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## TOUCH

- \* Discover the benefits of infant massage
- \* How do infants respond to massage?
- \* Practical infant massage techniques
- \* Establishing a time and place for massage

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## LEARNING FOR LIFE

- \* Identify key development milestones in babies 0-3 months of age
- \* Age appropriate toys, games and activities
- \* Stimulating babies development in this age group

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## HEALTH AND GROWTH

- \* An opportunity to have your health and growth questions answered
- \* Strategies for dealing with health and growth issues
- \* Where to go for advice, working with your GP/practice nurse/healthcare provider

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## CHANGES

- \* Pre-birth expectations and postnatal realities
- \* Identifying the physical, emotional and relationship changes
- \* Coping with change
- \* Self-care strategies

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# Baby and You

**Antenatal Classes finished?  
Here is the next course for you and  
your baby aged 0-3 months**

This course consists of six sessions (sleeping and crying, feeding, learning for life, health and growth, changes and touch) each led by a specialist in the field.

It is aimed at parents of new babies but parents-to-be are also welcome and will find the information interesting and useful. The structure of this course is relaxed and informal with time for questions.

A great opportunity for new parents to meet other parents experiencing the same joys and challenges and for parents-to-be to see what lies ahead.

**Only to be offered five times during the year**

**Venue** St Nicholas Church

Corner Barrington & Frankleigh Streets  
Barrington, Christchurch

**Time** 10.30 am—12.30 pm (Thursday)

**Course cost** Free to Christchurch South Parents Centre members

\$30.00 for non-members

**Morning tea included**

**Course prices are subject to funding being available.**

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# Enrolment Form Baby and You

I wish to enrol in the Baby and You course (please tick)

- BY1** 18 February —25 March
- BY2** 22 April —27 May
- BY3** 24 June —29 July
- BY4** 19 August—23 September
- BY5** 14 October—18 November

My membership no. is \_\_\_\_\_ or I have

enclosed a cheque made out to *Christchurch South*

*Parents Centre* for

- \$30.00 (Baby & You non-Christchurch South Parents Centre member)
- \$60.00 (Parents Centre Membership—Baby and You and all subsequent courses are then FREE)

Payment also accepted via Internet banking direct to Acct No **03 1355 0533388 00** (SBS). Please include your name and course ref so we can identify payment.

Please send me course information on

- Moving & Munching (Babies 4-8 months)
- Tinies to Tots (Babies 10-18 months)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Tel: (03) \_\_\_\_\_

Email: \_\_\_\_\_

Baby's Name

& Birth Date: \_\_\_\_\_

Please enclose payment (if any) and send to:

Christchurch South Parents Centre

PO Box 33 033, Barrington, Christchurch

## 2010 Dates

### Thursday mornings

- BY1** 18 February —25 March
- BY2** 22 April —27 May
- BY3** 24 June —29 July
- BY4** 19 August—23 September
- BY5** 14 October—18 November

**Venue** St Nicholas Church

Corner Barrington & Frankleigh Streets  
Barrington, Christchurch

**Time** 10.30 am—12.30 pm

This course is free to Christchurch South Parents Centre members (\$30.00 for non-members) with morning tea being provided.

Course prices are subject to funding being available.

**Numbers are limited!!!**

**Bookings are essential!!!**

**Enquiries and bookings can also be made by contacting:**

**Baby and You Course Convenor**  
Ph (03) 332 5651 or email  
[chch.south@parentscentre.org.nz](mailto:chch.south@parentscentre.org.nz)

Christchurch South  
PARENTS CENTRE



INVITES YOU TO

# BABY and YOU

A COURSE FOR YOU  
AND YOUR BABY  
AGED 0—3 MONTHS

Thanks to COGS  
for their generous  
contribution towards  
this course