

Open Daily from 9:00 a.m. to 1:00 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5 Birthday Party 11:30 a.m.	6	7 Family Breastfeeding Support 10:00 a.m. Movie Time 10:30 a.m. (Frozen)	8
9	10 Stroller Stride 9:30 a.m.	11 Play and Learn 10:30 a.m. Infant/Child CPR 6:00 p.m.	12 Ballet 9:30 a.m. Play and Learn 10:30 a.m.	13 Cuddle Buddies 10:30 a.m. Funky Flow Family Yoga 11:30 a.m.	14 Movie Time 10:30 a.m. (Frozen 2)	15 Heartsaver FA CPR AED 9:00 a.m. – 12:00 p.m. Baby Chat for Siblings By Appt.
16	17 Safe Sitter 9:00 a.m.-3:30 p.m. Stroller Stride 9:30 a.m.	18 Play and Learn 10:30 a.m.	19 Ballet 9:30 a.m. Play and Learn 10:30 a.m.	20 Cuddle Buddies 10:30 a.m. Nutrition Myths 11:00 a.m. Funky Flow Family Yoga 11:30 a.m.	21 Movie Time 10:30 a.m. (Cars)	22
23	24 Stroller Stride 9:30 a.m.	25 Play and Learn 10:30 a.m.	26 Ballet 9:30 a.m. Play and Learn 10:30 a.m.	27 Cuddle Buddies 10:30 a.m. Funky Flow Family Yoga 11:30 a.m.	28 Movie Time 10:30 a.m. (Cars 2)	29
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Baby Chat for Siblings - By Appointment

This class is by appointment only. This is a fun class for siblings of newborns to help them understand the changes that occur when mom and dad bring home a new baby. Children will learn safe and proper ways to handle newborns by using our life-like dolls. We will teach diaper changing and other baby care needs. A parent or caregiver must be present. Ages 4 and older. **COST: \$10/per family**

Ballet (ages 3 and older) Christina Connell, Owner of the Conservatory of Ballet Aviv- Instructor

Wednesday, January 5th, 12th, 19th & 26th; 9:30-10:15 a.m.

Our exciting and educational Ballet class will be filled with a combination of the best practices of Ballet techniques along with rhythmic movement to help with the development of understanding Ballet. Our little ballerinas will gain motor, cognitive, and social skills that will be beneficial for life. Come experience a fun and great time of dance! **COST (per month, per child): \$30**

Family Breastfeeding Support –Instructors: Kristian Billiot, IBCLC, RLC

Friday, January 7th, 10 a.m.-11 a.m.

Are you breastfeeding your baby? Are you pregnant and thinking about breastfeeding? Join our Family Breastfeeding Support class where our primary goal is Family Support. All family members are welcome to come learn tips and tricks for the breastfeeding process.

Funky Flow Family Yoga- Instructor: B.B. Bailey

Thursday, January 13th, 20th & 27th, 11:30 a.m.

This yoga class is designed for children ages 2 and under and parents ready to tap into their inner child. Have fun learning, building strength, and finding flexibility in poses by allowing for exploration and imagination. This 30 minute flow will include movement and vocalization in traditional yoga postures followed by a short meditation. Come find your funky flow! **FREE**

American Heart Association Family and Friends Infant/Child CPR

Tuesday, January 11th, 6:00-8:00 p.m.

Come out and join the Parenting Center's BLS instructors as they do hands-on CPR training. You will gain great knowledge and skills needed for choking and breathing emergencies that may arise with your child, family member or anyone in your presence. FYI- This is not a CPR certified class; however, the skills and knowledge that you gain can save lives. **COST: \$30/per person.**

American Heart Association Heartsaver FA CPR AED

Saturday, January 15th, 9 a.m.-1:00 p.m.

Heartsaver First Aid CPR AED is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements or anyone who wants to be prepared for an emergency in any setting. This course teaches First aid basics; Preventing illness and injury; Adult, Child, and Infant CPR, how to relieve choking, and AED use.

(If you work for a daycare and are in need of this class, call 985-898-4435 BEFORE you register). **COST: \$95/per person.**

Safe Sitter

Monday, January 17th; 9:00 a.m.-3:30 p.m.

This program offers CPR, choking rescue, and safety in an online world, child care, life and business skills along with behavior management and much more. Class fee is nonrefundable. Bring a bag lunch. Ages 11-16 years old. **COST: \$75 per student.**

Nutrition Myths

Thursday, January 20th, 11:00 a.m.

Does fruit have too much sugar? Our own Marla Rabalais, Nutrition Educator, will share truths and myths about all types of foods. Guaranteed to generate discussion and throw a few surprises at you.

Movie Time

Friday, January 7th, 14th, 21st, 28th, 10:30 a.m.

Come join us every Friday for a movie. We will be showing Frozen, Frozen 2, Cars and Cars 2. Come dressed as your favorite characters!

Stroller Stride

Monday, January 10th, 17th & 24th, 9:30 a.m.

Get out and enjoy some exercise and great company with our Parenting Center staff and their babies. Meet at Bogue Falaya Wayside Park in downtown Covington by the Pavilion. Please note – location may change to indoor walking track at the Ponchatoula Recreation center due to inclement weather so please follow us on Facebook for those updates.

MEMBERS ONLY ACTIVITIES ~ MUSIC, CRAFTS & FUN

Chick Fil A Sponsored Birthday Party

Wednesday, January 5th; 11:30 a.m.-12:30 p.m.

Children celebrating birthday's this month are invited to join us at the Parenting Center. Enjoy cupcakes, and a special birthday lunch!

Cuddle Buddies (ages 8 months-2 years)

Thursday, January 13th, 20th & 27th; 10:30-11:30 a.m.

This monthly play group is a learning and support opportunity with music, bubbles, and fun.

Play and Learn (ages 3-5 yrs)

Tuesday, January 11th, 18th & 25th, and Wednesday, January 5th, 12th, 19th & 26th, 10:30 a.m.-11:30 a.m.

Parents and children come shake and groove through music along with plenty of playing, learning and movement! These popular classes are full of arts and crafts, a colorful tunnel crawl, the rainbow parachute and creative story time.



Register at StTammany.health

