




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cuddle Buddies 10:30 a.m. Breastfeeding Support 10:30 a.m. Open Play 9a.m.-1p.m. Active Parenting 6-8p (Night 1)	3 Play and Learn 10:30 a.m. Open Play 9a.m.-1p.m. Infant/Child CPR 6:00 p.m.	4 Toddling Time 10:30 a.m. Birthday Party 11a.m. Open Play 9a.m.-1p.m. Last day to order Santa Letters!!	5 Open Play 9a.m.-1p.m. Pet CPR 4-6 p.m.	6 Fieldtrip to Wildlife Refuge 9:30 a.m. Open Play 9a.m.-1p.m.	7 Heartsaver 9a-12:30p Baby Chat for Siblings By Appt
8	9 Cuddle Buddies 10:30 a.m. Open Play 9a.m.-1p.m. Active Parenting 6-8p (Night 2)	10 Play and Learn 10:30 a.m. Open Play 9a.m.-1p.m.	11 Toddling Time 10:30 a.m. Open Play 9a.m.-1p.m.	12 Open Play 9a.m.-1p.m.	13 Open Play 9a.m.-1p.m.	14
15	16 Cuddle Buddies 10:30 a.m. Open Play 9a.m.-1p.m. Active Parenting 6-8p (Night 3)	17 Play and Learn 10:30 a.m. Open Play 9a.m.-1p.m.	18 Toddling Time 10:30 a.m. Open Play 9a.m.-1p.m.	19 Open Play 9a.m.-1p.m.	20 Holiday Cookie/Dessert Exchange & Christmas Party 10:30 a.m. Open Play 9a.m.-1p.m.	21
22	23 Open Play 9a.m.-1p.m.	24	25 Merry Christmas	26	27	28
Parenting Center is Closed						
29	30	31	 <p>Christmas is right around the corner.....don't forget to order your Santa Letter!! Ask a staff member for more information!</p>			
Parenting Center is Closed						

**Parenting Center Contact Information: \*\*Phone 985-898-4435 \*\*Email - [parentingcenter@stph.org](mailto:parentingcenter@stph.org)**  
**Cuddle Buddies (ages 8 months-15 months)** Monday, December 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>; 10:30 a.m.  
 This monthly play group is a learning and support opportunity with music, bubbles, and fun.

**Family Breastfeeding Support**

Monday, December 2<sup>nd</sup>; 10:30 a.m.

Support class where our primary goal is Family Support. All family members are welcome.

### Active Parenting

Mondays, December 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>; 6:00-8:00 p.m.

This three-week course is designed to aid parents in becoming active parents in their child's life using active communication. This class encourages parents to build on their child's strengths, avoid power struggles and learn effective discipline skills.

**COST: \$80/per person**

### Play and Learn (ages 2 ½ -4 yrs.)

Tuesday, December 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>; 10:30 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.

### American Heart Association Family and Friends Infant/Child CPR

Tuesday, December 3<sup>rd</sup>; 6-8 p.m.

For new parents, caregivers and family members who want to gain the knowledge and skills needed for choking and breathing emergencies that may arise with infants and children. FYI- you will not receive a CPR certificate. **COST: \$30/person.**

### Toddling Time (ages 16 months – 30 months)

Wednesday, December 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>; 10:30 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, playing musical instruments, actions with songs and creative story time.

### Monthly Birthday Party Sponsored by Chick Fil A

Wednesday, December 4<sup>th</sup>; 11:00 a.m.

Open to all members – come help us celebrate our children who are celebrating their birthdays this month by joining us for cupcakes and chicken nuggets donated by the Hwy 21 Chick Fil A!

### Pet CPR Training AND Pet Adoption Opportunity

Thursday, December 5<sup>th</sup>; 4-6pm

Please join the Parenting Center and the St. Tammany Humane Society for a fun, educational opportunity to learn the life skills of Pet CPR for Dogs and Cats and if you're looking for that next pet, you can peruse the sampling of dogs and cats that the Humane Society will bring with them and can even adopt one on the spot! **To attend,**

**please go to our website – [www.sttammany.health](http://www.sttammany.health) and pick either the 4pm or 5pm class to register for free.**

### Fieldtrip to the Wildlife Refuge in Lacombe

Friday, December 6<sup>th</sup>; 9:30 a.m.

Come join us as we travel to the Wildlife Refuge (61389 Highway 434, Lacombe, LA 70445) to participate in learning about wildlife in Louisiana and to take a short walk around the Refuge. **Please register online/or at the front desk. Cost is free to attend.**

### Baby Chat for Siblings - By Appointment Only

Saturday, December 7<sup>th</sup>

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. A parent or caregiver must be present. Ages 4 and older. **COST: \$10/family**

### American Heart Association Heartsaver FA CPR AED

Saturday, December 7<sup>th</sup>; 9 a.m.-12:30 p.m.

This course teaches First aid basics; Adult, Child, and Infant CPR, how to relieve choking, and AED use. Will receive a course completion card. (Daycare workers please call 985-898-4435 BEFORE you register). **COST: \$95/person.**

### Love on a Leash

Wednesday, December 11<sup>th</sup>; 10:30 a.m.

Our monthly visit from our canine friends to interact, pet, hug and play with our members

### Holiday Cookie/Dessert Exchange Christmas Party

Friday, December 20<sup>th</sup>; 10:30 a.m.

Happy Holidays! Come join The Parenting Center as we celebrate the Holiday season with singing, eating and a special guest! Bring your favorite Holiday dessert to share with others. Please bring your own containers to take home left overs. **Please sign up at front desk.**

"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other."—Bill Vaughan