

EARLY CHILDHOOD PROGRAMS

January - December 2018

Baby Talk:

For parent(s) and infants up to 3 months, this class will offer suggestions on how to adjust to your new life as a parent presented by a registered nurse. Meet other moms and share ideas. Babies are welcome to come.

Baby & Me:

For parent(s) and infants 2-6 months. A registered nurse will teach you how to relax your infant through massage techniques and discuss age appropriate topics including interaction and support with other new parents.

Songs, Smiles, & Parenting Styles

In this class, parents and caregivers learn about their baby's growth and development by sharing experiences and playing games such as sitting on the floor, singing songs, blowing bubbles, playing peek-a-boo, performing finger plays, and participating in group discussions. Questions can also be answered on how to interact best with your 6-12 month old baby.

Totally Toddlers:

For parent(s)/caregiver(s) and children 12 to 24 months. Classes expose toddlers to activities that encourage development of language and social skills with other children through songs, interactive play, bubbles, big and small toys, stories, songs, and circle time. Classes allow parents to interact with other parents. Bring a peanut free snack and drink for your toddler.

Fun Time:

Children and parent(s)/caregiver(s) will explore age appropriate activities for two year olds (25-36 months) that continue to develop receptive/expressive language skills, fine/gross motor skills, and social/ emotional skills through activities, songs, rhymes, musical instruments, stories, bubbles, parachute, and crafts.. Bring a peanut free snack for your child.

New Mom Discussion Group:

Discuss your new mom concerns, share your experiences with other mothers and ask any questions you may have. This group is facilitated but uses an open forum style for topics on returning to work, breast-feeding, sleep deprivation, postpartum depression and more!

Registration is required.

 732.308.0570

 lifelifewellnj.com/events

REGISTRATION: All fees are subject to change. In case of unplanned event/weather, schedule is subject to change. Please note that Visa, MasterCard, Discover or American Express credit card information will be required when registering.

REFUND POLICY: CentraState Star and Barry Tobias Health Awareness Center reserves the right to cancel or change a course date. In this event, you will be notified by phone and a full refund will be provided. Refunds or credits will NOT be given after a program begins. A \$10.00 administrative fee will be charged for any approved refund. Unfortunately, we are unable to offer make up classes. We appreciate your cooperation. If you have any questions, please call the Health Awareness Center.

**Star & Barry Tobias Ambulatory Campus
Health Awareness Center**

901 West Main Street, Freehold, NJ 07728



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lifelifewellnj.com/events

BABY TALK

MONDAYS

10:30-11:45 AM | FREE

Feb 5
Apr 2
Jun 4
Aug 6
Oct 1
Dec 3

BABY & ME

MONDAYS

10:30-11:45 AM

2 weeks | \$26

Dec 10 & 17

3 weeks | \$39

Feb 12, 19 & 26
Apr 9, 16, & 23
Jun 11, 18, & 25
Aug 13, 20, & 27
Oct 8, 15, & 22

SONGS, SMILES, & PARENTING STYLES

WEDNESDAYS

10:30-11:45 AM

3 weeks | \$39

Dec 5, 12 & 19

4 weeks | \$52

Feb 7, 14, 21 & 28
Mar. 7, 14, 21, & 28
Apr 4, 11, 18, & 25
Jun 6, 13, 20, & 27
Jul 4, 11, 18, & 25
Sep 5, 12, 19 & 26
Nov 7, 14, 21, & 28

5 weeks | \$65

Jan 3, 10, 17, 24, & 31
May 2, 9, 16, 23, & 30
Aug 1, 8, 15, 22, & 29
Oct 3, 10, 17, 24, & 31

TOTALLY TODDLERS

TUESDAYS

10:30-11:45 am

3 weeks | \$39

Dec 4, 11 & 18

4 weeks | \$52

Feb 6, 13, 20, & 27
Mar 6, 13, 20, & 27
Apr 3, 10, 17, & 24
Jun 5, 12, 19, & 26
Aug 7, 14, 21, & 28
Sep 4, 11, 18, & 25
Nov 6, 13, 20, & 27

5 weeks | \$65

Jan 2, 9, 16, 23, & 30
May 1, 8, 15, 22, & 29
Jul 3, 10, 17, 24, & 31
Oct 2, 9, 16, 23, & 30

FUNTIME

THURSDAYS

10:30- 11:45am

3 weeks | \$39

Mar 1, 8, & 15
Nov 1, 8, & 15
Dec 6, 13, & 20

4 weeks | \$52

Jan 4, 11, 18, & 25
Feb 1, 8, 15, & 22
Apr 5, 12, 19, & 26
Jun 7, 14, 21, & 28
Jul 5, 12, 19, & 26
Sep 6, 13, 20, & 27
Oct 4, 11, 18, & 25

5 weeks | \$65

May 3, 10, 17, 24 & 31
Aug 2, 9, 16, 23, & 30

NEW MOM DISCUSSION GROUP

FRIDAYS


12:30-1:30 PM | FREE


*No registration required

PROGRAMS DESIGNED BY
HEALTHCARE PROFESSIONALS
TO PROMOTE
HEALTHY DEVELOPMENT
OF YOUR GROWING CHILD



Registration is required.

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