



Breastfeeding Resource Center

www.BRC4babies.com

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ABINGTON FEBRUARY 2018

SUPPORT GROUPS, WORKSHOPS & CLASSES

All support groups, workshops and classes are held in our third-floor education room! Please enter the building through the door at the ramp off the parking lot and go up the stairs.

SUPPORT GROUPS

Support Group: 10 am – 12 noon

Tuesdays, February 6th, 13th, 20th and 27th

Come join us at our weekly FREE support groups! This is a friendly and supportive atmosphere where you can connect with other local mothers and babies. An International Board-Certified Lactation Consultant (IBCLC) is present for the first hour to answer any lactation questions or concerns and our scales are available for free weight checks. Many mothers develop long-term relationships and typically attend our groups regularly! It is a fun time for babies to practice tummy time together while mothers share tips, tricks, and stories with each other. We welcome all mothers and babies whether you are breastfeeding, bottle feeding, using a nipple shield or a supplemental nursing system. Come stop by, we would love to meet you!

Cruisers & Crawlers Support Group: 10:00 –11:30 am

Thursdays, February 1st, 8th, 15th and 22nd

If your baby is 6 months old or older, plan to join us at this weekly, FREE Mommy-n-Me meetup. Some moms feel like they've got breastfeeding down by this point, but still like to meet with other mothers in the area. Here's your chance. Our education room will be available to you every Thursday from 10:00 – 11:30am. No IBCLC will be facilitating this Mommy-n-Me time.

Visit our website regularly for new classes & updates at www.BRC4babies.com.

FREE WORKSHOPS and SCREENINGS with Salus University

All Salus University workshops and screenings are FREE and NO REGISTRATION is required. Please see below for details, or check our website at www.BRC4Babies.com.

Salus University Occupational Therapy

Salus University Occupational Therapy students, under the direction of Drs. Lauren Sponseller and Caitlin Foy, will be offering four workshops this month. In addition, they will be available for **one-on-one screening appointments**, following the workshops, from 12:00-2:00 pm

New Baby, New Plan: Role Transition and Establishing New Routines

Tuesday, February 6th 11:00 am – 12:00 pm

Looking for some tips to create new routines and manage your role changes that can help the entire family?!? Do you remember when your baby cried until the breast was in their mouth, but now, when you put them in the nursing position, they stop crying? They know that being in that position means they will be fed soon. Join us as we share some activities to help baby establish a routine like this in many of your other daily routines. Family members (besides MOM) can learn them too, which allows the baby to enjoy daily routines with ALL members of the family.

Infant Massage and Your Bedtime Routine

Tuesday, February 13th 11:00 am – 12:00 pm

Studies have shown that infant massage, provided by an infant's mother, has a host of benefits for both mother AND baby. Infant massage, when done regularly, can decrease maternal depression, encourage infant weight gain and increase melatonin, a hormone that regulates babies' sleep cycles. Join us for this hands-on, interactive workshop and learn how to give your baby a massage and discuss how to create a bedtime routine that works for the whole family.

Pain Is No Joke: Proper Body Mechanics For The New Mom

Tuesday, February 20th 11:00 am – 12:00 pm

Did you know breastfeeding mothers have an increased risk of developing carpal tunnel syndrome and tendonitis due to repetitive wrist motions? Are YOU having some pain or discomfort? Join us as we cover proper body mechanics and energy conservation techniques to prevent injury and address pain during breastfeeding, diaper changing, lifting, and other daily activities of motherhood.

How Can Something So Cute Cause So Much Stress?

Tuesday, February 27th 11:00 am – 12:00 pm

You love your baby - we KNOW you do. But, you must admit, the little sweetheart has increased your stress level - right??? Join us to discuss common experiences and feelings related to motherhood. We'll help you with some coping strategies to manage stress. We'll also be discussing your new identity as a mother. Some find it easier than others – and that's OK. We will share some great ways to cope with this role change.

Salus University Speech and Language Pathology

Salus University Speech-Language Pathology students, under the direction of Leah Morton, M.S., CCP-SLP, will be facilitating three workshops this month. In addition, they will be available for **one-on-one screening appointments** following the workshops, from 11:00 – 11:30 am.

How to Help My Child Speak (birth to 18 months)

Monday, February 12th 10:00 am – 11:00 am

This group will provide parents with tips to encourage your child's speech and language skills. Join us for this interactive workshop and learn family-centered techniques, such as utilizing baby talk and narration. Get the strategies you need to reinforce appropriate speech and language skills.

Toys and Playtime (birth to 18 months)

Monday, February 19th 10:00 am – 11:00 am

Come explore the differences in playing with your child using traditional toys, e.g., blocks and cars, versus electronic toys to build language. The discussion will focus on how to integrate speech and language into playtime and will highlight current recommendations and research in this area.

Feeding and Mealtime (birth to 18 months)

Monday, February 26th 10:00 am – 11:00 am

This group will focus on transitioning your baby to solid foods. We will review baby-led weaning versus a traditional puree method and the speech language pathologists will facilitate a discussion on picky eating vs. problem feeding. Gain valuable strategies to incorporate into mealtime to limit picky eating.

CLASSES

Notice About Class Refunds: If you are registered for a class or workshop and not able to attend, please note that a 24-hour notice is required to receive a refund. We know it is hard to get out of the house with a new baby, but we still must pay our fabulous instructors!

Tummy Time: So Much MORE Than Preventing Flat Heads – a 4 Week Clinic

Thursdays, February 1st, 8th, 15th and 22nd 1:00 – 2:00 pm

Does your baby HATE Tummy Time?

With our back-to-sleep efforts, babies are spending less and less time on their tummies. Tummy time can be fun AND therapeutic! What else can tummy time help with?

- Post-frenotomy babies
- Babies who have difficulty getting milk
- Babies with facial asymmetry
- Babies with a preference to turn to one side only
- Babies with torticollis
- Babies with tongue restrictions

If any of these sound like your baby, join us for our **INTRODUCTORY 4 WEEK Tummy Time Clinic**. Clinics will be run by Louisa Brandenburger, IBCLC, along with our two Salus University Occupational Therapy graduate interns. Each week your baby will receive a hands-on evaluation and you will be provided with techniques and an action plan to make tummy time fun AND easy. Photographs will be taken and shared with you to better see your baby's improvement.

Week 1 – Receive a comprehensive initial evaluation with targeted techniques for improvement.

Weeks 2 – 4 – Receive re-evaluations and technique modifications to help ensure your success.

REGISTRATION is REQUIRED and CLOSSES on WEDNESDAY, January 31st. This **INTRODUCTORY OFFER** for the clinic is **ONLY \$20 for ALL 4 SESSIONS.** Please register on the website at www.BRC4Babies.com or call the office at 215-886-2433.

Starting Solids: The Baby-Led Weaning Approach

Tuesday, February 13th 7:00 pm – 8:00 pm

There are more options than just starting with pureed foods! You've given your baby a great nutritional start. Keep it going by learning when and how to start solids foods. Jackie Maniscalco, MS, RD will be facilitating this informative and lively class. Jackie holds undergraduate and graduate degrees in Nutritional Sciences and is also a registered dietitian by training. A client as well as a member of the BRC Board of Directors, she was introduced to the baby-led weaning approach with her first child and is currently enjoying watching her second child learn to explore foods!

Each participant will receive a FREE copy of The Baby Led Weaning Cookbook!

REGISTRATION IS REQUIRED and CLOSSES on SUNDAY, February 11th. The cost is \$25 per individual and \$40 per couple. Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome!

Wills, Trusts, & Guardians 101 – A Workshop For Families Considering Estate Planning

Sunday, February 25th 10:30 am – 12:00 pm

Did you know there are FIVE Crucial Legal Documents every parent needs? Let's face it, no one, least of all parents of infants and toddlers, wants to think about death. But you are a responsible person. Before you filled out your registry, you researched the right crib, the contents you needed for your layette, which bottles are BPA-free and even filled out applications for preschool. Maybe you even got around to purchasing life insurance, but with that, you thought you were done.

But there's more to protecting your family. On the off chance that something catastrophic happens to both parents, what will become of your children? Who will be named guardian, how will they be appointed and will the transition at a traumatic time be smooth? Who will care for the money you left behind? How and when can your children access these funds? Leaving half a million bucks to the kids is not something to take lightly. And, just drafting a will is not enough because statistically, most of what people own is NOT passed via the will! At this workshop, you will learn that there are five major estate planning documents parents should have in place to protect both themselves and their kids. These documents create a practical foundation for young parents. It's never easy to deal with this weighty stuff but just think of the load off your shoulders when it's all done – and done right!

This class is taught by Steve Zelinger, Esq., an estate-planning attorney with a solo practice. Steve lives in Center City, Philadelphia with his wife and two young children and specializes in assisting young families plan for their estates. Steve is also Treasurer of the Friends of Chester Arthur Foundation, supporting his neighborhood public school. The information given in this class is not intended to be legal advice or form an attorney-client relationship. It is informational in nature only. It is essential to have an attorney review your specific situation before taking any action.

REGISTRATION is REQUIRED and CLOSSES on THURSDAY, February 22nd. The cost is \$20 per person and \$25 per couple. Please sign up on the website at www.BreastfeedingResourceCenter.org or call the office at 215-886-2433. All babies are welcome!