



Breastfeeding Resource Center

www.BRC4babies.com

1355 Old York Rd., Suite 101 Abington, PA 19001 215-886-2433

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ABINGTON MARCH 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, March 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, March 1st, 8th, 15th, 22nd and 29th

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 drop-in playgroup time.

Not Enough Milk? Low Milk Supply Support Group

Friday, March 23rd 10:00 – 11:00 am

Are you experiencing a low milk supply and would like to talk with other mothers who are experiencing the same thing? Come join us for this special support group. A Lactation Consultant will be there to facilitate the group and answer questions for the first hour, and you are welcome to hang out afterwards. This Support Group is **FREE**, however, we ask that you please **REGISTER** in advance at www.BRC4BABies.com or by calling the office at (215) 886-2433. All babies are welcome!

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 three workshops this month. In addition, they will be available for one-on-one screening appointments, following the workshops, from 12:00-2:00 pm

Safety First!! Tips for Ensuring Infant & Toddler Safety in Your Environment

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

You play an important role in ensuring your child's safety. Whether you're concerned about your infant putting something harmful in their mouth, or keeping your crawling toddler out of harm's way, we will discuss tips and tricks for ensuring a safe environment for your baby.

Sibling Adjustment to a New Baby

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

Having a new baby in the house is an adjustment for everyone. Siblings especially, may have a more difficult time adapting. We will provide different strategies to make the addition of the new family member easier on both parents and children. We will also discuss the effect of birth order on children's emotional and personality development, and how this affects family dynamics.

Out and About with Baby

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

Getting out of the door is sometimes easier said than done! We will discuss tips and tricks to make getting out of the house with your baby less stressful. We will provide you with community resources, local events, activities, and attractions for the entire family. We also encourage you to share strategies that have worked for you.

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.

Developmental Milestones of Speech and Language (1 ½ to 3 year olds)

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

This group will focus on the important speech, language and social skills for typically developing infants and toddlers. This group will also focus on the benefits of baby sign language to facilitate communication. Get information to help you know WHEN to refer your child for speech/language services if they aren't meeting the appropriate milestones.

How to Help My Child Speak (1 ½ to 3 year olds)

Monday, March 19th 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 (1 ½ to 3 year olds)

Monday, March 26th 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.

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!

Infant/Child CPR – American Heart Association

Sunday, March 18th 9:00am – 12:00pm

Would you know how to respond to a sudden life-threatening emergency involving your infant or child? The Infant/Child CPR workshop is 99% hands-on, and teaches parents the knowledge and techniques required for treating life-threatening situations such as choking, respiratory arrest and cardiac arrest. Each participant will learn and master the skills specific to infant/child choking, infant/child CPR and the use of an AED. Upon completion of the workshop, participants will receive a certification card through the American Heart Association. Class is taught by Dave Sanderson, Jr., M.Ed. He is currently a PE teacher and has been a certified American Heart Association CPR instructor for more than 7 years.

REGISTRATION is REQUIRED and CLOSSES on THURSDAY, March 15th. The cost is \$60 per person, which includes class time, a workbook and a certification card through the American Heart Association. There is a minimum requirement of 6 attendees to hold the class. Please tell your friends! Infants and children may attend if necessary. However, due to the hands-on nature and length of the class, we suggest you find a babysitter for this class. 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, March 20th 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, March 18th. 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!