

Catholic Charities'

LOLLABY LEAGUE

Ongoing Year Round

(Please call for specific dates)

Every Tuesday for four weeks

10:30am – 12:30pm

Infant care classes and supportive counseling for young moms and dads who participate in the four Lullaby League sessions.

Week One: Overview of pregnancy, nutrition, self care, baby care knowledge, and ways to manage stress.

Week Two: Tuning in to babies signs and signals, bonding and attachment, diapering, bathing, health issues, choosing a pediatrician, and well-baby visits.

Week Three: Feeding options (breastfeeding, bottle feeding, solids) and safety.

Week Four: The Birth – What to expect before, during, and after. Includes baby blues, and post partum depression.

→ There is NO FEE and snack is provided.

→ Women are welcome to bring a support person with them.

→ Upon completion, participants receive a full layette of new baby items.

For more information or to register please call:

Cheryl Leclerc 362-7569

Catholic Charities' Program Assistant

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