

NEW PARENT SUPPORT PROGRAM

Nurturing Parenting Programs

Enjoy free play and child-centered activities together.

PLAYGROUP

Every Friday
10:00A.M. to 12:00P.M.

Baby Nurturing

(0 to 18 months - No registration required)
Every Tuesday, 11:30A.M. to 1:00P.M.

Topics include: is my child developing normally, when will he/she sleep through the night and when can he/she eat solids. Classes are also open to expectant families.

0 to 5 years Nurturing

(12 week program. Registration required)
Wednesdays, 9:30A.M. to 12:30P.M.

Topics include: what type of parenting style you have, building your child's self-esteem and behavior management techniques.

Parents and children attend together. For information on upcoming sessions, please contact the New Parent Support Program at (719) 526-4590.

Sponsored by the Family Readiness Program

An Exciting Program Developed
By DADS for DADS
Presented by DADS

Preparing fathers and father-to-be's for the challenges and joys of fatherhood.

1st Three Wednesdays of the Month
11:45A.M.-12:45P.M.

Family Readiness, Bldg. 1526

Bring a brown bag lunch.
For more information, call (719) 526-4590.

Home Visitors

Voluntary home visitation program for families and their children (0-3yrs). Social Workers/Nurses focus on parenting & other family issues & provide support and referrals.

Mom's & Babies Walking Group

For More Information,
call (719) 526-4590

Infant Massage CLASSES

Tuesdays
(Every Other Month)
10:00AM-11:30AM

- Decreases Colic
- Aids Digestion
- Improves Circulation
- Stimulates Brain Development
- Encourages Longer Sleep
- FREE limited childcare for siblings

TODDLER TIME

Fun filled activities for children 18 months to 36 months

Scheduled at various times throughout the year.

- Games & Crafts
- Songs & Stories

For more information, call (719) 526-4590 between 8:00A.M. to 3:30P.M. or leave a message at (719) 526-6440.

Classes are held at Bldg 5510 or the Family Readiness Center, Bldg. 1526.
For dates/times, registration or more information, call (719) 526-4590.

