

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Car Seat Safety 10am-11am	7	8 Car Seat Event* 3pm-6pm Prediabetes & Diabetes 6pm-7pm	9 Cooking Class 5:30pm-6:30pm	10	11
12	13 Infant CPR 10am-11am	14 Picky Eating 11am-12pm	15 Triple P: Parenting 10am-11am	16	17	18 Cooking Class 1pm-2pm
19	20	21 Breastfeeding 10am-11am Baby Basics 11am-12pm	22 HTW Managing Your Weight 6pm-7pm	23 Infant CPR 2pm-3pm Car Seat Safety 3pm-4pm	24	25
26	27 HOLIDAY/ CLOSED	28	29 Parent Support Group 6pm-7pm	30 Breastfeeding 2pm-3pm Baby Basics 3pm-4pm	31	

Baby Basics

A new baby is a life changer! In this class, you'll learn what to expect during your first few weeks at home with your newborn.

Breastfeeding Basics

Breastfeeding is one way to give your baby important nutrition. This class will discuss the benefits of breastfeeding, how to get ready to breastfeed, methods, and common problems.

Car Seat Safety

Baby on board! Learn how to safely install your child's car seat and when to upgrade to a different car seat as your child grows. Please note that car seats are not gifted as part of this class.

Cooking with Confidence

Build your kitchen skills and nutrition knowledge! This class includes a short cooking demo and tips for making healthy breakfast, lunch, and snacking choices.

**Healthy Texas Women:
Prediabetes & Diabetes Nutrition**

Learn how to manage your blood sugar through healthier food choices. This class is offered to actively covered Healthy Texas Women members who are not pregnant.

**Healthy Texas Women:
Managing Your Weight**

Learn about managing your weight, blood pressure, and high cholesterol. This class is offered to actively covered Healthy Texas Women members who are not pregnant.

Infant CPR

Learn how to react if your baby is choking and/or not responding. This class follows the guidelines and techniques of the American Heart Association. Please note that you will not get a CPR certification as part of this class.

Picky Eating

Learn tips to help your child accept new foods, eat a wider variety of foods, and have improved behavior at mealtimes.

Parent Support Group

A monthly parent/caregiver only meet-up for families that have a child/children with Autism or other Developmental Disorders. Using the "Positive Adult Development" curriculum, parents are able to discuss ways to manage stress, navigate challenges, and celebrate successes related to balancing parenting and self-care.

Triple P: Parenting Class

Learn simple ways to build strong, healthy relationships with your children.

*** Car Seat Event**

Learn how to safely install your child's car seat according to your child's weight, size, and age.

TO REGISTER FOR CLASSES, CALL 832-828-1592

Event dates and times are subject to change. These are member events only. Members must register for classes.

The Center for Children and Women Greenspoint, 700 N. Sam Houston Prkwy W, Houston, TX 77067 jointhecenter.org