

October 2017

Embracing The New Normal

www.EmbracingTheNewNormal.com

0-3 month class meets Thursdays 1p-3p,
 3-6 month class meets Tuesdays 10:30a-12:30p,
 6-12 month class meets Tuesdays 1p-3p

Classes meet at Emerald City Judo in Redmond

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 10:30a 3-6mo I Need A Break! Self care for Parents 1pm 3-12mo Self Care	4	5 1p 0-3mo Beyond The Baby Blues 7pm Embracing Your Toddler	6	7
8	9	10 10:30a 3-6 mo Soothing Growing Babies 1p 6-12 mo TBD	11	12 1p 0-3 mo Calming and Soothing	13	14
15	16	17 10:30a 3-6 mo Babysitters and Mother's Helpers 1p 6-12 mo Babysitters and Mother's Helpers	18	19 1p 0-3 mo Childcare Options 7pm Embracing Your Preschooler	20	21
22	23	24 10:30a 3-6 mo Sleep Strategies 1p 6-12 mo Sleep Strategies	25	26 1p 0-3 mo Sleep Strategies 7pm Conversations About Motherhood	27	28
29	30	31 10:30a 3-6 mo Halloween Costume Party 1p 6-12 mo Halloween Costume Party		NOV 2 1pm 0-3 mo Hlloween Dress Up/Transition to Parenthood		NOV 4

