



NELSON DISTRICT  
**PARENTS CENTRE**  
*Where parenting is everything!*

**Free!**  
in 2017

# COURSE SCHEDULE 2017!

Join a Course with the Nelson District Parents Centre in 2017  
**Childbirth Education + Baby & You + Moving & Munching**  
**+ Terrific Toddlers + Toilet Training + First Aid + More!**



## Baby & You Courses

**Course One** 1030am - 1230pm

26th Jan, 2nd, 9th, 16th, 23rd Feb  
& 2nd Mar

**Course Two** 1030am - 1230pm

23rd, 30th Mar  
6th, 13th, 20th & 27th Apr

**Course Three** 1030am - 1230pm

18th, 25th May  
1st, 8th, 15th & 22nd Jun

**Course Four** 1030am - 1230pm

13th, 20th, 27th Jul  
3rd, 10th, 17th & 24th Aug

**Course Five** 1030am - 1230pm

7th, 14th, 21st, 28th Sept  
5th & 12th Oct

**Course Six** 1030am - 1230pm

2nd, 9th, 16th, 23rd, 30th Nov  
7th Dec

### Where

Baby & You Courses are held  
at the Nelson Masonic Lodge,  
Nile Street, Nelson

### Additional Information

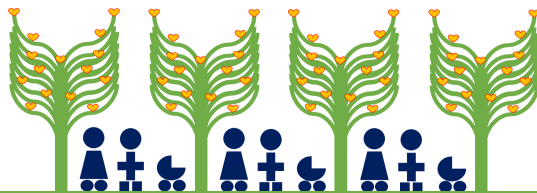
Book in for our Moving & Munching  
Courses they are a great follow-on  
from Baby & You!

**Book Now**

+ [ndpc.babyandyou@gmail.com](mailto:ndpc.babyandyou@gmail.com) + [www.ndpc.org.nz](http://www.ndpc.org.nz)  
+ [www.facebook.com/nelsondistrictparentscentre](https://www.facebook.com/nelsondistrictparentscentre)

**Nelson District Parents Centre - Supporting the Community Since 1977**

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## Baby & You Courses - FREE during 2017!!

Baby & You Courses are for parents with babies 0-4 months old. They are great value with a mixture of excellent speakers who provide information and expertise about the first few months of life with a new baby. The courses are a fantastic way to make friends, share experiences and gain support with people who have babies of the same age.

The courses are run in a relaxed and supportive atmosphere where you can feed, jiggle, rock or do whatever it takes to settle your wee one! Our wonderful Parents Centre Facilitators will assist you wherever possible.

**When & Where** - Courses run for six weeks every Thursday morning 10:30am - 12:30pm at the Masonic Rooms 107 Nile Street (in between NMIT and Fern Lodge/Prince Albert pub). Please refer to the course schedule overleaf for dates.

### Session One

**Introduction** - Baby and You Facilitators.

**When to call the Doctor.** Child sickness, danger signs, CPR, immunisations. Expert advice from a GP.

### Session Two

**Feeding and Sleeping** – Guidance and support from an expert in these areas.

### Session Three

**Baby Wearing and Baby Massage** - Two practical hands on sessions, with experts in these areas.

### Session Four

**Personal Fitness** with a Personal Trainer from Sport Tasman. **Post Natal Depression Support** with a Counsellor from Nelson Postnatal Depression Support.

### Session Five

**Baby's Physical Development** - Information and expert advice from a Paediatric Physiotherapist.

### Session Six

**Active Movement** - With a movement specialist from Sport Tasman. A professional photographer does optional mini shoots with babies and parents. Final day shared lunch.

**Book Now**

+ [ndpc.babyandyou@gmail.com](mailto:ndpc.babyandyou@gmail.com) + [www.ndpc.org.nz](http://www.ndpc.org.nz)  
+ [www.facebook.com/nelsondistrictparentscentre](https://www.facebook.com/nelsondistrictparentscentre)

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