



Nurturing Parenting & Brightcourse in Spanish

Spring 2024

ZOOM ID: 895 6698 0036
Passcode: Panales

Tuesdays | 2:00PM | Virtual

Jan 23	Emotions of Pregnancy/ Las Emociones de Embarazo	Mar 12	Getting your Baby to Sleep/ Como hacer Dormir al Bebe
Jan 30	Emotions of Pregnancy/ Las Emociones de Embarazo	Mar 19	Mommy Nutrition/ Nutricion de la Mama
Feb 6	What is safe during pregnancy/ Que es seguro durante el embarazo	Mar 26	No Class
Feb 13	Simple Infant Care/ Cuidado Infantil Simple	Apr 2	Changes in Body Image/ Cambios en la Imagen Corporal
Feb 20	Infant Nutrition/ Nutricion infantil	Apr 9	Car Safety / Seguridad en el Automóvil
Feb 27	Communicating with Respect/ Comunicandonos con Respeto	Apr 16	Successful Breastfeeding/Lactancia Materna: Exitosa
Mar 5	The Importance of Bonding/La Importancia del Apego	Apr 23	Teething Time/ Tiempo de Denticion

Sign up and more info at pac-woman.com/classes

Please note that classes listed above may not be offered on the day listed based on the availability of speakers



Nurturing Parenting in Spanish

Spring 2024

St. Brendan the Navigator
4633 Shiloh Rd
Cumming, GA 30040

Thursdays | 10:00AM | In person

Jan 25	Prenatal Care/ Atencion Prenatal	Mar 14	Infant Expectations/ Expectativas Infantiles
Feb 1	Emotions of Pregnancy/ Las Emociones de Embarazo	Mar 21	Mommy Nutrition/ Nutricion de la Mama
Feb 8	Car Safety / Seguridad en el Automóvil	Mar 28	No Class
Feb 15	Understanding your Infant/ Entender a su Hijo	Apr 4	Being a Super Mom/ Ser una Super Mama
Feb 22	Infant Nutrition/ Nutricion Infantil	Apr 11	Getting your Baby to Sleep/ Como Hacer Dormir al Bebe
Feb 29	The Importance of Words/ La Importancia de las Palabras	Apr 18	Getting Started with Breastfeeding/ Lactancia Materna: Comenzando
Mar 7	The Importance of Bonding/ La Importancia del Apego	Apr 25	Mommy Milestones/ Hitos de Mami

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