

Opportunities For You & Your Baby



Early Childhood Family Education Classes - ECFE

Led by licensed early childhood teachers and parent educators, ECFE infant classes are a helpful way to begin the adventure of parenting.

During a typical ECFE class, parents and babies will participate in activities provided by an early childhood teacher, including sensory play, large and small motor activities, songs and fingerplays.

Parents also participate in parent education focused on topics of interest such as infant development, crying, comforting, sleep and nutrition. Class Fees are based on a sliding fee scale.

You can drop in at any time to check out our classes, but please call ahead to confirm that the class is meeting and that you will be attending.

Daytime Infant Classes

Birth-10 mo	Fri	9-10:30 am	Central Park
4-12 mo	Fri	11am-12:30 pm	Central Park
Birth-16 mo	Mon	5:30-7 pm	Cottage Grove
10-16 mo	Tues	11am-12:30 pm	Central Park
10-16 mo	Thur	9-10:30 am	Central Park

Evening infant classes

Birth-16 mo	Thurs	6-7:30 pm	Central Park
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Baby Massage - 3 weeks

Bring your baby (non-crawlers) and learn the special touch of massage from an infant massage specialist.

Birth-9 mo	Wed	6:30-7:30 pm	Central Park
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Hospital and Home Visits

In the first days of your baby's life, ECFE infant specialists are available for one-on-one teaching and support in the hospital or home setting. Welcome Baby visits from an ECFE infant specialist provide parents with valuable information about the capabilities of their amazing newborn. Use the enclosed postcard to request a personal Home Visit.

New Parent Connection

New Parent Connection offers support and information to new parents during the exciting and challenging period of transition following the birth of a baby. Designed for parents and infants, birth to six months of age, New Parent Connection is held at Woodwinds Health Campus. Parents and babies may join the group at any time year round. No preregistration is required. For more information, call 651-768-5330.



Need More Information...

Call District 833 Early Childhood Family Education (ECFE) 651-768-5330.

Class ages, days and times are subject to change. Call the ECFE office for current information.