

Early Childhood Family Education

ECFE Classes.....

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 finger-plays. 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.

DAYTIME INFANT CLASSES

Birth-10mo	Fri	9-10:30am	Central Park
4-10mo	Fri	11am-12:30pm	Central Park
Birth-16mo	Tues	11am-12:30pm	Cottage Grove
10-16mo	Tues	11am-12:30pm	Central Park
10-16mo	Thurs	9-10:30am	Central Park

EVENING INFANT CLASSES

Birth-16mo	Thurs	6:00-7:30pm	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-9mo	Wed	6:30-7:30pm	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 personal **Home Visits** at any time.

New Parent Connection Classes

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 – 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 pre-registration is required. If you are interested in **New Parent Connection** please call 651-768-5330.

For Program Information call: 651.768.5330