



K'TANIM PRESCHOOL OFFERS:

Moms & Babies Group

(For first time or seasoned moms)

Moms and their babies ages 0-9 months

Tuesdays 9:30 – 10:30 AM

6 Week Session – \$90.00

December 12, 19, January 3, 9, 16 & 23

Congregation Beth El • 1200 Fairfield Woods Rd. • Fairfield (203) 374-5544

Presented by: Alison Seyal, LMSW

Alison is a social worker who specializes in parenting, children, and families, running parenting groups and doing family/child therapy.

Many of the topics that may be covered:

The group is meant to cater to your needs. Topics will be chosen based on the group's interest.

- Feeding – breast or bottle and why, questions about either
- Birth stories – anyone who wants to share/reflect
- Marriage after baby – changes, challenges
- Sleeping – whether/how to sleep train, sleep troubles/questions
- Extended family/grandparents – setting limits, asking for help, navigating different parenting techniques/perspectives
- Choosing a pediatrician/whether to vaccinate (and/or space out vaccines)
- Finding childcare and forming a healthy relationship with childcare providers
- Going back to work (or choosing not to)
- Schedules/routines for baby
- Starting solids (or continuing that journey)
- Traveling with baby
- Siblings – current sibling relationships or future family planning

**For more information contact Alison Seyal at alisonseyal@gmail.com
or Sheila May at sheiladmay@yahoo.com**