

## About Welcome Baby

Welcome Baby is a program of Durham County Cooperative Extension, supported by funds from Durham's Partnership for Children, a Smart Start initiative. Services are available to interested Durham County families with children ages birth-5. We provide a range of services from car seats and free clothing; workshops for parents; lending library; volunteers who call parents of newborns and discussion groups. We know that parenting is a job with endless questions. WB staff are here to help. For more information or to be added to our mailing list, please call us at (919) 560-7150 or visit our Web site at [www.welcomebaby.org](http://www.welcomebaby.org)



## New Offerings for Families

### Positive Discipline Series

Are you looking for new effective ways of disciplining your children? Do you find yourself repeating requests and/or commands to your children several times without any success? Then this 8 week Positive Discipline class is for you. Come and learn long-term parenting skills that will help you teach your children responsibility, cooperation, problem solving skills plus more! The workshop series is based on a book "Positive Discipline for Preschoolers" by Jane Nelsen. The classes are tailored to the needs of the participants. **Series begins Thursday, January 7<sup>th</sup> from 6:00pm-7:30pm. To register call Patience @ 560-7392. Snacks and childcare are available.**



### BABY (Birth and Beginning Years)

**Calling all New and Soon to be Moms and Dads!** If you are a first time Mom/Dad or it has been so long since you had a little one and would like to learn ways of caring for the baby. Come join the parents at Welcome Baby. Parents who complete 8 of the 10 classes will receive books and a Giving Closet Shopping trip. **Series begins Friday, January 8<sup>th</sup> from 10:30am -12:30pm. To register call Patience @ 560-7392. Breakfast and childcare are available.**

Some topics to be covered

- ♥ Body changes during Pregnancy
- ♥ How to soothe a crying baby using the 5s'
- ♥ How to get the most out of your health care provider
- ♥ Choosing birth control
- ♥ Planning for birth and recognizing signs of labor.



### Incredible Years for Babies at Antioch Church

This new series offers parents of infants—newborn to 12 months—support to:

- ♥ Strengthen the nurturing bond between parent and newborn by
- ♥ Help mothers and fathers read babies' cues and signals, understanding babies' brain development
- ♥ Learn the important role of touch and visual stimulation and
- ♥ The value of taking care of yourself to avoid frustration with babies' needs.

**Series begins January 6<sup>th</sup> – mornings beginning at 9:30 am until 11:45 pm. To register, call Kimberly @ 560-7319. Breakfast and childcare are available.**

## THE INCREDIBLE YEARS

Starting January 12th!

Are you feeling challenged by your 3 to 5 year olds behavior? Join us for the Incredible Years to learn:

- ♥ How to play, listen, talk and problem solve with your child.
- ♥ Clear limits, household rules and consistent follow-through.
- ♥ Ways to ignore, distract and redirect.

Parents will have an opportunity to practice research-based parenting techniques with support from other parents and leaders.

**Tuesday evenings from 6pm-8:00pm. Childcare, transportation and meals provided.**

For more info: <http://www.newsobserver.com/print/wednesday/other/story/1534183.html>

**Circle of Parents** provides a friendly, supportive environment led by parents and other caregivers. It's a place where anyone in a parenting role can openly discuss the successes and challenges of raising children . . . where they can find and share support.



**How?** By sitting down and really talking. **Circle of Parents** groups meet weekly, are free of charge, and foster an open exchange of ideas, support, information and resources. These kinds of groups serve those parenting children ages birth to 5 years and families of all types.

The group meets Thursdays from 6:30pm – 8pm. All parents are welcome to drop in. **If childcare is needed, please call Patience ahead of time @ 560-7392.**



**THE GIVING CLOSET NEEDS YOU!** Each week we get lots of wonderful clothes donated to us that needs to be inspected, sorted, sized and hung. Over 700 families a year rely on the Giving Closet for supplemental children's clothing. If you have even an hour a week to spare, we can use your help. Bring a friend! Contact Von Brown, our Volunteer Coordinator for more info. Her number is 560-7340 or e-mail her: [vdbrown@co.durham.nc.us](mailto:vdbrown@co.durham.nc.us).

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