

April 2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---------------------------------------|--|-----|-----|
| | 1 | 2 6pm Prepare for Labor | 3 | 4 *9-11am Mom's Wellness Group 12pm Breastfeeding 1pm Pumping and returning to work | 5 | 6 |
| 7 | 8 11am Birth Planning 12pm Esprimiendo Limon 1pm Safe Sleep | 9 6pm Dads 4 life | 10 12pm Seguridad del Hogar | 11 *9-11am Mom's Wellness Group 12pm Baby Sign Language 1pm Infant massage | 12 | 13 |
| 14 | 15 11am Prepare for Labor 12pm Lemon Squeeze 1pm Postpartum Care | 16 6pm Lamaze | 17 | 18 *9-11am Mom's Wellness Group | 19 | 20 |
| 21 | 22 | 23 11am Infant CPR 1pm Pregnancy 101 6pm Team Parentiing | 24 12pm Entrenando para ir al baño | 25 *9-11am Mom's Wellness Group 12pm Feeding your baby 1pm Starting Solids | 26 | 27 |
| 28 | 29 | 30 11am Car Seat Safety 1pm Nutrition for a Healthy Pregnancy | | | | |
| | | | | | | |



- **Moms Wellness group eligibilty: All moms who are pregnant or have children 0-12 months**

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|-----|---------------------------------|---|--------------------------------------|--|-----|-----|
| | | | 1 | 2 *9-11am Mom's Wellness Group | 3 | 4 |
| 5 | 6 12pm Lemon Squeeze Spanish | 7 | 8 12pm Baby Sign Language Spanish | 9 *9-11am Mom's Wellness Group 12pm Breastfeeding 1pm Potty Training | 10 | 11 |
| 12 | 13 | 14 11am Birth Planning 1pm Infant CPR 6pm My Child's Speech 6pm Dads 4 life | 15 | 16 *9-11am Mom's Wellness Group 12pm Developmental Play 1pm New Baby Care | 17 | 18 |
| 19 | 20 12pm Lemon Squeeze | 21 11am Postpartum Care 1pm Preparing for Labor 6pm Team Parenting | 22 12pm Car Seat Safety Spanish | 23 *9-11am Mom's Wellness Group | 24 | 25 |
| 26 | 27 | 28 11am Lamaze 1pm Pregnancy 101 6pm My Child's Speech Spanish | 29 | 30 *9-11am Mom's Wellness Group | 31 | |
| | | | | | | |



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