

# Parent-Baby Groups

*For babies ages 0-15 months*



## December 2018

*Note: Speakers subject to change*

Tuesday	Wednesday	Thursday
<b>4</b>	<b>5</b>	<b>6</b>
Tummy Time Tactics & More <i>Anna Brown, BS, PT, DPT</i>	<u>3-6 months</u> Homemade Toys  <u>0-3 months</u> Tummy Time Tactics & More <i>Anna Brown, BS, PT, DPT</i>	Homemade Toys
<b>11</b>	<b>12</b>	<b>13</b>
Postpartum Adjustment	Postpartum Adjustment	Unplug & Play <i>Deborah Sleeman</i>
<b>18</b>	<b>19</b>	<b>20</b>
Family Traditions & Holiday Parties  <i>2:30 p.m. Pattycake Prints</i>	Family Traditions & Holiday Parties  <i>2:30 p.m. Pattycake Prints</i>	Family Traditions & Holiday Parties
<p><b>No Classes: December 25 – 27, 2018 or January 1 – 3, 2019</b> <b>Happy Holidays!</b></p>		
<p><b>Classes Resume January 8, 2019</b></p>		

### 0-3 months

Tuesdays & Wednesdays  
12:30-2:30 p.m.

### 3-6 months

Wednesdays  
9:30-11:30 a.m.

### 6-9 months

Thursdays  
12:30-2:30 p.m.

### 9-12 months

Thursdays  
9:30-11:30 a.m.

### 12-15 months

Thursdays  
9:30-11:30 a.m.

### Location

Evergreen Surgery and Physician's Building  
**Rooms Tan 1-140 & 1-142**  
12333 NE 130th Lane  
Kirkland, WA 98034

### Registration

For registration and directions call 425.899.3000  
Monday - Friday, 7 a.m. - 7 p.m.

### Parking

Free parking is available in the Central Parking garage.

**Are You Or Your Baby Sick?** Please stay home & take care of yourselves until you are well.

### Parent-Baby Staff & Contact Information

Facebook: [Evergreen Parent Baby Class](#) Website: [evergreenhealth.com/parent-baby](http://evergreenhealth.com/parent-baby)

#### Lead Instructor

Tracy Van Den Boomen  
425.899.2652  
tvandenboomen@evergreenhealth.com

#### Instructors

Christine Muenz  
Deborah Sleeman  
parentbaby@evergreenhealth.com

**We'd like to express our sincere thanks to our wonderful volunteers!**



**"This is Not What I Expected" - Emotional Support for New Mothers**

*This support group provides emotional care for new mothers and families experiencing postpartum distress.*

This **free** support group meets the first & third Tuesday of each month  
7-9 pm in room Tan 1-134 (in the Evergreen Surgery & Physician's Building)

Consider this group if:

- You feel alone or isolated and want to connect with other parents who are feeling the same way
- You feel anxious, irritable or are having difficulty sleeping
- You just don't feel like yourself
- You are having a hard time connecting with your baby

No registration required. For more information call the EvergreenHealth Healthline at **425.899.3000**

Additional Classes		
Class Title	Date(s)	Time
Back-to-Work Parent Baby Group	January 12 - March 23, 2019	10:00 a.m.
Breastfeeding Your Older Baby	December 14	10:00 a.m.
Car Seat Safety	December 12	7:00 p.m.
Pumping Class	December 17	7:00 p.m.
Starting Solids	December 4, January 8	7:00 p.m.
This is Not What I Expected	December 4 & 18	7:00 p.m. free

**To register for a class, please call 425.899.3000.**

**Helpful EvergreenHealth Phone Numbers:**

- Breastfeeding Center .....425.899.3494
- Postpartum Care Center .....425.899.3602
- Nurse Navigator & Healthline (24-hour nurse line) .....425.899.3000
- Baby & Family Boutique .....425.899.3603

*EvergreenHealth's Baby and Family Boutique offers a variety of high quality products to help you during pregnancy and the first year with your new baby.  
Location: EvergreenHealth - Coral Suite 320. Open Monday-Saturday, 8:30 a.m.-4:30 p.m.*

