



January 26

Making Music

Mothers have sung to their babies for centuries. In this experiential session we'll explore how music can help with all aspects of your baby's development- pre and post utero. You don't have to be a musician to make music with your baby! You'll leave with easy to use musical strategies that will promote bonding, communication and overall health for your little one.

Presented by Plano Symphony Orchestra

February 23

Changing Relationships

Babies change everything and nothing will ever be the same. As you're forming a relationship with your new addition(s), your relationship with your partner, your relationships with friends, and your relationships with family will change too. We'll explore how to stay connected and maintain boundaries with those you care about while balancing new responsibilities, finding a new normal, and managing the "4th trimester".

Presented by Southern Methodist University Center for Family Counseling

March 23

Baby's Cues

Fussing and crying are normal for infants, especially in the first three months of life. How do you distinguish between "normal" crying and something more serious. Gain an understanding of the normal range of crying and how to read your baby's cues. And learn sanity saving tips for helping your cope with a fussy baby.

Presented by Family Compass

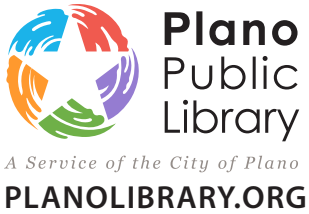
April 20

Food Feeds Learning

During pregnancy, you set the course for your baby to grow and be healthy. Following a nutritious diet helps prepare your child for success in learning. In this session, get expert tips on what a healthy diet looks like, learn what foods to avoid and how to handle common discomforts such as heartburn and nausea. In addition, you will learn about feeding your newborn in the first few months including the optimal first food, discovering the importance of reading your baby's hunger and fullness cues and gaining an understanding of general feeding guidelines.

Presented by a representative of WIC (Women, Infants and Children) Supplemental Nutrition Program

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Read to the Bump

For Parents
Schimelpfenig Library
Saturdays 11am



May 18

Imaginative Play

Walk down the toy aisle in your favorite store and notice that it's almost impossible to find a baby toy that doesn't have sound, light and motion. Are these expensive toys what your baby needs? Play is the basic ingredient for stimulating your baby's mind and setting the stage for healthy social, emotional and intellectual development. In this interactive session, discover the importance of imaginative play and how it affects social-emotional development.

Presented by University of Texas at Dallas Center for Children and Families



Davis Library
7501-B Independence Pkwy
972-208-8000



Haggard Library
2501 Coit Road
972-769-4250

Harrington Library
1501 18th Street
972-941-7175



Parr Library
6200 Windhaven Pkwy
972-769-4300

Schimelpfenig Library
5024 Custer Road
972-769-4200