



The Center for New & Expectant Parents

FEBRUARY 2012

San Francisco

3490 California Street #203, Laurel Village, San Francisco, CA 94118

To register for classes, please call (415) 440-3291 or email: S_001@dayonecenter.com

Calendar subject to change. Please check website for updates: www.DayOneCenter.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prenatal Classes Infant & Child CPR Workshops New Parent Groups – Drop In Music Program			1 <i>NPG: Musical Play</i> 10:00 -10:45a <i>NPG: Baby Play</i> 11:00 -12:00p <i>NPG: 0 - 3 months</i> 12:30 - 1:30p Photographing Baby 2:00-3:30p Newborn Care 6:00 -9:30p	2 <i>NPG: 0 – 3 months</i> 11:00 – 12:00p <i>NPG: Musical Play</i> 2:15 – 3:00p Infant and Child CPR 6:00 – 9:00p	3 <i>NPG: Musical Play</i> 10:30 - 11:15p <i>NPG: Musical Play</i> 11:45 – 12:30p	4 Childbirth Preparation 9:00 – 5:00p
5	6 <i>NPG: 0 – 6 months</i> 12:00 – 1:00p <i>NPG: 6 - 12 months</i> 3:00 – 4:00p Wills, Trusts & Life Insurance <i>Free for members</i> 6:00 – 8:00p	7 <i>NPG: 3 - 6 months</i> 11:30 – 12:30p <i>NPG: 0 - 3 months</i> 3:00 – 4:00p Finding a Preschool 12:40 – 2:00p Gearing Up for Baby 6:00 – 8:00p	8 <i>NPG: Musical Play</i> 10:00 -10:45a <i>NPG: Baby Play</i> 11:00 -12:00p <i>NPG: 0 - 3 months</i> 12:30 – 1:30p Sleep Solutions 4 – 12 month old 2:00-4:00p Breastfeeding 6:00 – 8:30p	9 <i>NPG: 0 – 3 months</i> 11:00 – 12:00p <i>NPG: Musical Play</i> 2:15 – 3:00p Establishing Good Sleep Habits 12:15-2:00p Infant and Child CPR 6:00 – 9:00p Bumble Bee Handprints 11-2p	10 <i>NPG: Musical Play</i> 10:30 - 11:15p <i>NPG: Musical Play</i> 11:45 – 12:30p Sleep Solutions 4 – 12 month old 1:00-3:00p	11 Signing with Baby 11:30-1:00p Signing with Baby 1:30-3:00p
12 Infant Massage 11:30-1:30p Dad & Baby Massage 2:00-3:30p	13 <i>NPG: 0 – 6 months</i> 12:00 – 1:00p <i>NPG: 6 - 12 months</i> 3:00 – 4:00p Developmental Play 1:15-2:45p Newborn Care 6:00 – 9:30p	14 <i>NPG: 3 - 6 months</i> 11:30 – 12:30p <i>NPG: 0 - 3 months</i> 3:00 – 4:00p All About Pumping 9:45-11:15a	15 <i>NPG: Musical Play</i> 10:00 -10:45a <i>NPG: Baby Play</i> 11:00 -12:00p <i>NPG: 0 - 3 months</i> 12:30 – 1:30p Breastfeeding 6:00 – 8:30p	16 <i>NPG: 0 – 3 months</i> 11:00 – 12:00p <i>NPG: Musical Play</i> 2:15 – 3:00p Infant and Child CPR 6:00 – 9:00p	17 <i>NPG: Musical Play</i> 10:30 - 11:15p <i>NPG: Musical Play</i> 11:45 – 12:30p Childproofing Your Home 1:00-2:30p	18 Gearing Up for Baby 11:00 – 1:00p Gearing Up for Baby 2:00-4:00p
19 Childbirth Preparation 9:00 – 5:00p	20 <i>NPG: 0 – 6 months</i> 12:00 – 1:00p <i>NPG: 6 - 12 months</i> 3:00 – 4:00p	21 <i>NPG: 3 - 6 months</i> 11:30 – 12:30p <i>NPG: 0 - 3 months</i> 3:00 – 4:00p Breastfeeding 6:00 – 8:30p	22 <i>NPG: Musical Play</i> 10:00 -10:45a <i>NPG: Baby Play</i> 11:00 -12:00p <i>NPG: 0 - 3 months</i> 12:30 – 1:30p Breastfeeding 6:00 – 8:30p	23 <i>NPG: 0 – 3 months</i> 11:00 – 12:00p <i>NPG: Musical Play</i> 2:15 – 3:00p All About Vaccines 12:15-1:30p	24 Member Appreciation Day <i>NPG: Musical Play</i> 10:30 - 11:15p <i>NPG: Musical Play</i> 11:45 – 12:30p	25 Member Appreciation Day Infant and Child CPR 9:30 – 12:30p Newborn Care 1:00-4:30p
26 Member Appreciation Day Childbirth Preparation 9:00 – 5:00p	27 Member Appreciation Day <i>NPG: 0 – 6 months</i> 12:00 – 1:00p <i>NPG: 6 - 12 months</i> 3:00 – 4:00p Introducing Solids 10:00 – 11:30p All About Your Baby's Teeth 1:30 – 2:30p	28 <i>NPG: 3 - 6 months</i> 11:30 – 12:30p <i>NPG: 0 - 3 months</i> 3:00 – 4:00p	29 <i>NPG: Musical Play</i> 10:00 -10:45a <i>NPG: Baby Play</i> 11:00 -12:00p <i>NPG: 0 - 3 months</i> 12:30 – 1:30p			