

Our 12 educational workshops that will be beneficial for new and expecting mothers in the community:

1. Prenatal Nutrition and Wellness: Focus on essential nutrients, healthy eating habits, and wellness tips to support a healthy pregnancy.
2. Labor and Delivery Preparation: Information on what to expect during labor and delivery, pain management options, and creating a birth plan.
3. Breastfeeding Basics: Guidance on breastfeeding techniques, benefits, common challenges, and resources for support.
4. Infant CPR and First Aid: Teaching parents essential life-saving skills and first aid knowledge for emergencies involving infants.
5. Newborn Care Essentials: Practical tips on diapering, bathing, soothing, and understanding newborn behavior and cues.
6. Postpartum Self-Care: Focus on mental health, physical recovery, and self-care strategies for new moms in the postpartum period.
7. Introduction to Infant Sleep Patterns: Understanding sleep cycles in babies, safe sleep practices, and establishing healthy sleep routines.
8. Babywearing and Safe Baby Equipment Use: Demonstrating different methods of babywearing and how to safely use baby gear and equipment.
9. Budgeting and Financial Planning for New Families: Guidance on managing finances with a new baby, including budgeting tips, savings, and insurance.
10. Child Development Milestones: Information on developmental stages in the first year and activities to support growth and learning.
11. Building a Support Network: Encouraging new moms to connect with community resources, support groups, and other families.
12. Navigating Childcare and Parental Leave: Options for childcare, understanding parental leave policies, and balancing work and parenting responsibilities.

**There will be 1 workshop a month. Each workshop can be tailored to the specific needs and interests of your community, and facilitated by professionals such as dietitians, lactation consultants, pediatricians, financial advisors, and mental health professionals.**