



FREE 6-WEEK FIRST-TIME MOMS GROUP

Held in Littleton, Carlisle & Sudbury on a rotating basis.

This group will be led by Mary Beilman, MA ECSE, CLC, and is appropriate for any mom with a baby age 6 months and under. For the new parent there are many changes, many questions, and often a feeling of isolation if you've just left the working world or your family is not close by. A small group with a parent educator can be educational, supportive, and the ideal format for new mothers to share ideas and experiences. Some of the topics we address in our group include:

- * adjusting to your new role as a mother
- * infant care concerns such as feeding, crying, and sleep
- * infant development including tummy time and positioning
- * making the return-to-work or stay-at-home decision
- * changes in your relationships with your spouse, family, friends

Weekly handouts and first-year-of-life activity resources enhance the presented information and follow-up discussions. There are no fees associated with this group.

Participants in this program can also attend a quarterly parent education presentation on motor development in the first year of life held in Westford.

Email Linda if you'd like to sign up for this group or find out where and when the next one begins: lmattthews@jri.org
or call us at 978-429-8284.

First Connections is a Mass. Dept. of Early Education and Care Coordinated Family and Community Engagement grant program serving all families with children under nine years old in eleven communities. Our programs are listed at www.firstconnections.org