

Baby and Me

Tuesdays 10-11am
FREE Educational Support



Becoming a new parent can come with a need for information and a desire to connect with other new families.

Join us for a FREE weekly support and encouragement group for parents and their babies ages 0-12 months. There is no need to register, join us anytime.



During this time of physical distancing, this group will be held via WebEx. When distancing is no longer a concern the group will return to its regularly scheduled location (listed below).



Saint Alphonsus

A Member of Trinity Health

Family Center

900 N Liberty, Ste. 204
Boise, ID 83704

For Weekly WebEx Link:

go to: www.facebook.com/SaintAlsBaby
or email: Bo-FamilyCenter@sarmc.org
to be added to the invite lists.

2021 Slate of Support Sessions:

- January 5 Adjustment to Life with Baby
- January 12 Perinatal Depression & Anxiety
- January 19 Sleep
- January 26 . . . Discipline Strategies
- February 2 . . . Reading with Baby
- February 9 . . . Relationships
- February 16 . . . Temperaments, Calming & Soothing
- February 23 . . Safety in the Home
- March 2 Physical Development & Tummy Time
- March 9 Stress Reduction
- March 16 Q&A with a Pediatrician
- March 23 Open Discussion/*Walk in the Park
- March 30 Family Finances
- April 6 Picky Eaters
- April 13 Play with Baby
- April 20 Travel with Baby
- April 27 Starting Solids

Lactation Support Group • 208-367-4063
Wednesdays, 10am - 11am