

## About Welcome Baby

Welcome Baby is a program of **Durham County Cooperative Extension**, supported by funds from **Durham's Partnership for Children, a Smart Start initiative**. Services are available to interested Durham County families with children ages birth-5. We provide a range of services from car seats and free clothing; workshops for parents; lending library; volunteers who call parents of newborns and discussion groups. We know that parenting is a job with endless questions. WB staff are here to help. For more information or to be added to our mailing list, please call us at (919) 560-7150 or visit our Web site at [www.welcomebaby.org](http://www.welcomebaby.org)



## Offerings for Families

### Positive Discipline Series

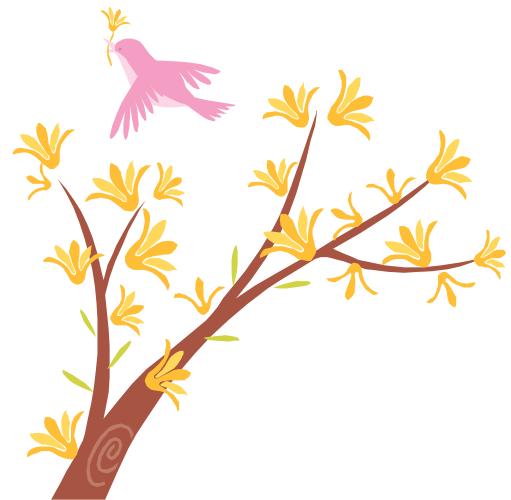
March 11<sup>th</sup> from 6:00pm – 7:30pm

Are you looking for new effective ways of disciplining your children? Do you find yourself repeating requests and/or commands to your children several times without any success? If so, then this 8 week Positive Discipline class is for you. Come and learn long-term parenting skills that will help you teach your children responsibility, cooperation, problem solving skills and more! The workshop series is based on a book "Positive Discipline for Preschoolers" by Jane Nelsen. The classes are tailored to the needs of the participants. **Call Patience @ 560-7392 to register for the series starting March 11<sup>th</sup>. Hurry classes fill quickly!**

### More Positive Discipline!

April 20<sup>th</sup> from 6:00pm – 7:30pm

Are you looking for new effective ways of disciplining your children? Do you find yourself repeating requests and/or commands to your children several times without any success? Then this 8 week Positive Discipline class is for you. Come and learn long-term parenting skills that will help you teach your children responsibility, cooperation, problem solving skills plus more! The workshop series is based on a book "Positive Discipline for Preschoolers" by Jane Nelsen. The classes are tailored to the needs of the participants. **Call Kimberly @ 560-7319 to register for the series starting April 20<sup>th</sup> from 6:00pm – 7:30pm.**



### ***Incredible Years for Babies - Starting March 3<sup>rd</sup> from 10:00am -12:00pm***

This **new** series offers parents of infants—newborn to 12 months—support to:

- ♥ Strengthen the nurturing bond between parent and newborn
- ♥ Help mothers and fathers read babies' cues and signals, understanding babies' brain development,
- ♥ Learn the important role of touch and visual stimulation and
- ♥ The value of taking care of yourself to avoid frustration with babies' needs.

**Friday mornings from 10:00am - 12:00pm. Breakfast and childcare provided.**

**Circle of Parents** provides a friendly, supportive environment led by parents and other caregivers. It's a place where anyone in a parenting role can openly discuss the successes and challenges of raising children . . . where they can find and share support.

**How?** By sitting down and really talking.

**Circle of Parents** groups meet weekly, are free of charge, and foster an open exchange of ideas, support, information and resources. These kinds of groups serve those parenting children ages birth to 5 years and families of all types.

The group meets Thursdays from 6:30pm – 8pm. All parents are welcome to drop in. **If childcare is needed, please call Patience ahead of time @ 560-7392.**

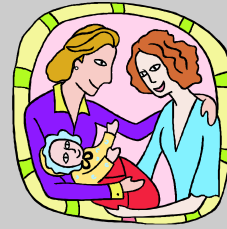


## Getting to Know You —as you're getting to know your baby!

### Join us for Now & Later!

Parents of newborns (under 3 months) and their babies gather to discuss topics relevant to their new lifestyle and responsibilities.

Parents join to make new friends and connect with other families with babies about the same age. Light refreshments are served.



The next N&L group will start Tuesday, April 6th from 10 to 11 am. Please call Pat Harris at 560-7341 or e-mail Pat at [paharris@co.durham.nc.us](mailto:paharris@co.durham.nc.us).

### You've got to know when to fold'em! NEWSLETTER VOLUNTEERS NEEDED



Parenting education is an important part of the work that Welcome Baby does. One of the ways we do this is through our *Welcome Words* developmental newsletters that are mailed to hundreds of families every other month. It is a huge undertaking and many hands are needed to get the job done. Individual and group volunteers are needed. Contact Von if you'd like to help out (919-560-7340, [vdbrown@co.durham.nc.us](mailto:vdbrown@co.durham.nc.us)).

101-495-2316-1103  
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Label Here

