



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, NC Dept. of Health and Human Services and Durham County Government .

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. Services are available to any Durham County family with children ages birth-5. 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

Classes for Parents

Incredible Years for Parents of 3 to 5 year olds - Starting February 7th from 6:00pm – 8:00pm at Trinity United Methodist Church

This 14-week series covers:

- Methods to improve your child's cooperation
- Using coaching to build a better relationship
- How to have child led play, listen, talk and problem solve with your child.
- How to set clear limits, household rules and consistent follow-through.
- Ways to ignore, distract and redirect.

Parents will have an opportunity to practice effective parenting skills with support from other parents and the trained facilitators. Dinner, childcare and transportation provided. Come enjoy a night out with no cooking and no worries about childcare and learn some great skills.

To pre - register call Patience @ 560-7392

Incredible Years for Toddler (1-3years old) - Starting February 8th from 10:00am - 12:00pm

This 13-week series focuses on:

- Understanding the value of attention as a way of increasing positive child behavior
- The value of child directed play
- How to model and improve language development
- The importance of shaping, praising and incentives
- How to set clear and enforceable rules

Classes held Wednesday mornings at Welcome Baby from 10am – 12pm.

To register please call Patience @ 560-7392 - Childcare and breakfast provided.

POSITIVE DISCIPLINE SERIES for Parents with Children 18 MONTHS – 5YRS Starting Thursday, February 16th from 6pm – 7:30pm

This 9 week series begins Thursday September 22nd. Families will develop their parenting skills to help teach their children responsibility, cooperation, problem solving skills and more! The workshop series is based on the book, *Positive Discipline for Preschoolers* by Jane Nelsen. Register with Cindy @ 560-7319. Childcare is provided on a \$2 per child or \$5 per family donation. Space is limited!

Calling all Incredible Years Basic parents graduates! Incredible Years Reunion (3-5 years old)

When: January 26th Time: 6pm-8pm Where: Welcome Baby 721 Foster Street

Join us for a one-night event for a chance to see other Incredible Years alumni and share your success stories. Food and childcare provided. **To reserve your space call Patience @ 560-7392 or Cindy @ 560-7319**



Car Seat Safety Classes Available Monthly

Motor vehicle accidents are the most frequent cause of injury to children! Don't take risks! If you live in Durham and have a child under 5 years of age, sign up for one of our car seat safety classes today.

Eligible families may receive a new car seat at discounted rates. Call Deborah Waterman at 919-560-7150 for more information and to register.



BIG THANKS!

We want to give a big thank-you to several area organizations and businesses who have supported Welcome Baby families:



The Junior League of Durham and Orange Counties: Diaper Drive

Kidscycle-Seasonal Children's Consignment Sale: Donation of \$1900 to Cribs for Kids



Bull City Chickens 2011 Coop Tour: Proceeds to support Cribs for Kids



GIVING CLOSET HELP NEEDED

Each month hundreds of families visit our Giving Closet to help supplement their children's clothing needs or pick-up maternity and layette items. Thankfully, donations from throughout the Durham community make this wonderful resource available. We need volunteers to help sort, size, hang and restock clothing. Please consider joining us for a hour or two. It is a great activity for a group of friends to do together. Contact Von Brown, our Volunteer Coordinator at 560-7340 for more information.

The Red Hen-Children's Consignment Store: Donates unsold clothing to the Giving Closet.

Join Welcome Baby on Facebook and Twitter!
Check out our updated website at www.welcomebaby.org



Label Here

101-495-2316-1103
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